## INTRODUCTION

### Contents

- A Drug so Powerful ................................................................. 3
- Open Letter Chuck Swindoll Posted on his Insight for Living Website ........................................................................... 3
- Introduction .................................................................................. 6
- Definitions ..................................................................................... 26
- Glossary ......................................................................................... 39
- Ben Bennett Bio .............................................................................. 40
- Jake Kissack Bio ........................................................................... 42
- Alex McLellan Bio ......................................................................... 44
- Josh McDowell Bio ....................................................................... 46
A Drug so Powerful

“Imagine a drug so powerful it can destroy a family simply by distorting a man's perception of his wife. Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages and so widespread that it produces more annual revenue — $97 billion worldwide in 2006 — than all of the leading technology companies combined. Consider a narcotic so insidious that it evades serious scientific study and legislative action for decades, thriving instead under the ever-expanding banner of the First Amendment.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

Open Letter Chuck Swindoll Posted on his Insight for Living Website

“The most recent studies available suggest that one out of every two people—that's 50 percent of the people sitting in our pews, are looking at and/or could be addicted to Internet pornography… Truth be told, that statistic could be even higher…”

“Stop and imagine the ugly but very real possibility of some of your own elders and deacons leaving your meetings and going home to surf porn. Think about youth leaders viewing it one minute, and leading a small group with your kids thirty minutes later. It's ruining marriages, destroying relationships, harming youth, and hurting the body of Christ. You hardly need to be reminded that fallen pastors and priests did not ‘suddenly’ fall. More often than not, pornography played a role in their downward spiral.”

“My friend, it's time to do something about it. In fact, we need to start today. Making a difference requires action… Our churches are in trouble. This is no time to simply wait and pray.”
(Mike Genung, “How Many Porn Addicts are in Your Church?” Crosswalk, June 17, 2005, 
http://www.crosswalk.com/church/pastors-or-leadership/how-many-porn-addicts-are-in-your-church-
1336107.html)

“Carl F. H. Henry was right: ‘The gospel is only good news if it gets there in time.'” (Jim Denison, “Porn
Users Have 'Structural Brain Damage,'” Christian Headlines, June 5, 2014, 
http://www.christianheadlines.com/columnists/denison-forum/porn-users-have-structural-brain-
damage.html)
The Porn Epidemic Facts, Stats and Solutions Will Help You:

Pastor, be more prepared...

…to help a camper watching porn
…to help a student disturbed by porn
…to help an employee watching porn on company time
…to help a pastoral staff member
…to help a youth pastor’s secret life of pornography
…to help your pastor consumed by pornography
…to help a husband break his addiction
…to help a wife who is devastated
…To help save your marriage
…To help your child in the grip of pornography
…To help your youth group beat the rap

To help believers...

…to love authentically
…to build meaningful relationships
…to express the awesome sexuality God created
…to create a loving, intimate marriage
…to establish a warm, loving family
…to live your spirituality to the fullest
…to pursue Christ wholeheartedly
Introduction

“8 Lies We Believe About Porn” “Nine out of 10 boys and six out of 10 girls are exposed to porn before the age of 18. Sixty-eight percent of young adult men watch porn at least once a week.”

“I also know the lies porn wants you to believe:

“If I View Porn ‘Every Now and Then,’ It’s not a Problem”
“At work here is the destructive force of comparison. If you view porn for any reason, you have a problem that needs to be addressed. Your frequency of use might determine your method of treatment, but ultimately, porn is addictive. And all addiction prevents you from becoming the man or woman God created you to be. It prevents you from engaging fully in relationships. And over time, an addiction to porn builds a wall around your heart.”

“Porn Won’t Affect How I See Other People”
“The lie in play here is compartmentalization. In other words, you think viewing porn is one area of your life, work is another, relationships are yet another, and so on. But this isn’t how the brain works. When you view porn, people become objects to lust after instead of image-bearers to be loved.”

“For much of my life, I believed lust was natural. Porn had infiltrated my thought pattern to the point where it was impossible for me to see women as anything other than objects. Now that I am on the other side, I realize porn coerced me to believe a lie.”

“I Can Fight Porn Addiction on My Own”
“For years, I thought I could will my way out of my porn addiction. But trying to fight porn addiction alone is like trying to get out of quicksand alone. More effort usually makes things worse.”

“As you try harder to defeat your addiction, you inevitably experience a let-down. The more you experience let-downs, the more you blame yourself. This creates shame. Shame pulls you away from God. And the cycle continues until you are completely broken and hopeless.”
“This was my experience, at least. I wasn’t able to overcome until I agreed to see a counselor and allow other people to walk with me.”

“God created you to live in community. Even if the initial stages telling others is hard, having a community walk with you might be the step you need to take to overcome your addiction.”

“If I Tell Someone About My Addiction, My Life Will Be Ruined”
“Even though I was struggling, I was so concerned my admission instead.”

“Life as you know it might not ever be the same if you choose to let others know. I believe strongly, however, that remaining in an addiction is not a better trade.”

“Secrecy and isolation give power to addictions and hidden sins. But once light shines on your addiction, the power Satan has over you is decreased significantly. Darkness can’t remain where light is present.”

“Porn and Sex are the Same”
“Porn is fantasy. It’s a façade. And it destroys the gift of sex God has given two people who enter into the covenant bond of marriage. God created sex to be an expression of love. Porn is solely an expression of lust. God created sex to be physical, spiritual and emotional. Porn is strictly physical.”

“Porn removes the divine and mysterious from sex. This explains why so many people are unsatisfied, jumping from partner to partner. As long as sex is primarily physical, the fullness of it will never be experienced.”

“Porn Won’t Affect My Brain or Quality of Living”
“There is a fascinating, yet sobering, TED talk by Gary Wilson called ‘The Great Porn Experiment.’ In this video, Wilson details the devastating effects porn has on the brain. Research shows ADHD, OCD, social anxiety and depression are all by-products of viewing porn. Porn also numbs your ability to feel true intimacy. And the longer your brain is exposed to porn, the more hyperactive it becomes at the sight of porn.”
“In other words, the more you view porn, the more your brain desires it. It is a vicious cycle that ultimately erodes your willpower and self-control.”

“I Will Never Overcome My Porn Addiction”
“Here’s the reality about porn addiction: You can overcome. No addiction is too much for God. No stronghold is beyond His ability to destroy.”

“You must, however, start by taking responsibility for your situation. Alcoholics Anonymous has nailed this. Tens of thousands of former alcoholics are now free from the grip of addiction because they decided to take responsibility for their actions.”

“Once you take responsibility, you must believe you can overcome. God has given you the power to control your thoughts (Proverbs 23:7). As Dr. Caroline Leaf says in her book Switch On Your Brain, good thinking leads to good choices, which lead to healthy thoughts.”

“Whether you have been addicted to porn for 10 months or 10 years, you can overcome. Trust God. Shine light on your addiction. Get the help you need. Don’t look for an easy way out, because there isn’t one. Never lose hope.”

“My Porn Addiction Defines Me”
“One of Satan’s greatest deceptions is to make you think your addiction affects God’s love for you. But long before you existed, God knew you were going to struggle with this addiction. And He sent Jesus to the cross anyway.”

“Your actions don’t determine your identity. As you make the decision to fight your addiction, stand firm in God’s unfailing love. A love that sees my wickedness and your wickedness and still longs for a relationship with both of us.”


“What makes Internet porn unique? Wilson identifies a number of reasons, including:”

- “Internet porn offers extreme novelty”
- “Unlike food and drugs, there are almost no physical limitations to Internet porn consumption”
- “With Internet porn one can escalate both with more novel ‘partners’ and by viewing new and unusual genres”
- “Unlike drugs and food, Internet porn doesn’t eventually activate the brain’s natural aversion system”
• “Increased tolerance over time, requiring more viewing and more extreme pornography” (Timothy Allen, “Digital Pornography Addiction,” Focus of the Family, 2016, p6)
• “Loss of control and compulsive behavior” (Timothy Allen, “Digital Pornography Addiction,” Focus of the Family, 2016, p6)
• “Painful physical and psychological withdrawal symptoms when they attempt to stop viewing pornography” (Timothy Allen, “Digital Pornography Addiction,” Focus of the Family, 2016, p6)
• “Abnormal social behavior and difficulty forming normal relationships” (Timothy Allen, “Digital Pornography Addiction,” Focus of the Family, 2016, p6)

“Exposure to sexually pornographic material is correlated with:”


“Adult (>18 years old) exposure to pornographic media is connected with:”


• “More likely to go to a prostitute and to go more frequently” *(Mary Ann Layden, “Pornography and Criminal Behavior and Attitudes Research Results”, Kansas Legislature, March 10, 2011, http://www.kslegislature.org/li_2012/b2011_12/committees/misc/ctte_s_jud_1_20110310_07_other.pdf)


• “Creating more sexually violent fantasies to get aroused” *(Mary Ann Layden, “Pornography and Criminal Behavior and Attitudes Research Results”, Kansas Legislature, March 10, 2011, http://www.kslegislature.org/li_2012/b2011_12/committees/misc/ctte_s_jud_1_20110310_07_other.pdf)


• “Using physical coercion to have sex” (Mary Ann Layden, “Pornography and Criminal Behavior and Attitudes Research Results”, Kansas Legislature, March 10, 2011, http://www.kslegislature.org/li_2012/b2011_12/committees/misc/ctte_s_jud_1_20110310_07_other.pdf)

• “Using verbal coercion to have sex” (Mary Ann Layden, “Pornography and Criminal Behavior and Attitudes Research Results”, Kansas Legislature, March 10, 2011, http://www.kslegislature.org/li_2012/b2011_12/committees/misc/ctte_s_jud_1_20110310_07_other.pdf)


• “Having engaged in date rape” (Mary Ann Layden, “Pornography and Criminal Behavior and Attitudes Research Results”, Kansas Legislature, March 10, 2011, http://www.kslegislature.org/li_2012/b2011_12/committees/misc/ctte_s_jud_1_20110310_07_other.pdf)


• “More willingness to have sex with 13-14 year olds” (Mary Ann Layden, “Pornography and Criminal Behavior and Attitudes Research Results”, Kansas Legislature, March 10, 2011, http://www.kslegislature.org/li_2012/b2011_12/committees/misc/ctte_s_jud_1_20110310_07_other.pdf)


“Pornography desensitizes the viewer. All pornography – soft, hard, and even so-called 'neutral' sex-education materials, desensitize the viewer, enabling him to be conditioned to sexual acts, violent and nonviolent, as an essential part of human behavior. This conclusion has been reached in 26 separate studies.” (Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, http://www.tldm.org/News6/purity2.htm)


“Since free porn videos became widely available at high speed, about five years ago, heavy porn users also increasingly report inability to become aroused by real mates, and early onset of erectile dysfunction.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010,

“Youth with greater pornography exposure have been found more likely to:”


- “have oral sex, anal sex, and sex with multiple partners, which increases their risk for sexually transmitted infections” (For a more detailed account of the studies, see Owens, E.W., Behun, R., Manning, J., & Reid, R. (2012). The impact of Internet pornography on adolescents: A review of the research. *Sexual Addiction and Compulsivity* 19, 99-122) (“Pornography: A Public Health Crisis”, National Center on Sexual


“Pornography is contributing to:


Pornography “often times:”
5. “Serves as their sex education and shapes their sexual templates”


Pornography “has potential detrimental effect on the user such as:”


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20. Pornography has led to:
   a. “Increasing themes of risky sexual behaviors”
   b. “Extreme degradation”
   c. “Violence”
   d. “Child sexual abuse image / child pornography”

“Definition: the definition of pornography was “media used or intended to be used to increase sexual arousal” (Carroll et al., 2008, p. 8).” (Matthew W.

Definitions

“What is Porn?”

“How do Americans define pornography? While nearly everyone agrees that ‘an image of sexual intercourse’ is definitely porn, the issue of function seems to be at the center of most people’s thinking. If you use it for masturbation or personal arousal, it’s porn. Simple as that.” (A Barna report produced in partnership with Josh McDowell Ministry, Excerpts From The Porn Phenomenon Pact of Pornography in the Digital Age)

“Most of us have probably been to an art museum or taken an art history class in which we saw fully nude statue or painting. You probably didn’t consider that pornography, and most Americans agree with you. Less than one-quarter of adults over age 25 (24%) consider a fully nude image to be objectively pornographic.” (A Barna report produced in partnership with Josh McDowell Ministry, Excerpts From The Porn Phenomenon Pact of Pornography in the Digital Age)

“But if it that fully nude image is sexually arousing, that’s a different story. Half of adults over age 25 (53%) say that ‘a fully nude image that is sexually arousing’ is definitely pornography. It is the second-highest defining factor in the younger age groups, with nearly seven in 10 young adults (69%) and eight in 10 teenagers (78%) agreeing.” (A Barna report produced in partnership with Josh McDowell Ministry, Excerpts From The Porn Phenomenon Pact of Pornography in the Digital Age)

“When asked what is ‘definitely porn,’ teenagers and young adults are more likely than older adults to consider any of the options to be pornography. This may come as a surprise. One might assume that, having grown up in a hypersexualized culture where nude images and sexual situations are part of everyday life, younger Americans might have become sexually desensitized. But it seems such desensitization takes time – curiosity and the ‘forbidden’ nature of sex may play a role in teens and young adults
feeling as if more content is risquée.” (A Barna report produced in partnership with Josh McDowell Ministry, Excerpts From The Porn Phenomenon Pact of Pornography in the Digital Age)

“THE SEXUALIZATION OF HARM IN CONTEMPORARY PORNOGRAPHY”


“Porn: What Is It and Why Use It?”

“Porn is notoriously difficult to define. For Americans, it’s more a question of function than form.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrveurlK70)


“Definition:

“A definition based on an appeal to a prurient (morbid, unhealthy, shameful) interest in sex, as used in many decisions of American courts, reveals a belief that media materials designed primarily to arouse the viewer sexually or to produce lust undermine certain Judeo-Christian values and institutions. In contrast, a definition that includes the concept of
‘violence and degradation of woemn’ reveals a belief that such media can hurt women’s rights.”


“Porn doesn’t have a demographic…it goes across all demographics.”
- Paul Fishbein, founder of Adult Video News


“Pornography is the visual portrayal of sexual activity … for the purpose of sexual stimulation…” (“Top Pornography FAQ’s – What About Pornography

“The word ‘pornography’ has it’s root in the Greek word pornos. This word is used in Hebrews 13:4: ‘Marriage is to be held in honour among all, and the marriage bed is to be undefiled: for fornicators and adulterers God will judge.’ The root word for ‘fornicators’ is pornos. Therefore, pornography is rooted in fornication. …” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“First of all does the Bible speak to this subject? We get our word pornography from several words right out of the NT. And here they are…”


“Porneuo- refers to the act of committing sexual immorality. Used 8 times in the NT.” (David Henderson, “Danger! Quicksand Ahead”, Sermon Central,


“So this is where we get the word porn. The 2nd part of the word grapho means to write; can also mean to draw. Found 191 times in the NT. So when we put these 2 words together, that is the origin. Right out of the Greek NT.” (David Henderson, “Danger! Quicksand Ahead”, Sermon Central, September 6, 2012, https://www.sermoncentral.com/sermons/danger-quicksand-ahead-david-henderson-sermon-on-pornography-169549)

A LETTER TO MY SONS ABOUT PORNOGRAPHY

My Dear Sons,

The eye beholds much good and evil in this life. Beholding leads to becoming. What we continually put before our eyes and minds will shape and determine who we are. Images either tell the truth or lie, but they all speak. On top of this, our natural eyes are lustful things not easily satisfied (1 John 2:16). One lustful look can change us. One look can feed the monster within so that it rears up its ugly head looking for more.

“Feed me,” he says. His appetite is fierce and unsatisfied. One look leads to another, and then to many more.

This is the kingdom of sexual lust — a world of soft porn and free porn — and secrets contained in cleared web browsers. What you behold, boys, you become. If you steep your tea too long, it becomes bitter. Likewise, if you sit and soak in pornographic fantasies, your life will have a bitter taste. At first the flavors might taste sweet, but
bitterness will always be the end result. And the bitterness will be shared someday in your interactions with girls: how you think about girls, talk to girls, treat girls, and pursue girls.

Pornography misshapes your vision of girls, whether you realize it or not. And one day, pornography might affect your future wife. The women gleaming on the computer screen may not directly feel the effects of your lust, but they will indirectly, as you fuel the industry that enslaves and trafficks them.

But the images cannot feel the painful grief and loss a wife feels when her husband’s hidden sins are inevitably revealed. I plead with you to not let the tea steep that long — to not let one look turn into thousands of looks over the course of years. If this happens, you will taste the bitterness, my sons, and you will want to spit it out.

Lust distorts the glory of both biblical manhood and womanhood; it goes against the divine mandate in the garden of Eden. Men are to care for women — and provide and protect with humble strength — not exploit and dominate. Women are strong, capable, and your equal, not objects to be used and discarded.

But the porn industry diminishes both men and women, and reduces them all the way down to simple actors of animal lust for pixilation, instead of celebrating them as complex and glorious image bearers of their Creator. This is the consumer society we live in, devaluing human beings as they’re offered up for consumption. The porn industry is lining online aisles with a sexual zoo for viewing pleasure.

**A Far Better Place to Look**

You, my sons, are called by God to reject sexual consumerism. You are called by Christ to seek pleasure *in him*, and to pour out your life in selfless giving to God and to others.

Jesus Christ is the opposite of pornography. Jesus lived a life of denial and sacrifice. No lust, ever. Sex for him was unnecessary, even as he imaged God perfectly. He became the least and the last in order to put us first. Pornography is self-exalting. It is putting your pleasures and desires first, before the glory of God and the good of
others. Since Christ is the opposite of pornography, then look to Christ in your fight against sexual temptation and sin. When you behold Christ, you will become like him.

“For God, who said, ‘Let light shine out of darkness,’ has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ” (2 Corinthians 4:6).

Look upon his face, and pornography will begin to look strangely dim.

A Safe Place After Sexual Failure

When Moses asked God to show him his glory (Exodus 33:18), the glory of God in the gospel of Jesus Christ had not yet been fully revealed. How much more glorious is it for you, when you ask God to show you his glory now after the cross and resurrection? You only have to read about this glory in God’s word, and meditate upon it in your hearts and minds. You will be changed. “How can a young man keep his way pure? By guarding it according to your word” (Psalm 119:9).

And if you are drawn into the illicit pleasures of the internet, remember the words of Robert Murray McCheyne: “For every look at yourself, take ten looks at Christ.” One look at your sinful self calls for ten looks at Christ nailed to a cross for you. Being in Christ is the only qualification we need to behold his glory, even after we have sinned. He alone is the cure and the prevention for your sin.

Be Thou My Vision

Remember what Jesus said in Matthew 6:22:

“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light.”

A healthy eye connotes clear vision, and you will have a spiritually healthy way of looking at things (like the gift of sex). But your eyes can lie to you if you only see with them and not through them. The eye can distort your heart and mind if you are using it only to see what is directly in front of you. When your eyes are filled with the
glory of God in Christ, you will clearly see through the distorting lies of lust.

Before Daddy and I had you boys, we planned our wedding. I wanted to play my favorite hymn, “Be Thou My Vision,” before I walked down the aisle. My prayer was that Christ would always be my vision in marriage, but now that prayer surrounds you both as well. I pray Christ would be your vision in all of life — that your eyes would be filled with glory leading to truth and life and joy. What you put before your eyes will change you. May it fill you with light, and not darkness.


“Common Misconceptions”
“First, let’s start with a simple definition of what pornography is. Pornography is material that is sexually explicit and that has the primary intended purpose of sexual arousal. Pornography addiction is a sub-category of sexual addiction and is progressive. It typically starts out with occasionally looking at pictures of scantily dressed people and then progresses from soft-core to hard-core pornography. This progression can lead to acting out behaviors such as online and in-person emotional and sexual affairs, visiting strip clubs and soliciting prostitutes.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“What is pornography?”
“Pornography is ‘material that is sexually explicit and intended primarily for the purpose of sexual arousal.’ It may depict nudity or sexual behavior, and includes written materials such as romance novels, photographs, movies, electronic images, video games, internet chat rooms, erotic telephone conversations, music, or other media.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
Figure 1: Definitions used for the REA

**Pornography** - Sexually explicit media that are primarily intended to sexually arouse the audience (Malamuth, 2001, p.11817).

**Children and young people** - Any person aged up to 18 years, up to 24 years for children in the care system, and up to 25 years for disabled children. The use of the term “children” incorporates young people (CSEGG Inquiry, p.3).

**Access** - Deliberately obtaining and viewing pornographic material.

**Exposure** - Non-deliberate and/or coerced obtaining and viewing of pornographic material.

**Effects** - The influences that pornography may or may not have on children and young people and the associations between pornography and outcomes/next steps/consequences. These will be considered from multiple perspectives, including whether they are a) direct-personal; b) indirect-personal; c) direct-group; d) indirect-group; e) developmental; f) inter-group; g) intra-group; h) short or long term.

**Sexual expectations, attitudes and behaviours** - This is a catch-all term for the facets of children and young people that pornography may be associated with; it may also include aspirations and feelings. The relationships (or absence of a relationship) between these different elements, e.g. attitudes and behaviours, will be explored.

**Sexualised visual imagery** - This includes moving and static sexualised visual images created by anyone and that may or may not have sounds accompanying them (e.g. images from page 3, “lads’ mags”, advertising, music videos). We are not including imagery widely defined as art or other forms of sexualised material such as music or erotic literature that do not have images.
Violent visual imagery - This includes moving and static violent visual images created by anyone and that may or may not have sounds accompanying them (e.g. violent computer games, horror films, violent television programmes, music videos). We are not including imagery widely defined as art or other forms of violent material such as music or literature that do not have images.


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“What is pornography?”

“Pornography is ‘material that is sexually explicit and intended primarily for the purpose of sexual arousal.’ It may depict nudity or sexual behavior, and includes written materials such as romance novels, photographs, movies, electronic images, video games, internet chat rooms, erotic telephone conversations, music, or other media.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

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“One Angry Girl®’s Handy Comebacks for Short Arguments – Seventeen One-Liners for the Most Common Pro-Porn Myths”

1. “They say: Porn/Prostitution have always been around, they always will be, so what’re you gonna do? You say: Rape, murder, and incest have always been around too. Should we be okay with those things?

2. “They say: My partner and I both enjoy using porn, so what’s the problem? Who’s getting hurt?” You say: Some people like to wear fur coats, or eat veal,. Your enjoyment of a product does not erase the suffering that went into creating that product.”
3. **They say:** Ok, well not everyone who uses porn becomes a rapist/addicted/fucked-up. **You say:** Not everyone who smoke cigarettes gets lung cancer, and cigarettes still come with warning labels.”

4. **They say:** If you hate porn, just don’t watch it. **You say:** That’s like saying if you hate air pollutions, don’t breathe. I’m surrounded by porn everywhere I go whether I like it or not. Where’s my free choice not to see it?”

5. **They say:** Pornography and prostitution are different. **You say:** Not really, pornography is just prostitution plus a camera.”

6. **They say:** Porn has always existed. Look at Pompeii. **You say:** Three wall painting in Pompeii do not compare to the multi-billion-dollar global industry we have today. That’s like comparing a cavemen’s smoke signals to the iPhone.”

7. **They say:** I’ve watched porn and I’ve never raped anyone. **You say:** I guess you are arguing that words and images paired together do not have the power to influence human behavior. If that is your argument, then kindly explain: (1) the multi-billion-dollar industry called ‘advertising’ (2) kids learning their ABCs from Sesame Street (3) people learning to make a meal by watching Martha Stewart (4) public service announcements telling us not to drink and drive.”

8. **They say:** Strippers are empowered. **You Say:** If they’re so powerful, then why do strip clubs have security guards protecting the dancers? **OR:** Why do women working bachelor parties have to take security with them? **OR:** How is it empowering for women to give men exactly what they’ve come to expect from us? **OR:** How is it empowering to grovel and compete for male attention and cash … like a trained seal doing flips in a tank to get his fish reward?”

9. **They say:** Porn-stars and strippers are celebrating their sexuality. **You say:** Why does celebrating your sexuality always seem to
happen in public for strangers and a paycheck? Does anyone ever get to celebrate their sexuality in private with their partner?”

10. “They say: But they’re enjoying themselves. You say: If they enjoy it so much, then they would be willing to do it for $7.50 per hour. OR: Women in porn are often screaming with joy, but sometimes they are also screaming in pain. Which should we believe? If their pleasure is real, and not faked, then their pain is also real, and not faked. OR: One Jenna Jameson got very powerful in the industry, she began refusing to do scenes involving anal sex. This suggest to me that she doesn’t actually enjoy anal sex. Yet I’m sure if you investigate her earlier movies, you can probably find a scene or two where she is appearing to enjoy it. Why? It’s called acting”

11. “They say: Nobody is forcing them to do it. It’s their choice. You say: The word ‘choice implies that there was at least one other viable option available. What was their other option?”

12. “They say: OK, maybe some of the women in porn didn’t freely choose their careers, but lots of them did. You say: If you have a comprehensive research survey of all current and former porn workers, I’d love to see it. There isn’t one available. However, there are major studies involving prostitutes around the world, which found that 90% of them wanted out immediately, but didn’t have the resources.”

13. “They say: You just hate sex. You say: Porn is not sex, but a distorted, for sale, fictionalized version of sex. If I told you I don’t eat at Burger King, would you tell me I hated food? OR: I like sex just fine. But I prefer to have sex only with someone I actually know and like, for free, in private with no strangers watching. Why is that weird to you?”

14. “They say: You’re just jealous because you’re not as pretty as a porn star. You say: Even porn-stars don’t look like their original
selves. After a few rounds of surgery, a dye job, and some makeup I could look exactly like them.”

15. “They say: You’re just jealous because men like them better than you. You say: It’s been successfully proven that just about any naked woman can get any straight man’s attention pretty quickly. It’s not hard to do, and it doesn’t make you special.”

16. “They say: The women in the industry make more money than men, therefore it’s empowering to them. You say: It’s true that pornography and prostitution are the only industries where a woman can out-earn her male counterparts. What does that say about our economy, or about women’s power, that the only way for a woman to out earn a man is to get naked and fuck strangers?”

17. “They say: You want to censor all porn! You say: I haven’t ever mentioned censorship, which doesn’t address demand for porn. You’re saying that to shut me up, and it won’t work.”

(“One Angry Girl®’s Handy Comebacks for Short Arguments – Seventeen One-Liners for the Most Common Pro-Porn Myths”)

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“What is pornography?”

“The Merriam-Webster Dictionary defines ‘Pornography’ as:”

1. “The depiction of erotic behavior (as in pictures or writing) intended to cause sexual excitement.”

2. “Material (as books or a photograph) that depicts erotic behavior and is intended to cause sexual excitement.”

3. “The depiction of acts in a sensational manner so as to arouse a quick intense emotional reaction.”

“The word ‘Pornography’ is rooted in the Greek word porneia, which means to practice prostitution, sexual immorality, or fornication. In the New
Testament, the Apostle Paul frequently used the word in reference to any kind of sinful and illegitimate sexual activity.”

“Here are two very helpful definitions of ‘Pornography’ written from a biblical perspective:”

“‘Pornography is anything we use for sexual titillation, gratification or escape – whether it was intended for that purpose or not.’” Tim Chester, Closing the Window: Steps to Living Porn Free (InterVarsity Press, 2010)

“Pornography is anything that the heart uses to find sexual expression outside of God’s intended design for relational intimacy. It is anything that tempts or corrupts the human heart into desiring sexual pleasure in sinful ways.” Living in a porn is the Norm Culture (Harvest USA.org)

“‘Pornography consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties. It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense. Civil authorities should prevent the production and distribution of pornographic materials.’” Catechism of the Catholic Church, section 2354


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Pornaia – Apostle Paul frequently used the word in reference to any kind of sinful and illegitimate sexual activity.
Glossary

“Addiction. The person finds he compulsively views pornography.


“What does sobriety mean?” “For those attending SA meetings or Sexaholic Anonymous, sobriety is defined as ‘having no form of sex with self or with persons other than the spouse.’ In addition, true sexual sobriety ‘includes progressive victory over lust […] the driving force behind … sexual acting out.’ According to the SA White Book and Step into Action Books:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me. We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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Jake Kissack

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in a Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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Alex McClellan

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ - until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life | Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more...
WHO'S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey
Self Image | Sexual Integrity | Truth in Today’s Culture
WHO’S TALKING
ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and
minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling
us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for
your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international
speaker. He has written or co-written more than 150 books—some
in over 100 languages—and has spoken to approximately 35 million
people in 140 countries.

Josh and his wife
Dottie have been
married 46 years.
They have four
children and ten
grandchildren.

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## Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION</td>
<td>4</td>
</tr>
<tr>
<td>MISCELLANEOUS</td>
<td>18</td>
</tr>
<tr>
<td>A. MILITARY</td>
<td>33</td>
</tr>
<tr>
<td>B. WOMAN RAPE MYTH</td>
<td>35</td>
</tr>
<tr>
<td>C. PORN WEBSITES</td>
<td>39</td>
</tr>
<tr>
<td>D. GOOGLE = SEX ED</td>
<td>42</td>
</tr>
<tr>
<td>E. PORN AND SEXUAL PRACTICES</td>
<td>44</td>
</tr>
<tr>
<td>F. CHILD PORN</td>
<td>52</td>
</tr>
<tr>
<td>G. YOUTH AND PORN</td>
<td>54</td>
</tr>
<tr>
<td>H. TIME SPENT ONLINE</td>
<td>76</td>
</tr>
<tr>
<td>I. “THE PORN PHENOMENON”</td>
<td>82</td>
</tr>
<tr>
<td>J. GIRLS AND PORN</td>
<td>87</td>
</tr>
<tr>
<td>K. CHILDREN AND PORN</td>
<td>94</td>
</tr>
<tr>
<td>L. WOMEN AND PORN</td>
<td>107</td>
</tr>
<tr>
<td>M. MEN AND PORN</td>
<td>113</td>
</tr>
<tr>
<td>N. DIVORCE AND PORN</td>
<td>119</td>
</tr>
<tr>
<td>O. PORN VIDEOS</td>
<td>122</td>
</tr>
<tr>
<td>P. TIME ON INTERNET AND PORN</td>
<td>125</td>
</tr>
<tr>
<td>Q. THE INTERNET AND PORN</td>
<td>128</td>
</tr>
<tr>
<td>R. GLOBAL PORN STATS</td>
<td>148</td>
</tr>
<tr>
<td>S. PASTORS AND PORN</td>
<td>161</td>
</tr>
<tr>
<td>T. JIHADIST AND PORN</td>
<td>167</td>
</tr>
<tr>
<td>U. MORALITY AND PORN</td>
<td>168</td>
</tr>
<tr>
<td>V. CULTURE AND PORN</td>
<td>170</td>
</tr>
<tr>
<td>W. CHILD SEX TRAFFICKING AND PORN</td>
<td>175</td>
</tr>
<tr>
<td>X. VIDEO GAMES &amp; PORN</td>
<td>176</td>
</tr>
</tbody>
</table>

Josh McDowell Ministry 2019
INTRODUCTION

“How Many Porn Addicts are in Your Church?”

“A. Could half of Christians men have a problem with porn, as so many of
the statistics say? Porn is reported to be a 12 billion dollar industry in the
U.S….50 percent of men viewed pornography within one week of attending
a Promise Keepers stadium even…54 percent of pastors
(http://www.crosswalk.com/church/pastors-or-leadership/) said they viewed
porn within the past year in a Pastors.com survey…in a 2003 Focus on the
Family (http://www.crosswalk.com/family/) poll 47 percent of respondents
said porn is a problem in their home.”

“… 50 percent…half. My eyes glaze over at numbers like this. Are we
supposed to buy into the idea that half of the men in the church are porn
addicts? Maybe it’s just more sensational rhetoric meant to rouse us for
battle against the culture.”

“Certainly half the men in my church couldn’t have a problem with porn.
Most the men in our body of 600 are in their late 30’s to early 40s, married,
and the father of little ones. They have successful careers making good
money and are involved in ministry. I couldn’t picture so many of these men
I sit next to every Sunday leering at porn.”

“Wanting to prove the numbers wrong, in the spring of 2004 I approached
the leadership of our church and asked if we could survey the men on the
topic of pornography. Our numbers will be different; ‘half’ can’t be true here,
I thought. Of those who responded, 25 percent had looked at porn within
the past 30 days, 44 percent within six months, and 61 percent within the
year. The real statistic is probably higher; I heard later that a number of
men didn’t fill out the survey ‘because they were afraid of how it would be
used. – Mike Genung struggled with sex addiction for 20 years before God
set Him free in 1999. He is the director of blazinggrace.org
(http://www.blazinggrace.org/), a ministry to the sexually broken which also
helps churches deal with the black plague of porn. You can email Mike at
mike@blazinggrace.org (mailto:mike@blazinggrace.org).”
“B. Ted Roberts, a pastor who’s ministered to many caught in the bondage of sexual addiction recounts the following story *Pure Desire*:

“I was speaking in the Bible Belt not too long ago. When I asked the gracious pastor what he wanted me to share about during the weekend service, he said, ‘just tell them about the great work God is doing in your church.’”

“I said, ‘I would love to do that, but I will end up talking about real life – about the bondage, addiction and trauma that so many people are struggling with today. And I will challenge them to open up these areas of their lives to God so He can heal them and set them free.’”

“The expression on his face changed a bit and he commented, ‘Well, I don’t think we have a lot of folks dealing with the depth of issues that you’re talking about. This isn’t just the Bible belt part of the country. We call it the *buckle* of the Bible Belt.”

“But that pastor gave me the green light, so I didn’t pull any punches. Then, at the end of the service, I gave an altar call for people struggling with sexual issues. No one moved at first. Then the dam broke, and they lined up three to four deep at the altar…”

“C. A few years ago a friend of mine told me of a small men’s retreat he attended in Idaho. When the men were challenged in the area of sexual purity, the biggest, toughest looking guy in the room stood up and said, ‘I’m struggling with porn and I know some of you guys are too, so stand up if you are and let’s deal with this!’”

“Half of the forty men in the room came to their feet.

“D. Accepting the fact that at least half of Christian men (pastors, music ministers, missionaries and those in children’s ministry included) have an issue with porn is a big pill to swallow. We want to see the church in a positive light; we don’t want to picture little Jenny’s daddy ‘relieving himself’ to pictures of naked women (or men, if his bent is with homosexuality). We
don’t want the problem to be this big, because the church is in serious trouble if it is.”

“E. The following excerpt is from an open letter Chuck Swindoll posted on his Insight for Living Website not long ago:

“The most recent studies available suggest that one out of every two people—that’s 50 percent of the people sitting in our pews, are looking at and/or could be addicted to Internet pornography…Truth be told, that statistic could be even higher…”

“Stop and imagine the ugly but very real possibility of some of your own elders and deacons leaving your meetings and going home to surf porn. Think about youth leaders viewing it one minute, and leading a small group with our kids thirty minutes later. It’s ruining marriages, destroying relationships, harming youth, and hurting the body of Christ. You hardly need to be reminded that fallen pastors and priests did not ‘suddenly’ fall. More often than not, pornography played a role in their downward spiral.”

“My friend, it’s time to do something about it. In fact, we need to start today. Making a difference required action…Our churches are in trouble. This is no time to simply wait and pray.”


“The Barna Group in the U.S. in 2014, 79% of men and 76% of women aged 18-30 say they viewed pornography at least once a month. In that same age group, 63% of men and 21% of women say they viewed pornography several times a week.”

(The Effects of Pornography – Taylor Counseling Group Article, site link not working 9.22.17, https://taylorcounselinggroup.com/the-effects-of-pornography/)

“Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis.³ An estimated 50% [Josh note: most stats show 30%] of all Internet traffic is related to sex.⁴
These percentages illustrate that pornography is no longer an issue of minority populations but a mass phenomenon that influences our society.”


(Simone Kühn, PhD; Jürgen Gallinat, PhD., May 28, 2014, The JAMA Network, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”,

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57% of pastors admit to struggling with porn. (http://puredesire.org/images/resources/pure-desire-promo.mp4)

30% of pastors report they have had an affair or a sexual encounter with a parishioner. (http://www.intothyword.org/apps/articles/?articleid=36562)

60% of Christian men and 40% of Christian women struggle with porn. (http://puredesire.org/images/resources/pure-desire-promo.mp4)

79% of men and 76% of women ages 18-30 view porn at least monthly. (https://taylorcounselinggroup.com/the-effects-of-pornography/)

70% of those addicted to porn have suicidal thoughts.

90% of children have seen porn. 43% of global internet users regularly view porn. (From just1clickaway)

56% of divorces report a spouse’s porn use as a primary factor (https://www.lifesitенews.com/news/porn-use-can-lead-to-divorce-study)

“Porn viewers have the opportunity to browse through as much new porn-‘new mates’ – as they wish, for as long as they wish. This provides a constant source of novelty.” (“The Nofap Experiement: A Voyage Through Porn Addiction, Support, and Recovery,” Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“70 percent of porn viewing occurs during normal business hours.”(5) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”,

Josh McDowell Ministry 2019
…around 1/3 lose their jobs as the result of their addiction.” (2) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17) 

(2) http://www.frc.org/onepagers/the-effects-of-pornography-on-individuals-marriage-family-and-community

“The survey conducted over the past five years revealed that 68 percent of Christian men and 50 percent of pastors view pornography regularly. (Pure Desire Ministries, “Porn Usage in Evangelical Churches” 2006) … 11-17 year-old boys reported being its greatest users. … Pastor James Reeves of City On A Hill Church DFW has successfully tackled porn addiction in his church. He warns, ‘This problem is going to sweep through the Church like a tsunami wave of destruction and we’re not prepared for it’. ” (Terry Cu-Unjieng, “Why 68% of Christian Men Watch Porn”, Conquer Series, Accessed April 5, 2017, https://conquerseries.com/why-68-percent-of-christian-men-watch-porn/)

“3,000 data points in evangelical churches. These are not self reported; these are clinical evaluations. We’ve discovered that 60-72% of men in the church are sex addicts. 50-58% of pastors are sex addicts. 24-30% of women are sex addicts.” (Dr. Ted Roberts as quoted April 5, 2016, Greensboro, NC.)

“…87 percent say that no one in their lives is helping them avoid pornography. And 54 percent of those couldn’t even think of anyone who could help them.” (The Porn Phenomenon Study, 2016, 112.)

“71 percent of teenagers ages thirteen through seventeen come across Internet porn without even looking for it.” (The Porn Phenomenon Study, 2016, 41.)

(“This 2014 ProvenMen Barna survey showed, tragically, that the number of Christian men involved with pornography mirrors the world. 77% of Christian men between the ages of 18 and 30 say they look at pornography at least monthly.) 64% of Christian men between the ages of 31 and 49 say they view pornography at least monthly. 36% of 18-30 year-old Christian men say they view porn at least daily and at least 32% of that age group admit to being addicted. 18% of Christian men ages 31-49 admit to


“Pornography is a rampant problem in our society. Some studies suggest that 70 percent of men ages 18 to 24 visit pornography websites in a typical month. (http://www.sync- blog.com/sync/2010/06/internet-porn-stats-should-parents-be-concerned.html) Forty-seven percent of families in the United States say pornography is a problem in their home. (http://www.safefamilies.org/sfStats.php) A survey conducted in 2008 found that nearly nine out of ten (87%) young men and nearly one third (31%) of young women report using pornography. (Generation XXX: Pornography Acceptance and Use Among Emerging Adults) The average age at which children first see online pornography is eleven. (www.healthymind.com/s-porn) Although statistics are not specifically available for the LDS population, it is estimated they are similar.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Dr. Jason Carroll and his colleagues published a widely cited paper in the Journal of Adolescent Research that brings to light the scope of this problem. According to this paper, which reviewed data from five universities, 87 percent of college males and 31 percent of females view pornography. This data crosses all religious, educational, and social

“Is this sound thinking? If our brains have evolved to drive us toward food and sex, shouldn't we be a bit more cautious about inundating ourselves with hyper-stimulating versions of them? Already, ‘about 17% of individuals who view porn on the Internet meet criteria for sexual compulsivity. That translates to a lot of people, given that about 12% of all the Internet traffic is porn and nearly 90% of the young male population (about 30% of the young female population) view pornography,’ says Professor Steven C. Hayes.” ("Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine", Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)


“The survey also found that 59% of the respondents watched porn between four and 15 hours every week, that 42% of male college students said they visited porn sites regularly, 64% said that their tastes in porn 'have become more extreme or deviant,' while many admitted to suffering from premature ejaculation or being disinterested in their real life partners.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“One independent web-tracking company clocked 58 million monthly U.S. visitors to adult sites in February 2006. Ten years later the number was 107 million. One of the world's largest adult sites, Pornhub, an explicit-video-sharing site, says that it gets 2.4 million visitors per hour and that in 2015 alone, people around the globe watched 4,392,486,580 hours of its content, which is more than twice as long as Homo sapiens has spent on earth. The Internet is like a 24-hour all-you-can-eat buffet restaurant that serves every type of sex snack.”
“Researcher Patric Fagan, Ph.D. completed a major study of pornography…56% of divorces had one partner with an obsessive interest in porn…I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/the-effects-of-porn-on-marriage/)

“The Science: What Happens to the Teens Brain”


“813 students (500 women), 18–26 across 6 colleges answering an online questionnaire on pornography, sexual values, substance use, family values; 67% of men and 49% of women said pornography is acceptable with 87% of men and 31% of women saying they were users.” (Judith A. Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman.com, 2008, http://www.drjudithreisman.com/archives/2011/03/restructuring_t.html)

“In 2008 there were 1.9 million cocaine users. According to the Central Intelligence Agency, there are an estimated 2 million heroin users in the United States, with some 600,000 to 800,000 considered hardcore addicts. Compare these numbers to the 40 million regular users of online pornography in America.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

“…current pornography use is around 87 percent for young adult males and 31 percent for young adult females, and roughly 50–60 percent of both genders find pornography use “acceptable.” (Morgan Bennett, “Internet Pornography & the First Amendment,” The Public Discourse.com, October 10, 2013, http://www.thepublicdiscourse.com/2013/10/10998/)
“According to Pornhub, the internet’s largest porn site, 78.9 billion porn videos were viewed in 2014 on their website alone.” (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17)


“It’s important to understand that women can be porn addicts too. While 83 percent are male, 17 percent of porn addicts are female.” (3) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17) (3) http://www.mind-armor.com/staggering-statistics)


“…around 1/3 lose their jobs as the result of their addiction.” (2) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17) (2) http://www.frc.org/onepagers/the-effects-of-pornography-on-individuals-marriage-family-and-community

“As sinners, it is the idols of the heart that so often drive a preoccupation with porn. In his book, Closing the Window, Tim Chester describes six core motivations that commonly fuel porn addiction:"


5. “Revenge – When our anger at life or God or our spouse gets out of control, porn can become our tantrum at a world that isn’t catering to our desires.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)


“These are core desires of the heart that must be addressed if someone desires to break free from the grip of pornography.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“How Porn Really Affects Relationships”

“Imagine a drug so powerful it can destroy a family simply by distorting a man’s perception of his wife. Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages and so widespread that it produces more annual revenue — $97 billion worldwide in 2006 — than all of the leading technology companies combined. Consider a narcotic so insidious that it evades serious scientific study and legislative action for decades, thriving instead under the ever-
“How big of a problem is pornography?” “Internet pornography use was reported by 76% of men in the last year, 61% used hardcore Internet pornography in the last year, with 56% using hardcore Internet pornography in the last month. During the last year, 65% of the women viewed Internet pornography, 42% viewed hardcore Internet pornography, with 21% viewing hardcore Internet pornography during the last month.”

An Unwelcome Intruder

“Pornography is making itself at home in too many Christians’ lives. Ezekiel 20:7”

“In the early 1990s, a friend of mine took a pastoral training course at the Master’s College in Santa Clarita, California. The class met once a week, surveying many of the topics one would expect in such a setting. But the professor also spotlighted a less popular subject: sexual sin. Every week, without exception, he recounted the story of a friend who had been disqualified for ministry by moral failure.”

“The failure could be an affair or an addiction to pornography. The saddest part, the professor said, was how easy it was to come up with such stories. He had more than enough to fill a semester.”

“According to an oft-cited statistic, the average child today is exposed to pornography by age 11. Christian musician Clay Crosse says he first saw a —girlie magazine— in fourth grade. I suppose I should feel fortunate. I didn’t encounter pornography until age 12 or 13.”
“The first movie I watched, a tape of the Debbie Does variety, made me sick. The second one electrified me. It was the most exciting, magnetic thing I’d ever seen. Throughout high school, whenever I was at a friend’s house with cable, I felt drawn, irresistibly, to search for porn.”

“In the 1989 movie Parenthood, Keanu Reeves’s character reassures a 15-year-old boy (and his mother) that the boy’s obsessive pornographic viewing and masturbation is normal. —That’s what little dudes do,‖ he says. It was only later—as a rededicated Christian talking with friends about how to resist sexual sin—that I discovered how true Reeves’s statement was. If there is a Christian man who doesn’t have a problem with lust, often pornography, I’ve never met him.”

“Of course, it’s not just —little dudes‖ who consume porn. Consider the following statistics, compiled by Proven Men, a ministry of sexual purity and transformation:”

- “60 percent of Christian men have sought some form of pornography.”
- “16 percent of married Christian men use pornography to masturbate.”
- 25 million Americans spend one to ten hours a week viewing Internet pornography.”
- Half of the country’s cybersex addicts are women, who often prefer explicit chat rooms to images.”
- 70 percent of Internet porn viewing is done during business hours.”
- In 2002, the adult video industry produced 11,000 titles—20 times more than Hollywood—and brought in $4 billion.”
- Total pornography revenue in 2001 was between $10 billion and $20 billion, more than the revenue of any professional sport.”

“Pornography can no longer be considered a —man’s issue.‖ Nor are pastors less susceptible than parishioners. In —Tangled in the Worst of the Web,‖ Christine Gardner reported that 33 percent of pastors polled,
compared to 36 percent of laity, admitted visiting a sexually explicit website.”

“When my wife and I first moved to Florida, we visited one of our area’s leading churches. Dynamic and growing, it needed a police officer to regulate the crush of traffic leaving its services. The senior pastor was a sincere and persuasive teacher, unafraid to speak boldly against sin, including sexual sin. Yet several years later, we learned he’d been fired for an entanglement with lust and pornography.”

“No one is invulnerable, it seems, to porn’s allure. And though many blame the Internet for multiplying the temptation, it’s not like porn was hard to find pre–World Wide Web. In 1988, a LEADERSHIP editor, writing an intro for ‘The War Within Continues,’ bemoaned the new accessibility of video pornography: ‘The VCR, barely known five years ago, has made sexually oriented material much more easily available and brought it into many homes for the first time.’”

“For Christians seeking to avoid explicit imagery, it’s becoming harder and harder to find a safe haven. Beyond the video stores, cable pay-per-view menus, Internet sites, and even cell phones that peddle hard-core porn, there’s the quasi-porn on display on billboards, primetime television, and the magazine rack at Borders. As Amy Sohn concluded in her New York Times review of the book Pornified, ‘The real proof of our culture’s decline may not be that so much pornography is available these days, but that you no longer have to look at pornography to get porn.’”

“Despite porn’s ubiquity, however, Christians seeking to rise above it have reason for hope. For me, the following story provides an apt image. In 1999, a church called Jesus in the City took over the building of an adult video store in Minneapolis. ‘We do relish the fact that right in the very offices where they handled this business, we’re now having prayer meetings,’ said Steve Harrison, one of the church’s ministry partners.”

“As Christians striving to live lives of purity, we cannot escape our pornographic culture—or our own proclivity toward lust. Not completely. Not yet. But we can create enclaves of prayer and recaptured innocence within
it; we can invite God’s Spirit into places where sexual sin once paid the rent.”

MISCELLANEOUS

“In 2012, Tru Research conducted 2,017 online interviews with teens, ages 13-17, and parents of teens.\(^{55}\)

- “71% of teens have done something to hide what they do online from their parents (this includes clearing browser history, minimizing a browser when in view, deleting inappropriate videos, lying about behavior, using a phone instead of a computer, blocking parents with social media privacy settings, using private browsing, disabling parental controls, or having e-mail or social media accounts unknown to parents).”
- “32% of teens admit to intentionally accessing nude or pornographic content online. Of these, 43% do so on a weekly basis. Only 12% of parents knew their teens were accessing pornography.”

“According to an anonymous survey published in the Journal of Adolescent Health in August 2009.\(^{62}\)

- “96% of teens interviewed had Internet access, and 55.4% reported that they had visited a sexually explicit website.”

“In 2010, 14-16-year-olds from a north London secondary school were surveyed. The found.\(^{64}\)

- “Nearly a third looked at sexual images online when they were 10 years old or younger.”
- “81% look at porn online at home.”
- “75% said their parents had never discussed Internet pornography with them.”

“According to a 2007 study among 813 students from six U.S. schools.\(^{85}\)

- “66.5% of young men and 48.7% of young women said viewing pornographic materials is an acceptable way to express one’s sexuality.”
“21.3% of young men said they view pornographic material every day or almost every day.”
“An additional 27.1% of young men said they view pornographic material 1 or 2 days a week.”
“An additional 21% of young men said they view pornographic material 2 or 3 days a month.”
“An additional 16.8% of young men said they view pornographic material once a month or less.”
“Only 13.9% of young men said they never view pornography.”
“31% of young women said they view pornographic material.”

“In 2009, Michael Leahy released results of a survey of 29,000 individuals at North American universities.86

“51% of male students and 32% of female students first viewed pornography before their teenage years (12 and younger).”
“35% of all students’ first exposure was Internet or computer-based (compared to 32% from magazines, 13% from VHS or DVD, and 18% from Cable or pay-per-view).”
“64% of college men and 18% of college women spend time online for Internet sex every week.”
“42% of male students and 20% of women said they regularly read romance novels, sexually explicit magazines, or regularly visited sexually explicit websites or chat rooms.”

“In 2003, a study of 474 human resource professionals conducted by Business & Legal Reports concluded:87

“Two-thirds said they have discovered pornography on employee computers.”
“43% of these said they had found such material more than once.”


(CovenantEyes, Pornography Statistics, 2014 Edition)

“A. On a recent out-of-state business trip, I encountered a young teenage woman who was wearing a pink tank top that read, ‘Future Porn Star’ across the chest.”

“B. The pink tank top symbolically underscored the fact that the impact of pornography in today’s social milieu, and on women in particular, is complex, multifaceted and unprecedented.”

“C. Pornography has long since left the seedy back alley world of the pre-Hugh Hefner era to take a socially and economically legitimized place in mainstream popular culture and the global economy (Morais, 1999).”

“D. Pornography, it could be argued, is altering the cultural zeitgeist in ways we may not come to appreciate or identify until society has paid significant social costs.”

“A 2002 Henry J. Kaiser Family Foundation Report found that 70 percent of youth ages 15 to 17 reported accidentally coming across pornography online, and 23 percent of those youth said this happens ‘very’ or ‘somewhat’ often.”

“Considering cable television and the Internet are the most common ways adolescents access sexual content (Häggström-Nordin et al., 2005).”

“For men, ‘pornography use is as common as drinking is among college-age men’, and a significant number report ‘binging’ on pornography with a similar frequency and intensity than those who binge drink (Carroll et al., 2008, pe.23).”
“Online Pornography Seeking Behaviors”


“Pornography’s Effect on Men Under Study”

<table>
<thead>
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<th>Pornography Viewing</th>
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<th>Non-Christian</th>
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<td>7%</td>
<td>3%</td>
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<tr>
<td>at least once daily</td>
<td>12%</td>
<td>10%</td>
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<tr>
<td>several times a week</td>
<td>18%</td>
<td>29%</td>
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<tr>
<td>several times a month</td>
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<td>12%</td>
</tr>
<tr>
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<td>3%</td>
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Table 1.2 Frequency of Pornography Viewing by Self-Identified Christian Men

Image source: Proven Men Ministries/Barna Group
Another study broke this down by age ranges. Among men 18-30 years old, 63% viewed pornography more than once per week, 79% viewed pornography at least monthly. Among 18-30 year old women, 19% viewed porn more than once a week, 34% viewed it at least monthly. (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


“A survey by Canadian researchers shows that U.S. states with the greatest religious and politically conservative affiliation are apt to search the most for sex online.” (The Daily Beast, October 11, 2014)

“The US produces 89% of the world’s pornography.” (Note: the latest stat on this is Benny Bernardo, ‘Internet Pornography Statistics: How is Porn Affecting you?’, Feb. 18, 2015)

“Of a survey of 1000 people, … 64% regularly access it in some way.” (Huffington Post, Free Porn Continues to be a Problem for the Porn Industry, 4-10-13)

“Orlando is the porn capital of the U.S.A. Las Vegas was #2, Wilmington, NC was #3, Raleigh, NC was #4 and Charlotte, NC was #5.” (Daily Mail, May 8, 2012)

“Pornhub: The most searched term: Teen
23% of Pornhub’s viewers are women
The U.S. is Number 1 in per capita page views.
45% of porn is viewed on smartphones, 44% on desktop PCs. (Pornhub, 2014 year in review, January 7, 2015)

• “50% of Pornhub’s 38 million users are viewing porn via mobile devices.” (TimesLive, June 5, 2014)

• “90% of therapists see more problems related to porn use.
94% of therapists have seen a rise in people addicted to porn.
70% of 18 to 34 year olds use porn once a month.” (From a Cosmopolitan survey, as quoted by Medical Daily, January 20, 2013)
“Pornography is a rampant problem in our society. Some studies suggest that 70 percent of men ages 18 to 24 visit pornography websites in a typical month. Forty-seven percent of families in the United States say pornography is a problem in their home. A survey conducted in 2008 found that nearly nine out of ten (87%) young men and nearly one third (31%) of young women report using pornography. The average age at which children first see online pornography is eleven. Although statistics are not specifically available for the LDS population, it is estimated they are similar.”

“Forty-seven percent of families in the United States say pornography is a problem in their home. Every second, more than 28,000 individuals are looking at pornography on the internet. Pornography is a worldwide industry, generating $97 billion annually. Every second consumers spend $3,075.64 on pornography.”
“11 Porn Industry Stats That Really Need To Change:

1. “Porn sites receive more regular traffic than Netflix, Amazon, & Twitter combined each month.” (Porn Sites get more Visitors each Month than Netflix, Amazon and Twitter Combined”, HuffPost, December 6, 2017, https://www.huffingtonpost.com/2013/05/03/internet-porn-stats_n_3187682.html)


5. “At least 30% of all data transferred across the internet is porn-related.” (Porn Sites get more Visitors each Month than Netflix, Amazon and Twitter Combined”, HuffPost, December 6, 2017, https://www.huffingtonpost.com/2013/05/03/internet-porn-stats_n_3187682.html)

6. “The most common female role in porn is women in their 20’s portraying teenagers. (Jon Millward.) (In 2013, Millward conducted the largest personal research study on the Porn Industry in the U.S. He interviewed 10,000 porn stars about various aspects of the business.)” (“18 Shocking Stats About the Porn Industry and its Underage Consumers”, Fight the New Drug, September 5, 2017, https://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/)


10. “Porn is a global, estimated $97 billion industry, with about $12 billion of that coming from the U.S.” (“18 Shocking Stats About the Porn Industry and its Underage Consumers”, Fight the New Drug, September 5, 2017, https://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/)

11. “In 2016 alone, more than 4,599,000,000 hours of porn were watched on the world’s largest porn site. (PH Analytics)” (“18 Shocking Stats About the Porn Industry and its Underage Consumers”, Fight the New Drug, September 5, 2017, https://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/)

12. “Eleven pornography sites are among the world’s top 300 most popular Internet sites. The most popular such site, at number 18, outranks the likes of eBay, MSN, and Netflix.” (“18 Shocking Stats About the Porn Industry and its Underage Consumers”, Fight the New Drug, September 5, 2017, https://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/)

“Viewing Stats That Are Hard To Believe (from NCOSE):

13. “64% of young people, ages 13-24, actively seek out pornography weekly or more often.” (Chiara Sabina, Janis Wolak, and David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior 11, no. 6 (2008):691–693.)

14. “Teenage girls and young women are significantly more likely to actively seek out porn than women 25 years old and above.” (Chyng Sun, Ana Bridges, Jennifer Johnson, and Matt Ezzell, “Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations,” Archives of Sexual Behavior 45, no. 4 (May, 2016): 983–94.)

15. “A study of 14 – to 19 – year- olds found that females who watched pornographic videos were at a significantly greater likelihood of being victims of sexual harassment or sexual assault.” (Barna Group, The Porn Phenomenon: The Impact of Pornography in the Digital Age, (Ventura, CA: Josh McDowell Ministry, 2016).)

16. “A Swedish study of 18-year-old males found that frequent users of pornography were significantly more likely to have sold and bought
sex than other boys of the same age.” (Pornhub, “Pornhub’s 2016 Year in Review,” (2016).)

17. “A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike.” (Pornhub, “Pornhub’s 2016 Year in Review,” (2016).)

18. “A recent UK survey found that 44% of males ages 11-16 who viewed pornography reported that online pornography gave them ideas about the type of sex they wanted to try.” (Jonathan Marciano, “Top 300 Biggest Websites: Based on Both Mobile and Desktop Data for the First Time!” Similar Web (July 19, 2016), https://www.similarweb.com/blog/new-website-ranking)

“What These Numbers Mean”

“These issues aren’t going away as long as society continues to deny the real, proven harms of porn and a vast majority of people believe the lie that it’s harmless.”

“Right now, the porn industry is simply supplying what people are demanding. The only way this changes is if people stop, re-examine reality, get educated about the real harmful effects of porn, and make a change in their lives that doesn’t include porn.”


“Of all consumers of online pornography, 71.61% are male and 28.39% are female. Nearly 9 out of 10 (87%) young men and nearly one third (31%) of young women report viewing pornography. Forty million Americans regularly visit porn sites. Seventy percent of men between the ages of eighteen and twenty-four visit porn sites in a typical month. The average age at which a child first sees online porn is eleven years old. In 1998, 45% of the Protestant clergy surveyed reported using pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“2014 PORNOGRAPHY SURVEY OF CHRISTIAN MEN: SHOCKING NEW NATIONAL SURVEY REVEALS HIGH LEVELS OF PORNOGRAPHY USE AND RAMPANT EXTRAMARITAL AFFAIRS AMONG CHRISTIAN MEN”

“The statistics for Christian men between 18-30 years old are particularly striking:”

- “77% look at pornography at least monthly;”
- “36% view pornography at least daily;”
- “32% admit being addicted to pornography (and another 12% think they may be).”


“The statistics for middle-aged Christian men (ages 31-49) are no less disturbing:”

- “77% looked at pornography while at work in the past 3 months;”
- “64% view pornography at least monthly; and”
- “18% admit being addicted to pornography (and another 8% think they may be).”


“Even married Christian men are falling prey to pornography and extra-marital sexual affairs at alarming rates:”

- “55% look at pornography at least monthly; and”
- “35% had an extra-marital sexual affair while married.”

“These statistics knock the wind right out of you. They also confirm what we already know; that there definitely is a problem with pornography and affairs among Christians men and that they are starving for the church to step forward with solutions,’ according to Joel Hesch, who sponsored the survey and is the founder of a non-profit biblically-based organization named Proven Men Ministries. Hesch adds, ‘The purpose of the survey was not to point fingers, but to get a better grasp on the scope of the problem in light of ready access to pornography in this Internet era.’” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/)


“Those who identify themselves as born-again Christians have similar struggles with pornography and affairs:”

- “95% admit that they have viewed pornography;”
- “54% look at pornography at least once a month;”
- “44% viewed pornography at work in the last 90 days;”
- “31% had a sexual affair while married;”
- “25% erase Internet browsing history to conceal pornography use;”
“18% admit being addicted to pornography (and another 9% think they may be).”


“United States”

“64% of American men view porn at least monthly, the percentage of Christian men is nearly the same.
79% of men ages 18-30 view porn at least monthly.
67% of men ages 31-49 view porn at least monthly.
55% of married men view porn at least monthly.” (Digital Journal, August 14, 2014)

“This 2014 ProvenMen survey showed, tragically, that the number of Christian men involved with pornography mirrors the world. 77% of Cristian men between the ages of 18 and 30 say they look at pornography at least monthly. 64% of Christian men between the ages of 31 and 49 say they view pornography at least monthly. 36% of 18-30 year-old Christian men say they view porn at least daily and at least 32% of that age group admit to being addicted. 18% of Christian men ages 31-49 admit to addiction.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, http://wifamilycouncil.org/pornography-destroying-marriages-families-2/)
“The prevalence or integration of pornography into our society was evident from the onset. ‘We started our research seeking men in their twenties who had never consumed pornography. We couldn’t find any,’ says Simon Louis Lajeunesse, a postdoctoral student and professor at the School of Social Work.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html)


“Roughly 80% of college men and 34% of co-eds use porn on campus or off, sanctioned by ‘free speech.’” (Judith Reisman and Mary E. McAlister, “The Sexual
A representative of a large missionary organization which sends out about 4000 short term missionaries (all university students) stated, “Josh, we have to reject 85% of our applicants because of pornography.”

Notwithstanding differences in the age ranges sampled, studies of exposure across the lifetime of children and young people report considerable exposure and access rates across time and countries, from approximately 43 per cent to 99 per cent (for example, Häggström-Nordin et al., 2009; Kim, 2001, 2011 - Also see Kraus & Russell, 2008; Flood, 2007; Rideout, 2001; Tydén & Rogala, 2004; Wallmyr & Welin, 2006; YouGov, 2009.). Some Swedish studies report the highest rates; for example, 99 per cent of a sample of 16 to 24-year-olds had been exposed to pornography (Tydén & Rogala, 2004). Exposure and access rates for male children and young people range from 83 per cent to 100 per cent and reported rates for females are from 45 per cent to 80 per cent (Corne et al., 1992; Cowan & Campbell, 1995; Cowell & Smith, 2009 - Also see Fleming et al., 2006; Johansson & Hammarén, 2007; Romito & Beltramini, 2011.).

A. MILITARY

“And sexual victimization of males occurs in the military today, not just in prisons. Well over 14,000 in 2012, ‘[a]ccording to the Pentagon, thirty-eight military men are sexually assaulted every single day. So, it’s not just more reporting. Is it possible pornography is training a rape culture?’” (Judith Reisman and Mary E. McAlister, “The Sexual Revolution Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/)

“Pornography has become the new drug of many Airmen, and the service must help its members deal with this addictive new health hazard.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“The thermonuclear missile base, Francis. E. Warren Air Force Base, is located on the windswept grassy plains of eastern Wyoming. A few years back, the base was struck by a rash of child pornography cases among its ranks. Numerous Airmen were prosecuted for possession of child pornography after local authorities discovered that they had downloaded images and videos from file sharing websites. The legal office spent years prosecuting these tragic cases.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)
“Pornographic consumption and addiction are believed to be much higher in the military, the general population, though, because of the largely young male population and frequent deployments.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“In fact, in an interview with the Army Times, Navy Lt. Michael Howard, a licensed therapist and military chaplain, believes that at least 20 percent of the military is addicted to online pornography. The common theme among many military chaplains is that addiction to internet pornography is one of the biggest, if not the biggest, personal problem facing our military members today.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)
B. WOMAN RAPE MYTH

“While not a meta-analysis, Corne, Briere, and Esses’s (1992) study is an important contribution to our understanding of pornography and rape myth acceptance. This study examined women’s rape myths as a function of early exposure to pornography. A total of 187 female university students responded to a questionnaire regarding: (a) childhood exposure to pornography, (b) current sexual fantasies, and (c) endorsement of rapesupportive attitudes. Eighty-six (46 percent) of the respondents reported direct exposure to pornography as a child, and statistical analysis showed that this exposure significantly related to rape fantasies and rapesupportive beliefs in adulthood. The researchers suggest early contact with pornography affects female socialization by not only normalizing sexual aggression, but also portraying it as culturally desirable to women.” (Corne, S., Briere, J., & Esses, L. M. (1992). Women’s attitudes and fantasies about rape as a function of early exposure to pornography. Journal of Interpersonal Violence, 7(4), 458.)

“According to a report by Edward Donnerstein [Donnerstein, Edward. Unpublished Transcript of Testimony to the Public Hearings on Ordinances to Add Pornography as Discrimination Against Women. Committee on Government Operations. City Council. Minneapolis, MN, pp. 4-12.], over 25% of male college students selected at random admitted that there was some likelihood they would rape a woman if they could be assured of getting away with it. The proportion of potential rapists increased to 57% after the young men were exposed to sexually violent images, especially those of women shown as enjoying being raped.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

• “Given that the content of pornography today reinforces the script that women do not resist when hit during a sexual encounter (Bridges et al., 2010), it stands to reason that exposure to pornography sends the message that women enjoy physical aggression during sex. If women

- “According to Jean Rosenberg [Rosenberg, Jean. 1989. Two New Books on Pornography Effects. 2(2) Sexual Assault Report, p. 31.], 65% of rapists in one study used pornography and often mimicked it in their crimes.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm) “In regards to marriage, Morality in Media states the following:

“Dr. Victor B. Cline is a psychologist at the University of Utah with a private practice as a psychotherapist specializing in family marital counseling and sexual addiction. He has counseled numerous couples where one of the partners has a sexual addiction to pornography.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“In this work, Dr. Cline says:”

“As a clinical psychologist, I have treated, over many years, approximately 300 sex addicts, sex offenders, or other individuals (96% male) with sexual illnesses. This includes many types of unwanted compulsive sexual acting out plus such things as child molestation, voyeurism, sadomasochism, fetishism, and rape. With only several exceptions, pornography has been a major or minor contributor or facilitator in the acquisition of their deviation or sexual addiction...”” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Cline concludes: ‘In my clinical experience, however, the major consequence of being addicted to pornography is not the probability or possibility of committing a serious sex crime (though this can and does
occur), but rather the disturbance of the fragile bonds of intimate family and marital relationships. This is where the most grievous pain, damage, and sorrow occur. There is repeatedly an interference with or even destruction of healthy love and sexual relationships with long-term bonded partners. If one asks if porn is responsible or causes any sex crimes, the answer is unequivocally, ‘Yes,’ but that is only the tip of the iceberg.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“According to a report by Edward Donnerstein [Donnerstein, Edward. Unpublished Transcript Of Testimony to the Public Hearings on Ordinances to Add Pornography as Discrimination Against Women. Committee on Government Operations. City Council. Minneapolis, MN, pp. 4-12.], over 25% of male college students selected at random admitted that there was some likelihood they would rape a woman if they could be assured of getting away with it. The proportion of potential rapists increased to 57% after the young men were exposed to sexually violent images, especially those of women shown as enjoying being raped.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)


“Sexual violence is an issue that impacts the lives of many. Research has consistently shown that one in four college women have experienced rape or attempted rape at some point in their lives (Fisher, Cullen, & Turner, 2006). By the time they turn 18, one in six males have experienced sexual abuse (Dube, Anda, Whitfield, et al., 2005).”


“The Federal Violence Against Women Act of 2005 states that ‘nearly 1/3 of American women report physical and sexual abuse by a husband or boyfriend at some point in their lives’. In Minnesota, a 2007 MN Department of Health study stated that sexual assault alone cost Minnesota nearly $8 billion in 2005. In 2006 37,010 Minnesota women and children sought community advocacy services due to domestic abuse (76% of which were females over 13 years old) and 11,474 were provided emergency shelter.” (Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, http://webcache.googleusercontent.com/search?q=cache:cgpdxrzlfMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us)
C. PORN WEBSITES

“However, this farcical honor system fails at protecting youth from inappropriate material because:


“To make matters worse, unsuspecting youth are commonly tricked into opening pornographic websites by attaching misspelled words to pornographic pages or by making it difficult to shut down or get out of a site once opened, a strategy referred to as “mouse trapping.” In fact, Mitchell, Finkelhor, and Wolak found that in 26 percent of unwanted exposure incidents, youth reported being exposed to another sex site while they were trying to exit another.” (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). The exposure of youth to unwanted sexual material on the Internet: A national survey of risk, impact, and prevention. Youth & Society, 34(3), 330–358.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the

“The number of porn pages is estimated at 700m-800m; one of the biggest sites claims to get 80 billion video views a year. … It is shaping their expectations of sex and what they go on to do.” (“Generation XXX”, Economist, September 26, 2016, http://www.economist.com/news/leaders/21666614-free-pornography-ever-more-plentiful-online-right-response-involves-better-sex)


“2016 = 87.8 Billion (87,800,000,000 (B) views” [That is 11 videos for every man, woman, child or baby alive on planet earth] (“Pornography”, Enough is Enough, Accessed 3.20.2017, http://www.enough.org/stats_porn_industry)

“Furthermore, a survey conducted by SurfControl (2000) revealed 59 percent of Internet use at the office is not work related, and Goldberg’s
work (1998) revealed adult content websites were the fourth most visited category on the Internet while at work during the month of April 1998.”


“Hussey, who specializes in addiction, said access is a key component in the problem with porn. ‘When most people go to their jobs, alcohol is not there, cocaine is not on the job, but porn could be on the job,’ he said. ‘Because of access, it becomes very difficult to get away from it.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)
D. GOOGLE = SEX ED

“Henry J. Kaiser Foundation’s 2001 report indicated 70 percent of youth aged 15 to 17 have used the Internet to look up general health information and that 40 percent of adolescents have specifically looked up sexual health topics (e.g., pregnancy, HIV, and sexually transmitted diseases), it is important to ascertain how efforts to increase Internet safety may unwittingly hinder access to useful information.” (Rideout, V. (December 2001). Generation Rx.com: How young people use the Internet for health information. Menlo Park, CA: Henry J. Kaiser Foundation.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)


“By simply typing a few keywords into a search engine (e.g., Google), it is extremely easy to search for pornography on the internet. It is so easy that it has been speculated that every second, 372 individuals are typing pornographic keywords into a search engine. Altogether, it is estimated that up to 25% of all internet search engine requests are for pornography.” (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography SEEKING_behaviors-markey_markey_4-11-11.pdf)

“Instead of asking individuals about their online pornography behaviors,
researchers have also examined the keyword searches individuals use to find pornography. Keywords are the words individuals enter into various search engines in order to find something online. For example, a person might type in the word ‘porn’ or ‘sex’ into the Google search engine when attempting to find pornography. Given the multitude of keyword searches for pornography, such a method provides researchers with an extremely large data set they can utilize to examine various hypotheses. One useful resource for researchers interested in examining online pornography key word searchers (or any keyword search) is Google Trends.” (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography寻求行为__Markey__Markey_4-11-11.pdf)
E. PORN AND SEXUAL PRACTICES

A group of Swedish researchers (2005) recently examined the association between pornography consumption and sexual practices among 718 high school students from 47 different high school classes. They found that:

- Internet and cable television were the most common sources of pornography.
- 83 percent of the youth watched pornography at home.
- 71 percent believed pornography influenced others’ sexual behavior.
- 29 percent reported pornography had influenced their own sexual behavior. However, in a previous Swedish study (2004), 53 percent of young men reported that pornography had impacted their sexual behavior by “inspiring” them.170
- Males considered “high pornography consumers” and men with an early age of first sexual intercourse (15 years) were more likely than low male consumers and women to engage in sexual activities such as oral sex, group sex, and anal intercourse.
- Engaging in anal intercourse was significantly associated with high consumption of pornography.
- Engaging in sexual intercourse with a friend (i.e., someone with whom they were not having a loving relationship) was also significantly associated with high consumption of pornography.


“With 9% of U.S. citizens admitting that their online sexual behavior is out of control and 14% admitting that they have been confronted about their Internet sexual behavior, this issue may be more common than once thought (Cooper et al., 2004).” (John D. Foubert, Matthew W. Brosi and Sean Bannon,

“Both girls and boys who watch pornography become more likely to have oral sex and intercourse in their youth (Brown & Engle, 2009)” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)


- “Males considered ‘high pornography consumers’ and men with an early age of first sexual intercourse (15 years) were more likely than low male consumers and women to engage in sexual activities such as oral sex, group sex, and anal intercourse. (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- “Engaging in anal intercourse was significantly associated with high consumption of pornography. Engaging in sexual intercourse with a friend (i.e., someone with whom they were not having a loving relationship) was also significantly associated with high consumption

• “Shere Hite found that of the men who read pornographic magazines, 67% admitted that they had wanted to rape a woman while only 19% said that they had never wanted to rape a woman.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

• “Per The Aurora Center for Advocacy and Education at the University of Minnesota; Two-thirds (67%) of offenders who committed any of the types of Internet sex crimes against minors possessed child pornography.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)


“Aggressors don’t need pornography to be violent and addicts can be addicted to drugs, alcohol, gaming and asocial cases are pathological. If pornography had the impact that many claim it has, you would just have to show heterosexual films to a homosexual to change his sexual orientation.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html)

“A recent study found that 88% of top-rated porn scenes contain physical aggression and 49% verbal aggression, with 94% of the targets of that aggression being female.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015)
• “50 films – 304 scenes”

• “3,376 different acts of verbal and physical abuse utilizing the Perpetrator Action Target (PAT) scale. (This scale counts as one act of aggression that which takes place when all three elements are present and unchanged. For example a man (P) slaps (A) a woman (T) 10 times. Because each element is unchanged this constitutes one act of aggression. If anyone of the three elements, P, A or T changes, another act of aggression is counted. For example, if another man (P) enters the scene and slaps (A) the same woman (T) three times, those acts are counted as one event. So in this example, the woman would have been slapped 13 times but the scale would have recorded it as two separate incidents only).”

“11.5 acts of aggression per scene”

“0-128 acts per scene”

“Aggression rewarded 68% of the time”

“Neutral response to aggression 32% of the time”

“Discouraged 0% of the time”

“Positive sexual behavior represented just 10% of all actions”


“This analysis included 46 published studies, most of which were done in the United States and ranged in dates from 1962 to 1995. In their conclusion they state, ‘The results are clear and consistent; exposure to pornographic material puts one at increased risk for developing sexually deviant tendencies, committing sexual offenses, experiencing difficulties in

“The research indicates pornography consumption is associated with the following six trends, among others:”

1. “Increased marital distress, and risk of separation and divorce,”
2. “Decreased marital intimacy and sexual satisfaction,”
3. “Infidelity”
4. “Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices,”
5. “Devaluation of monogamy, marriage and child rearing,”
6. “An increasing number of people struggling with compulsive and addictive sexual behavior.”


“Current sexual assault prevention training can best be described as changing conditions without changing people. This is a recipe for failure.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)
“In 1988, the FBI reported that 81 percent of violent sexual offenders regularly read or viewed violent pornography. A twenty-year FBI study indicates that 81 percent of sex murderers name pornography as their most significant sexual interest, and police investigators routinely find porn in the homes of sex-crime suspects.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“They may believe pornography is victimless and in fact can be healthy for their sex lives, or even serve as a cure for loneliness while being away from one’s family.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive masturbation), increased belief in the ‘rape myth’ (that women cause rape and rapists are normal), and was associated with negative attitudes regarding intimate relationships (e.g., rejecting the need for courtship and viewing persons as sexual objects).” (Elizabeth Paolucci, Mark Genuis and Claudio Violato, “A Meta-Analysis of the Published Research on the Effects of Pornography, The Journal of Psychology: Interdisciplinary and Applied, Volume 135, Issue 1, 2001, http://www.tandfonline.com/doi/pdf/10.1080/00223980109603677) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)


“Some really interesting changes in search trends took place in America this year. For instance, ‘lesbian’ overtook ‘teen’ in 1st place for...
the most searched term throughout the country over the course of the year, making an impressive 15 place climb. Incidentally, 2014 was also a huge year for gay marriage in the States, with 19 states having ruled in favor of legalizing gay marriage.” (Pornhub, 2014 year in review, January 7, 2015)

“If Pornhub users all over the world are thirsty for one thing in particular, it’s teen-themed porn, as ‘teen’ was the most searched term in the world both this year and last. Coming in at number 2 with an impressive 7 place gain is ‘lesbian,’ with ‘MILF” taking a slight hit, falling into 3rd place and down from last year’s 2nd. Some interesting gainers here are the step-family themed searches, with ‘step mom’ climbing up 14 slots to land in at 4th place, and ‘step sister’ reaching up 53 spots to land in at this year’s 13th place. Group themed porn searches like ‘threesome’ and ‘gangbang’ also made some impressive leaps, having climbed 31 and 14 positions respectively. The world witnessed some interesting get-togethers on Pornhub this year!” (“2014 Year in Review”, Porn Hub Insights, January 7, 2015, http://www.pornhub.com/insights/2014-year-in-review)

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The most prolific researchers in this field, Peter and Valkenburg from the Netherlands, published a series of relevant studies between 2007 and 2011 with the following findings:

- Exposure to sexually explicit online films was significantly related to the belief that women are sex objects (when exposure to other forms of sexual content was controlled for) (Peter & Valkenburg, 2007).

- How much children and young people liked internet pornography was a mediating factor in the relationship between exposure and the belief that women are sex objects. They also found the reverse relationship (the impact of the belief that women are sex objects on exposure to internet pornography is also mediated by a liking for internet pornography). Therefore, exposure to internet pornography is both a
potential cause and a consequence of viewing women as objects (Peter & Valkenburg, 2009).

- Frequent use of internet pornography was linked with more frequent thoughts about sex, more frequent distractions because of sex and a stronger interest in sex. Peter and Valkenburg (2008) suggest that there may be a greater sex-related memory association as a result of sexual arousal caused by exposure to internet pornography and that may eventually lead to chronically accessible sex-related cognitions (i.e. sexual preoccupation).

- If children and young people perceive sexually explicit content to be similar to real-world sex and if they see it as useful, then they are more likely to have attitudes towards sex that are casual and hedonistic rather than affectionate or relationship-based (Peter & Valkenburg, 2010a).

- More frequent internet pornography use increased children and young people’s sexual uncertainty (e.g. the extent to which they are unclear about their sexual beliefs and values) (Peter & Valkenburg, 2010b).

F. CHILD PORN


“The Internet Watch Foundation identified more than 57,000 websites containing child sexual abuse images.” (Nicole Winfield, AP News, October 6, 2017, “Pope denounces porn and corruption of kids’minds, bodies”, https://www.apnews.com/09009a6b3934453187fba0ad9c04f40b/Pope-denounces-porn-and-corruption-of-kids’-minds,-bodies)


“In a study of convicted child molesters, 77 percent of those who molested boys and 87 percent of those who molested girls admitted to the habitual use of pornography in the commission of their crimes. (Take Action Manual (Washington, D.C.: Enough is Enough, 1995-96), 9.) Besides stimulating the perpetrator, pornography facilitates child molestation in several ways. For example, pedophiles use pornographic photos to demonstrate to their victims what they want them to do. They also use them to arouse a child or to lower a child's inhibitions and communicate to the unsuspecting child that a particular sexual activity is okay: ‘This person is enjoying it; so will you.’” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

Still, among 50-68 year olds, 49% of men and 5% of women view pornography at least once a month. (2014 ProvenMen.org Pornography Addiction Survey (conducted by Barna Group). The survey results are located at www.provenmen.org/2014pornsurvey/pornography-use-and-addiction.) Despite the fact that it is illegal for them to access pornography, the average child sees Internet pornography for the first time at age 11. (Dines, G. (2010). Pornland: How porn has hijacked our sexuality. Boston, MA: Beacon Press.) (DeKeseredy, W. S. & Corsianos, M. (2016). Violence Against Women in Pornography. New York: Routledge.) Scholars I interviewed for this book suggest that if a study was done today on the age
G. YOUTH AND PORN


- “According to a survey of freshmen and sophomores in American universities, 93% of boys and 62% of girls said they saw porn online before they turned 18. In fact, 69% of boys and 23% of girls surveyed said they have spent at least 30 consecutive minutes viewing Internet porn on at least one occasion.” (Chiara Sabina, Janis Wolak, and David Finkelhor, “The nature and dynamics of Internet pornography exposure for youth,” CyberPsychology and Behavior 11 (2008): 691-693.) (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)


“In 2012, Tru Research conducted 2,017 online interviews with teens, ages 13-17, and parents of teens.55

➢ “71% of teens have done something to hide what they do online from their parents (this includes clearing browser history, minimizing a browser when in view, deleting inappropriate videos, lying about behavior, using a phone instead of a computer, blocking parents with social media privacy
settings, using private browsing, disabling parental controls, or having e-mail or social media accounts unknown to parents).”

- “32% of teens admit to intentionally accessing nude or pornographic content online. Of these, 43% do so on a weekly basis. Only 12% of parents knew their teens were accessing pornography.”

“According to an anonymous survey published in the Journal of Adolescent Health in August 2009.62

- “96% of teens interviewed had Internet access, and 55.4% reported that they had visited a sexually explicit website.”

“In 2010, 14-16-year-olds from a north London secondary school were surveyed. The found:64

- Nearly a third looked at sexual images online when they were 10 years old or younger.”
- “81% look at porn online at home.”
- “75% said their parents had never discussed Internet pornography with them.”

“According to a 2007 study among 813 students from six U.S. schools.85

- “66.5% of young men and 48.7% of young women said viewing pornographic materials is an acceptable way to express one’s sexuality.”
- “21.3% of young men said they view pornographic material every day or almost every day.”
- “An additional 27.1% of young men said they view pornographic material 1 or 2 days a week.”
- “An additional 21% of young men said they view pornographic material 2 or 3 days a month.”
- “An additional 16.8% of young men said they view pornographic material once a month or less.”
- “Only 13.9% of young men said they never view pornography.”
- “31% of young women said they view pornographic material.”
“In 2009, Michael Leahy released results of a survey of 29,000 individuals at North American universities.\textsuperscript{86}

- “51% of male students and 32% of female students first viewed pornography before their teenage years (12 and younger).”
- “35% of all students’ first exposure was Internet or computer-based (compared to 32% from magazines, 13% from VHS or DVD, and 18% from Cable or pay-per-view).”
- “64% of college men and 18% of college women spend time online for Internet sex every week.”
- “42% of male students and 20% of women said they regularly read romance novels, sexually explicit magazines, or regularly visited sexually explicit websites or chat rooms.”

“In 2003, a study of 474 human resource professionals conducted by Business & Legal Reports concluded:\textsuperscript{87}

- “Two-thirds said they have discovered pornography on employee computers.”
- “43% of these said they had found such material more than once.”


Between 2008 and 2011, exposure to porn among boys under the age of 13 jumped from 14% to 49%. Daily use among this group more than doubled. (Sun, C., Bridges, A., Johnson, J., & Ezzell, M. (2014). Pornography and the male sexual script: An analysis of consumption and sexual relations. \textit{Archives of sexual behavior}, 1-12.) Before teens get to college, 93% of boys and 62% of girls have seen online pornography. The circumstances surrounding viewing pornography tend to differ based on whether one is a boy or a girl. Boys tend to seek it

“Statistics are staggering. Nine out of 10 boys and six out of 10 girls are exposed to porn before the age of 18. The first exposure to porn for men is 12 years old, on average. Sixty-eight percent of young adult men watch porn at least once a week.” (Frank Powell, “8 Lies we Believe About Porn”, Relevant Magazine, August 7, 2015, [https://relevantmagazine.com/life/8-lies-we-believe-about-porn](https://relevantmagazine.com/life/8-lies-we-believe-about-porn))

Dr. Kevin Skinner is a therapist who counsels teens addicted to pornography. He notes that most begin their involvement with pornography between ages 10 and 14. He further reports that parents of porn addicted teens tend to be either very rigid and controlling or completely disinterested and disengaged. Teens with controlling parents tend to experience shame, which lead them to behaviors they find comforting to lessen the feeling of rejection by their parents. He further notes that addiction is a likely result for kids who use pornography and are either isolated or feel lonely. (Skinner, K.B. (2005). *Treating pornography addiction: The essential tools for recovery*. Provo, UT: GrowthClimate, Inc.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, [http://www.johnfoubert.com/how-porn-harms](http://www.johnfoubert.com/how-porn-harms))


“Well over two-thirds of 15-17 year old adolescents have seen porn websites when they did not intend to access them.” (Kaiser Family Foundation. Generation Rx.com: how young people use the Internet for health information. Menlo Park
“Though today’s generation of young people have more access to pornography than any generation before them, boys didn’t just start looking at pornography when the Internet was created. In the 1980s, the average age a boy saw Playboy magazine was 11. By age 15, over 9 out of 10 had seen it. Of course, Playboy magazine depicted images that are far less violent than what exists in today’s mainstream pornography, so much so that, in 2015, Playboy abandoned showing nude models as they couldn’t compete with material online. However, even in the 1980s, by the time boys reached the 13-15 year old age range, 9 out of 10 had seen an X rated movie.” (Bryant J & Brown D. (1989). Uses of pornography. In: Zillmann D, Bryant J, editors. Pornography: Research advances and policy considerations. Hillsdale (NJ) 7 Erlbaum; p. 25– 55.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


Dr. DeKeseredy what he thought the 11 year old boy of today would be like when he grew up, “He’s going to be cruel, he’s going to have unrealistic expectations, I think relationships are going to fall apart. I predict that divorce rates are going to increase significantly because of deep-rooted unhappiness.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

2008 YouGov survey of nearly 1500 youths:


5. “32% of boys and 18% of girls have seen bestiality (sex between a person and an animal) online.” (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)


8. “28% of 16-17 year olds have been unintentionally exposed to porn online.” (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)


“Teens are spending more than one-third of their days using media...nearly nine hours on average...common sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day.” (Hayley Tsukayama, “Teens spend nearly nine hours every day consuming media”, The Washington Post, November 3, 2015, https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/)
“Teens are spending more than one-third of their days using media…nearly nine hours on average [63 hours per week], according to Common Sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day. [42 hours per week]” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/)

“…Kaiser Family Foundation’s 2010 study, which estimated an average of five-and-a-half hours of media use for those ages 8-10, 8 hours and 40 minutes for those aged 11-14, and just under 8 hours for 15-18 year-olds.” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/)  


“A survey of thousands of young Canadian students across the country found a ‘concerning pattern’ of teenage boys seeking out pornography regularly, according to the non-profit organization MediaSmarts, while accounts of ‘sexting’ were also commonplace.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70)

“Almost 40% of British boys ages 14 to 17 said they regularly watch, according to a February 2015 study by the University of Bristol. Chyng Sun, an associate professor of media studies at New York University, says nearly half of the 487 men she surveyed in one study had been exposed to porn before they’d turned 13. A study in the Journal of Sex Research puts first exposure at, on average, 12 years old for young men.”

“Reports showed that 1.4 million unique visitors to adult sites in Britain were under the age of 18 in May 2015, after Internet providers’ opt-in filters were in place.” (Belinda Luscombe, March 31, 2016, Time, “Porn and the Threat to Virility”, http://time.com/4277510/porn-and-the-threat-to-virility/)
“Nine out of 10 boys and six out of 10 girls are exposed to porn before the age of 18. Sixty-eight percent of young adult men watch porn at least once a week.”


“What's the percentage of Internet addicts according to the research?”

“Although the questionnaire studies use somewhat different terminology (‘addiction’ ‘problematic Internet use’ ‘maladaptive Internet use’), rates
range from 8 percent to as high as 21 percent in young people. Moreover, in a study that reported addiction rates by gender, a quarter of the male university students tested were diagnosed as addicts—as compared with less than ten percent of female students.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Of the juvenile victims identified in conjunction with pornography crimes, 62 percent were female, 25 percent were members of the offender’s family, 59 percent were teens (12-17 years old), 28 percent were elementary school age (6-11 years old), and 13 percent were preschoolers (younger than 6 years old).” (David Finkelhor and Richard Ormrod, “Child Pornography: Patterns From NIBRS,” Juvenile Justice Bulletin, December 2004, www.ojp.usdoj.gov/ojjdp)

“YOUNG BRITISH TEENS ARE WORRIED THEY’RE ADDICTED TO PORN, SURVEY FINDS”
“One in ten British teenagers aged 12-13 years old are worried they're addicted to pornography, according to a new survey published Tuesday.” (Blathnaid Healy, “Young British teens are worried they're addicted to porn, survey finds”, Mashable, March 31, 2015, http://mashable.com/2015/03/31/pornography-britain-teenagers/)

“The poll carried out by NSPCC Childline surveyed 700 12-13 year-olds in the UK, it was part of a wider survey of 2,000 children between 11 and 17, conducted last month.” (Blathnaid Healy, “Young British teens are worried they're addicted to porn, survey finds”, Mashable, March 31, 2015, http://mashable.com/2015/03/31/pornography-britain-teenagers/)

“Childline said it has heard from children who say watching porn has made them depressed, given them body image issues or made them feel pressured to engage in sexual acts they weren't ready for.” (Blathnaid Healy, “Young British teens are worried they're addicted to porn, survey finds”, Mashable, March 31, 2015, http://mashable.com/2015/03/31/pornography-britain-teenagers/)

“I'm always watching porn and some of it is quite aggressive,’ one teen told Childline.” (Blathnaid Healy, “Young British teens are worried they're addicted to porn, survey finds”, Mashable, March 31, 2015, http://mashable.com/2015/03/31/pornography-britain-teenagers/)
“I didn't think it was affecting me at first but I've started to view girls a bit differently recently and it's making me worried. I would like to get married in the future but I'm scared it might never happen if I carry on thinking about girls the way I do.” (Blathnaid Healy, “Young British teens are worried they’re addicted to porn, survey finds”, Mashable, March 31, 2015, http://mashable.com/2015/03/31/pornography-britain-teenagers/)

“Pornhub was among the top five favourite websites of British boys between the ages of 11 and 16.” (Blathnaid Healy, “Young British teens are worried they're addicted to porn, survey finds”, Mashable, March 31, 2015, http://mashable.com/2015/03/31/pornography-britain-teenagers/)


TEEN BOYS ONLINE PORN VIEWING BEHAVIOR IS REASON FOR CONCERN

“MediaSmart, the Ottawa-based digital literacy outfit…a CRTC initiative…5,436 students in grades 4 through 11” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VclqflVhBc)

“Forty per cent of the boys admitted to looking for porn online…” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VclqflVhBc)

“…a third of the boys who admitted to viewing porn said they did so daily, another third said they did so at least once a week…one in five said it was at least once a month.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VclqflVhBc)
“Broken down into grade groupings, about one in 10 of the seventh grade boys reported they looked for porn online, while nearly one in three eighth graders, almost half of the ninth graders, and close to two-thirds of the tenth and eleventh graders said the same.”

“Only seven percent of the girls polled said they had sought out pornography online.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VclqjffVhBc)

“42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_1VhBc)

 Teens are watching more porn and seeking it out more than any other generation.

- Among ages 13-17: 8% daily; 18% weekly; 17% once or twice a month.
- Among ages 18-24: 12% daily; 26% weekly; 19% once or twice a month.
- 83% of boys and 57% of girls have seen group sex online; 32% of boys and 18% of girls have viewed bestiality online. (Covenant Eyes)
- 88.2% of top-rated porn scenes contain physical aggression (spanking, gagging, slapping, etc.); 48.7% contain verbal aggression (name calling). Perpetrators were usually male, 94% of the targets were women (Psychology of Women Quarterly)"

(Donna Rice Hughes, Typed from CRU Mail Article, “Just Harmless Fun”, June 13, 2017)

“The Nature and Dynamics of Internet Pornography Exposure for Youth”

“Considerable numbers of boys and girls had seen images of paraphilic or criminal sexual activity, including child pornography and sexual violence, at
least once before the age of 18. Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys, p 0.001) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)
### Table 1. Characteristics of Exposure to Internet Pornography before Age 18

<table>
<thead>
<tr>
<th>Exposure to Internet pornography</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n = 192</td>
<td>n = 371</td>
</tr>
<tr>
<td>Yes, before 18**</td>
<td>93.2%</td>
<td>62.1%</td>
</tr>
<tr>
<td>Yes, after 18***</td>
<td>4.2</td>
<td>20.6</td>
</tr>
<tr>
<td>Never***</td>
<td>2.6</td>
<td>17.3</td>
</tr>
<tr>
<td>Exposure to Internet pornography before age 18</td>
<td>n = 179</td>
<td>n = 226</td>
</tr>
</tbody>
</table>

Number of times spent viewing for more than 30 minutes

<table>
<thead>
<tr>
<th>Reasons for viewing Internet pornography</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never***</td>
<td>30.6%</td>
<td>76.8%</td>
</tr>
<tr>
<td>Once</td>
<td>6.9</td>
<td>9.1</td>
</tr>
<tr>
<td>Up to 10 times***</td>
<td>27.8</td>
<td>11.4</td>
</tr>
<tr>
<td>More than 10 times***</td>
<td>34.8</td>
<td>2.7</td>
</tr>
<tr>
<td>Mean number of times spent viewing for more than 30 minutes***</td>
<td>9.8</td>
<td>1.0</td>
</tr>
</tbody>
</table>

Reasons for viewing Internet pornography

<table>
<thead>
<tr>
<th>Reasons for viewing Internet pornography</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wanted the sexual excitement***</td>
<td>69.3%</td>
<td>16.8%</td>
</tr>
<tr>
<td>Curious about different things people do sexually***</td>
<td>53.1</td>
<td>26.1</td>
</tr>
<tr>
<td>Wanted information about sex***</td>
<td>39.7</td>
<td>19.5</td>
</tr>
<tr>
<td>With friends who wanted to do it**</td>
<td>34.1</td>
<td>20.8</td>
</tr>
<tr>
<td>Never looked for pornography on purpose***</td>
<td>6.8</td>
<td>42.3</td>
</tr>
</tbody>
</table>

Types of images seen at least once

<table>
<thead>
<tr>
<th>Types of images seen</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naked people but no sexual activity***</td>
<td>98.3%</td>
<td>88.9%</td>
</tr>
<tr>
<td>Mixed-sex intercourse***</td>
<td>93.8</td>
<td>73.5</td>
</tr>
<tr>
<td>Naked people showing genitals**</td>
<td>91.1</td>
<td>81.0</td>
</tr>
<tr>
<td>Sexual activity among more than 2 people***</td>
<td>83.2</td>
<td>57.1</td>
</tr>
<tr>
<td>Same-sex intercourse**</td>
<td>69.3</td>
<td>55.3</td>
</tr>
<tr>
<td>Sexual activity involving bondage***</td>
<td>38.6</td>
<td>22.6</td>
</tr>
<tr>
<td>Sexual activity between people and animals***</td>
<td>31.8</td>
<td>17.7</td>
</tr>
<tr>
<td>Sexual activity involving urine or feces</td>
<td>21.8</td>
<td>16.4</td>
</tr>
<tr>
<td>Rape or sexual violence*</td>
<td>17.9</td>
<td>10.2</td>
</tr>
<tr>
<td>Sexual pictures of children</td>
<td>15.1</td>
<td>8.9</td>
</tr>
</tbody>
</table>

Mean number of times seen images

<table>
<thead>
<tr>
<th>Types of images seen</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naked people but no sexual activity***</td>
<td>18.0</td>
<td>6.4</td>
</tr>
<tr>
<td>Naked people showing genitals**</td>
<td>16.5</td>
<td>5.3</td>
</tr>
<tr>
<td>Mixed-sex intercourse***</td>
<td>16.7</td>
<td>4.5</td>
</tr>
<tr>
<td>Sexual activity among more than 2 people***</td>
<td>12.5</td>
<td>3.2</td>
</tr>
<tr>
<td>Same-sex intercourse***</td>
<td>11.1</td>
<td>3.3</td>
</tr>
<tr>
<td>Sexual activity involving bondage***</td>
<td>3.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Sexual activity between people and animals***</td>
<td>1.6</td>
<td>0.6</td>
</tr>
<tr>
<td>Sexual activity involving urine or feces**</td>
<td>1.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Rape or sexual violence*</td>
<td>1.1</td>
<td>0.3</td>
</tr>
<tr>
<td>Sexual pictures of children*</td>
<td>0.9</td>
<td>0.3</td>
</tr>
<tr>
<td>TOTAL***</td>
<td>82.8</td>
<td>24.1</td>
</tr>
</tbody>
</table>

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“...boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls). (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, [link to source])

“...the pornography industry, has been the country’s main ‘sex’ educator of young people...” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, [link to source])

“9% have viewed pornography by age eight, 24 percent by age ten, and 77 percent by age 13.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, [link to source])

“One prominent researcher called the inundation of young children with extreme Internet pornography as ‘the single, largest unregulated social experiment in history.’” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, [link to source])

“The study found an increasing trend for the distribution of sexually explicit content produced by younger children using laptop webcams...”

- “17.5% of content depicted children aged 15 years or younger.”
- “85.9% of content depicting children aged 15 or younger was created using a webcam.”
- “93.1% of the content depicting children aged 15 or younger featured girls.”

(Publication: Internet Watch Foundation, Author: Internet Watch Foundation, in partnership with Microsoft, Date: 03/10/2015) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, [link to source])

“10-13 year old boys who came just after me – those born after, say, 1992 – and all 10-13 year old boys since: any one of them can see more naked women in 10 minutes than most grown men in history saw in their entire lifetimes.” (Sam Parker, “Why Thousands of Young Men are Giving Up Pornography..." [link to source])


“…53% of males reported sexually explicit media use, while only 28% of females did … both male and female adolescents who had engaged in oral sex and sexual intercourse were much more likely to be using sexually explicit media than teens who had never engaged in these sexual behaviors.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“By age 14, two-thirds (66%) of males and more than one-third (39%) of females reported having seen at least one form of sexually explicit media in the past year.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“Almost all (90%) of the males who said they had had oral intercourse and 88% of those who had had sexual intercourse had used sexually explicit media in the past year.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery,” Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB__VhBc)

“With the rise of the Internet and mobile devices, pornography can be accessed almost everywhere, all the time, and thus pornography use has skyrocketed. In a 2008 study titled ‘Generation XXX,’ researchers recruited 813 university students from six U.S. college campuses to complete online questionnaires regarding their attitude toward and use of pornography. Their study found that two thirds of young men and half of young women agree that viewing pornography is acceptable. Nine out of ten young men and almost one third of young women reported using pornography.” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/)

“42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)

“15% of cell-owning teens (ages 12-17) say they have received sexually suggestive nude or nearly nude images of someone they know. This percentage steadily climbs the older youth get, (Amanda Lenhart, “Teens and Sexting,” Pew Internet and American Life Project, 2009) and is as high as 46% among young adults (ages 20-26).” (The National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com “Tech: Results from a Survey of Teens and Young Adults” 2008.) (“Pornography among Youth: Problems, Roadblocks and Solutions”, Covenant Eyes, 2011, http://www.covenanteyes.com/lemonade/wp-content/uploads/2011/10/pornography-among-youth.pdf)

“According to the Globe & Mail, a survey showed that 40% of Canadian teenage boys in grades 7 to 11 frequently view porn. Kids no longer have to be 18 years or older to access adult sites. And when they grow up surrounded by it, it becomes normalized.” (Site accessed 10.19.17, http://fightthenewdrug.org/these-major-companies-are-now-using-porn-sites-to-advertise-their-product/)

“The Nature and Dynamics Of Internet Pornography Exposure For Youth”
“Considerable numbers of boys and girls had seen images of paraphilic or criminal sexual activity, including child pornography and sexual violence, at
least once before the age of 18. Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys, p 0.001) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“…boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls).” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“Because it’s so accessible, young people are growing up with it, meaning that their brains are too: ‘Your brain keeps developing until about age 24,’ Hussey said. ‘So if you start masturbating and watching porn at age 12 or 13 and you have 10 years of brain development, and let’s say you have a guy who every time he masturbates he watches porn, ... he is now developing sexuality to be trained to need porn.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Rewired by Porn”
“Needless to say, it isn’t kept out of their hands. Statistics – and the experience of youth workers – suggests that children and young people are accessing pornography from an early age and then consistently through their teenage years. An ICM/BBC3 survey conducted last April revealed that one in four young people had viewed online porn by the age of 12, with around 7% saying they were under ten when they were first exposed to it.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

Worldview training seminars attract the finest youth from our churches. Recently, the director of one of the top three seminars told me that through their surveys, they discovered that 70% of guys and 40% of girls watch pornography. He was shocked because they are the top Christian kids.

During a large youth convention in Mexico recently, I asked the director of the ministry if they talked to the kids about porn. He replied, “No, but we need to”. I asked why they didn’t and he replied, “We did a survey of all our youth groups and 90%+ of all the students watch porn.”
Recently, when I called a potential presenter for the Set Free Summit, who is extremely accomplished in psychotherapy and the head of the department in a major East Coast university, he told me, “Josh, in our research we almost never come across a teenager who hasn’t watched porn. What we have discovered is that when they reach the first year in the university, their viewing of pornography rapidly increases. It is very difficult to do any scientific studies of university students’ involvement in porn because we can’t find a control group of men and women who don’t watch porn. Josh, porn is now at the level of a tsunami among our youth. I will be at the Set Free Summit … it is a deep calling in my life. I fear for our youth, our families and our churches.”


“By the end of 2004, 420 million pages of pornography existed on the internet. It is estimated that 13.97% of online pornography consumption is by children ages two to seventeen. Some 83% of youth watch pornography at home. Approximately 70% of youth ages fifteen to seventeen reported accidentally coming across pornography online, and 23% of those youth said this happens ‘very’ or ‘somewhat’ often.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healhtysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“‘We know from the young people who contact ChildLine that viewing porn is a part of everyday life, and our poll shows that one in [20%] five 12 to 13-year-olds thinks that watching porn is normal behaviour.’” (Patrick Howse, “Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

“Gereratin XXX. Pornography Acceptance and Use Among Emerging Adults, Jason Carroll, et al. Journal of Adolescent Research, Volume 23, Number 1, 1/2008, Brigham Young U. Subjects were 813 students (500
women), 18-26 across 6 colleges answering an online questionnaire on pornography, sexual values, substance use, family values; 67% of men and 49% of women said pornography is acceptable with 87% of men and 31% of women saying they were users. These findings cite implications of pornography use and addiction in youth. A high correlation of pornography use with alcohol and drug use reflects the multiple addiction pattern with high risk conduct for both emerging adult women and men, including binge drinking and marijuana use.” (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain1 http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“By age 15, children are more likely than not to have seen online pornography, according to an extensive study of adolescents in the UK by Middlesex University. These young people were as likely to find pornography by accident as to find it deliberately. However, 46 percent of the 1,001 children and young people studied reported searching for it actively.” (Shimi Kang, M.D., Contributor, January 16, 2017, U.S. News, “Why Parents Need to Talk to Their Kids About Porn”, http://www.drshimikang.com/2017/01/16/why-parents-need-to-talk-to-their-kids-about-porn-2/)

“In a 2008 University of New Hampshire survey, 93 percent of male college students and 62 percent of female students said they saw online porn before they were 18.” (Maggie Jones, “What Teenagers are Learning from Online Porn”, NY Times, February 7, 2018, https://www.nytimes.com/2018/02/07/magazine/teenagers-learning-online-porn-literacy-sex-education.html)
H. TIME SPENT ONLINE

“Teens are spending more than one-third of their days using media…nearly nine hours on average [63 hours per week], according to Common Sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day. [42 hours per week]” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/)

“…Kaiser Family Foundation's 2010 study, which estimated an average of five-and-a-half hours of media use for those ages 8-10, 8 hours and 40 minutes for those aged 11-14, and just under 8 hours for 15-18 year-olds.” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/)


“Research data collected some 5 years ago already revealed that 9 of 10 college-age men (and about one third of the women) were using Internet porn.” (Gary Wilson, “Porn Addiction is not Sex Addiction - - And Why it matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“...of all the age ranges, young adults between 18 years old and 24 years old are the most likely to come across porn on a regular basis.” (Peter Kenny, “Study finds adult concern at US teens and young adults use of porn, Barna finds”, Ecumenical News, January 29, 2016, http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm)

“College students, both men and increasingly women, report viewing pornography at high rates. Research has shown that between 76% and 87% of college men view pornography every year, and 48% view it weekly (Boies, 2002; Carroll et al., 2008). As for college women, one third now view pornography annually, although weekly use remains rare (3%, Carroll et al., 2008; Yoder, Thomas, & Amin, 2005).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)


“On college campuses, 25% of women experience either a rape or an attempted rape during their four years in college. By the time a female is eighteen years old, 38% have been sexually molested.”

“College men’s exposure to pornography is nearly universal, with growing viewing rates nationwide. Substantial research documents the harmful effects of mainstream, sadomasochistic, and rape pornography on men’s attitudes and behavior related to sexual assault. The present study surveyed 62% of the fraternity population at a Midwestern public university on their pornography viewing habits, bystander efficacy, and bystander willingness to help in potential rape situations. Results showed that men who view pornography are significantly less likely to intervene as a bystander, report an increased behavioral intent to rape, and are more likely to believe rape myths.” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“Multiple studies have shown that pornography viewing is most prevalent among men who are 18–25 years old (Boies, 2002; Buzzell, 2005; Carrol et al., 2008). Research finds that between 76 and 87% of college men view pornography every year; 48% view it weekly (Boies, 2002; Carrol et al., 2008). As for college women, one third now view pornography annually with one in six describing a level of pornography use that rises to a level of an addiction (Carroll et al., 2008; Yoder, Thomas & Amin, 2005). (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

Today’s pornography is described by researchers as far more shocking and extreme than ten or twenty years ago (Eberstadt & Layden, 2010; Jensen, 2007a, 2007b; Malerek, 2009).” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)


“A University of New Hampshire study found that two thirds of junior high school students surveyed looked at porn on the internet when they were supposed to be studying. About 34% go on to have a problem with internet porn. As many as 40% of those who have problems with sex addiction from online interactions are women.” (Rochester City Newspaper, 9-28-11)

Fapstronauts report becoming regular porn users at a surprisingly young age.

- 53% developed a regular porn habit during age 12-14
- 16% started before they were 12

(Their problem often begins before they’re even out of middle school.)

“90% of teenagers have viewed porn. 80% of 15-17 year olds have been exposed to hard core porn. 67% of men and 59% of women said that porn was acceptable. Campus Crusade for Christ staff.” (Christian Post, 7-16-2011)

“...‘teen porn’ has grown rapidly, and is now the largest single genre, whether measured in terms of search term frequency or proportion of web sites...Total searches for teen-related porn reached an estimated 500,000 daily in March 2013...representing approximately one-third of total daily searches for pornography web site...18 million teen-related pages...” (Gail Dines & David Levy, “A Rare Defeat for Corporate Lobbyists” Counter Punch, August 1, 2013, http://www.counterpunch.org/2013/08/01/a-rare-defeat-for-corporate-lobbyists/) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939)


“...internet porn allows its viewers to remain safely anonymous...100 million page views a day and serves 4,000 VIDEOS a second during its

I. “THE PORN PHENOMENON”

“Today, our team had the privilege of launching a new nationwide study about pornography. It is a massive research project examining teenagers, young adults, and Americans in general as well as pastors and youth pastors – more than 3,000 interviews in total across a range of questions.”


“We conducted a press conference with the study’s patron, Josh McDowell Ministries, today in New York City.”


“The official release of the full study will come in April, when we launch a report on the topic, called The Porn Phenomenon. (You can pre-order a discounted copy here.)”


“This study is sure to stir up a conversation about porn in our society and within the Christian community – and we hope it leads to healthy, meaningful change. Because a lot of what we have been doing to help address porn in a digital culture doesn’t seem to be working very well.”


“Because our team is still working on the detailed analysis of the data, you’ll have to wait a few months for the final report. If you’re a member of the media, please contact us for detailed findings or for an interview with me or Roxanne Stone.”


“Until then, here are some of the top-level findings:”


“Most teens are ‘sexting’—either on the receiving or sending end of sexually explicit images.”

“62% of teens and young adults have received a sexually explicit image and 41% have sent one (usually from/to their boy/girlfriend or friend).” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“The fact that half of young adults estimate that ‘all’ or ‘most’ of their friends regularly look at porn, compared to only one-third of teens, supports this case.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“PARENT TIPS: THE POWER OF PORN”

• “The majority of teens and young adults (63%) report receiving a nude image from someone else via text, email, social media or app. (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

• “Self-pornification is a result of teens and young adults coming of age in an increasingly pornified American culture that ‘encourages and rewards the pornographic impulse.’” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)
"What’s the solution?"

(David Kinnaman, “The Porn Phenomenon”, Barna Group, 2016)
(David Kinnaman, “The Porn Phenomenon”, Barna Group, 2016)

“...a study with an older sample of urban adolescents age 12 to 22 found that 86% of boys and 50% of girls had been to an Internet pornography site during the previous year (Braun-Courville & Rojas, 2009)” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

The research study was conducted by Barna Group, a visionary research and resource company focused on the intersection of faith and culture. The study has been commissioned by Josh McDowell Ministries, a Cru ministry based in Plano, Texas.

(New York, NY – January 19, 2015) – In the most comprehensive, ground-breaking, in-depth and wide-ranging study to date on pornography among the American population and the Church — research reveals a younger exposure to pornography, increased desensitization and an escalating usage of pornography. These results are particularly evident among teens and young adults—and reach into the Christian Church as well.
“Pornography violates all relational values between the individual and self, the individual and society, the unity of our families and our moral fabric and fiber as a nation," said Josh McDowell. "When we objectify and demean life by removing the sanctity of the human person, our future is at risk.”

TEENS AND YOUNG ADULTS

Teens and young adults have a cavalier attitude toward porn

- When they talk about pornography with friends, 90% of teens, and 96% of young adults say they do so in an either neutral, accepting, or encouraging way.
- Only one in 20 young adults and one in 10 teens say their friends think viewing pornography is a bad thing.

Teens and young adults consider “not recycling” more immoral than viewing pornography

- Less than one-third (32%) say viewing porn is “usually or always wrong” compared to the more than half (56%) who say not recycling is “usually or always wrong”.

Young adults are watching more porn and seeking it out more than any other

- Among ages 13-17: 8% daily; 18% weekly; 17% once or twice a month
- Among ages 18-24: 12% daily; 26% weekly; 19% once or twice a month
- Among ages 25-30: 8% daily; 17% weekly; 20% once or twice a month

THE PORN PHENOMENON SURVEY/page 3

And their friends are too:
• Half of young adults say “most” (32%) or “all” (17%) of their friends regularly look at porn. An additional 21% say about “half” their friends do.

More than half of young adults say they come across porn at least once a week—even when they aren’t seeking it out.

• Whether they are seeking it out or not, 16% of young adults say they come across porn daily and 32% do so weekly; an additional 23% say they do once or twice a month.
• 8% of teens say they come across porn daily and 21% do so weekly; an additional 21% say they do so once or twice a month.

Teenage girls and young women are significantly more likely to actively seek out porn than women over age 25

• 33% of women, ages 13-24 seek out porn at least once a month compared to 12% of women over age 25

Most teens are “sexting” – either on the receiving or sending end of sexually explicit images

• 66% of teens and young adults have received a sexually explicit image and 41% have sent one (usually from/to their boy/girlfriend or friend)

70% of Christian youth pastors have had at least one teen come to them for help in dealing with porn in the past 12 months

21% of youth pastors and 14% of pastors admit they currently struggle with using porn.

• About 12% of Youth Pastors and 5% of Pastors say there are addicted to porn
• 87% of pastors who use porn feel a great sense of shame about it
• 55% of pastors who use porn say they live in constant fear of being discovered
Half of daily users watch porn for fun

- 54% of people who actively seek out porn on a daily basis, do so because “it’s just fun.”

Pornography has gone almost completely digital.

- 71% of adults, 85% of teens and young adults who have viewed pornography did so using online videos
- Magazines, graphic novels, on-demand videos and cable or rented/purchased DVDs have almost completely lost the market share, with each scoring less than 10% (aside from a slightly higher percentage of 50+ adults using DVDs)

“I know it when I see it.” Porn is notoriously difficult to define. So, how do Americans define it? Turns out, it’s more a question of function than form. If it’s used for sexual arousal, it’s porn. Simple as that.

- When asked the question, “What makes something porn?” The top two reasons given were:
  …70%: if it’s watched/listened to/or read specifically for the purpose of sexual arousal
  …60%: if you masturbated while watching/listening to/or reading it

“Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf

<table>
<thead>
<tr>
<th>“Number of times spent viewing for more than 30 minutes”</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Never</td>
<td>30.6%</td>
<td>76.8%</td>
</tr>
<tr>
<td>• Once</td>
<td>6.9</td>
<td>9.1</td>
</tr>
<tr>
<td>• Up to 10 times</td>
<td>27.8</td>
<td>11.4</td>
</tr>
</tbody>
</table>
**“Reasons for viewing Internet pornography”**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Wanted the sexual excitement”</td>
<td>69.3%</td>
<td>16.8%</td>
</tr>
<tr>
<td>“Curious about different things people do sexually”</td>
<td>53.1</td>
<td>26.1</td>
</tr>
<tr>
<td>“Wanted information about sex”</td>
<td>39.7%</td>
<td>19.5%</td>
</tr>
<tr>
<td>“With friends who wanted to do it”</td>
<td>34.1%</td>
<td>20.8%</td>
</tr>
<tr>
<td>“Never looked for pornography on purpose”</td>
<td>6.8%</td>
<td>42.3%</td>
</tr>
</tbody>
</table>


“Males, who are generally more stimulated by sight than females, will always be the main consumers of pornography. But in our sex-saturated culture, pornography is becoming a problem for females as well.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“FamilyLife received a message from a man who had been married for many years before he found out that his wife was addicted to suggestive literature and a harmful, compulsive sexual behavior.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“This problem isn’t discussed much in the Christian community, because women trapped in pornography see this as such a shameful sin for a woman.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Since girls are sexually influenced more through their emotions than by visual stimuli, a gate opener for a future problem with pornography may be a girl’s exposure to romance novels and the fantasy orientation of most television soap operas and many movies.” (Dennis
“When Ashley was in junior high, I (Barbara) bought her some Christian novels because they contained historical information. Ashley became more and more interested in reading these books. Looking through the novels, I discovered that the plot was centered around a romantic relationship.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“I finally had to talk to Ashley about reading some of these books. They were making her think too much about ‘being in love’ and having a guy pay her special attention. She was too young to be preoccupied with romance; it just wasn’t healthy for her. When you’re trying to keep a daughter from early dating and being too focused on guys, there is enough combat in the culture without dealing with the Christian version of the same thing.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Of course this type of Christian literature would not be considered pornography. But some Christian novels can stir up romantic or even sexual emotions.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“A good verse to share with your daughter on this issue is Proverbs 4:23: ‘Watch over your heart with all diligence, for from it flow the spring of life.’ As parents we are commissioned by God to protect these young hearts by helping them develop their own convictions about what they will listen to, read, and watch.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“The percentage of 18 to 24-year-old women who reported trying anal sex rose to 40 percent in 2009 from 16 percent in 1992 according to the largest survey on American sexual behavior in decades, co-authored by Herbenick and published in the Journal of Sexual Medicine…a 2016 Swedish study of nearly 400 16 year-old girls, the percentage of girls who had tried anal sex
K. CHILDREN AND PORN

“The internet security company Bitdefender claims that one in ten visitors to porn sites is under the age of 10.”

“Sadly, the stories I hear from parents confirm that shocking report. One mom, a sex addiction therapist, did everything she knew to keep her 6 year old son from being exposed to pornography. But she was devastated to find out that another 6 year old Kindergarten classmate (at their private Christian school) showed him a porn video on his cell phone. Six. Years. Old. With a cell phone!”

“A full 22% of kids under 18 who visit porn sites are under the age of 10. And these sites are not just repositories of nude photos or even ‘vanilla porn’ (one man and one woman having sexual intercourse). According to Fight the New Drug, sites like PornHub distribute videos in the following categories: extreme brutal gang bang, sleep assault, domestic discipline, and crying in pain. (Believe me, these are some of the tamer titles- and kids are not just seeing the titles!).”

[Image: Online video porn consumption (distribution of people under 18 years old)]
• “42% 15-18 years”
• “36% 10-14 years”
• “22% less than 10 years old”

(Kristen Jenson, August 24, 2017, Protect Young Minds, “Kids Under 10 Make Up 10% of Porn Site Visitors”, https://protectyoungminds.org/2017/08/24/one-in-ten-visitors-to-porn-sites-age-10-or-under/)


Numerous studies indicate that porn is a very significant problem in the U.S. In fact, the Justice Department estimates that 9 out of 10 children between 8 and 16 have seen online porn. (“Fighting the New Drug: Pornography”, First Things, Accessed September 26, 2017, http://firstthings.org/fighting-the-new-drug-pornography/)

• “32% of girls and 40% of boys were exposed to pornography by someone else, almost always another child.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, "5 Proven Ways Porn Harms Kids that No One Talks About", https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

• “48% of girls and 49% of boys reported one or more other children were involved in their initial exposure. (We have many reports of kids being exposed by other kids at school or on a school bus.)” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, "5 Proven Ways Porn Harms Kids that No One Talks About", https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“Kids go back for more. Children who are accidentally exposed to porn go back in high numbers to look for more. In Bentley’s study, nearly 80% of those exposed went back to look for more pornography.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, "5 Proven Ways Porn Harms Kids that No One Talks About", https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“In Great Britain, The News Telegraph reported recent research by the Institute of Public Policy Research. A year-long study of 30 families and responses from pupils and teachers in 10 schools found ‘net porn seen by nine out of ten children’ in the UK, with roughly half solicited for by an adult for an apparent sexual meeting. As confirmed in similar research in the
USA, the child who, using an innocent sounding word to search for information or pictures was instead guided to stealth ‘sex sites.’

Sonia Livingstone, a professor of social psychology at the LSE, who conducted the research, said that such experiences were common. ‘From my research, nearly all – 90 per cent - of the children had seen some kind of pornographic content. The numbers engaging in chat with people they had never met was about half.’” (The News Telegraph from the United Kingdom, November 25, 2001.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000, In Set Free Resources – Unavailable online)

“According to studies, 90 percent of children ages 8 through 16 have viewed pornography online, and children 12 through 17 are the largest single group of users of Internet porn.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)


“And around one in five (18%) said they have seen porn images that have shocked or upset them.” (“One in ten children aged 12 and 13 ‘involved in

“ONE IN TEN CHILDREN AGED 12 AND 13 ‘INVOLVED IN SEXUALLY EXPLICIT VIDEOS’”


“And around one in five (18%) said they have seen porn images that have shocked or upset them.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html)


“A report by charity ChildWise in 2013/14 revealed that website Pornhub was among the top five favourite sites named by boys aged 11-16. And young people post approximately 18,000 messages regarding exposure to porn on the ChildLine discussion forums every month.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015,
“Impact on Children and Adolescents”


“One study conducted by the Los Angeles Police Department found that in 60 percent of the child molestation cases over a 10-year period, pornography was used to make the children less resistant to the advances of the pedophile.” (Mark Kastleman, Children as Victims, NetNanny, www.netnanny.com/learn_center/article/144 (last visited Sept. 27, 2013) ("Marriage & Family: Harms of Pornography," The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“Ninety-two percent of American children have an online presence before the age of 2. Parents post nearly 1,000 images of their children online before their fifth birthday.” (Nancy jo Sales, “American Girls”, Time Magazine, February 2016, http://time.com/americangirls/)

“They shared their sexual history starting with their first contact with pornography, which was in early adolescence. Not one subject had a pathological sexuality. In fact, all of their sexual practices were quite conventional,’ says Lajeunesse.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html)

“Lajeunesse found most boys seek out pornographic material by the age of 10, when they are most sexually curious. However, they quickly discard what they don’t like and find offensive. As adults, they will continue to look for content in tune with their image of sexuality. They also rarely consume pornography as a couple and always choose what they watch.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html)

“…33 million males between the ages of ten to twenty-four. It is my belief that we are approaching nearly 100% exposure of that group.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-


“Christian highlighted ten findings of the NoFap survey that he said are strong indicators that porn may be giving people more problems than pleasure. These included the fact that 53% of respondents said they developed a porn habit between the tender ages of 12 and 14, while another 16% started watching smut before they even turned 12.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News,

“We examined exposure to Internet pornography before the age of 18…Ninety-three percent of boys and 62% of girls were exposed to online pornography during adolescence.” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“72.8% of participants (93.2% of boys, 62.1% of girls) had seen online pornography before age 18. Most exposure began when youth were ages 14-17…” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)
Fapstronauts report becoming regular porn users at a surprisingly young age.

53% developed a regular porn habit during age 12-14
16% started before they were 12

(Their problem often begins before they’re even out of middle school.)

59%, spend a remarkable 4-15 hours per week on porn

64% report that their tastes in porn have become more extreme or deviant

more information and to read complete article, please visit The Nofap Experiment: A Voyage Through Porn Addiction, Support and Recovery.

“We know from the young people who contact ChildLine that viewing porn is a part of everyday life, and our poll shows that one in [20%] five 12 to 13-year-olds thinks that watching porn is normal behaviour.” (Patrick Howse,

“Nine out of ten children between the ages of eight and sixteen have viewed pornography on the internet, in most cases unintentionally. Every thirty-nine minutes, a new pornographic video is created in the United States. Twelve percent of the websites on the internet are pornographic (approximately 24,644,172).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“We know they are frequently stumbling across porn, often unintentionally, and they are telling us very clearly that this is having a damaging and upsetting effect on them.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html)


“A study in the southeastern U.S. found that 53 percent of boys and 28 percent of girls (ages 12-15) reported use of sexually explicit media. The Internet was the most popular forum for viewing. (Brown, J. & L’Engle, K. 2009, Communications Research, 36(1), 129-151, X-Rated: Sexual attitudes and behaviors associated with U.S. early adolescents’ exposure to sexually explicit media).”

“But it is striking to see sexual behaviors and attitudes that were uncommon now becoming part of the accepted, mainstream experience of young people.” The Vice President of the Barna Group added, ‘We expect to see this mindset of sexual entitlement translate into increased appetites for pornography, unfiltered acceptance of sexual themes and content in media, and continued dissolution of marriages due to infidelity. It seems entirely possible that current events such as the Mark Foley scandal, instances of abuse by clergy, and the sexually oriented school shootings of recent months are not mere aberrations, but symptoms of a sexually unrestrained society.” (The Barna Group; A New Generation of Adults Bends Moral and Sexual Rules to Their Liking)”

**SILENCE ABOUT PORNOGRAPHY puts kids at risk**

**CAN YOU PREDICT WHEN EXPOSURE WILL HAPPEN?**
In today’s digital age, every time a child interacts with technology, or with people who interact with technology; that child is put at risk!

**WHEN A CHILD STUMBLES ACROSS PORNOGRAPHY, THEY CAN FEEL:**
- Extreme shock.
- Fear.
- Shame.
- An inability to verbalize.
- Loneliness.

**THE BENEFITS OF GIVING KIDS AN EARLY WARNING!**
Here’s the GOOD news!
Kids who are warned early:

1. **EXPERIENCE LESS SHOCK**
2. **FEEL MORE TRUSTED**
3. **HAVE MORE CONFIDENCE**
4. **CAN SAFELY REPORT THEIR EXPERIENCE**
5. **FEEL CONNECTED**

**HOW SURE ARE YOU?**
Does your child have a plan?
It’s never too early or too late to talk to your kids! We are here to help you.

**SOURCE:**
https://protectyoungminds.org/2017/03/09/warn-kids-about-pornography/
“The American College of Pediatricians is working hard to recommend resources for both pediatricians and parents. Here’s their recent endorsement of the Good Pictures Bad Pictures series of books:"

“I whole-heartedly recommend Good Pictures Bad Pictures Jr. and Good Pictures Bad Pictues: Porn-Proofing Today’s Yound Kids to parents, grandparents, teachers and peciatricians alike. In a tech-savvy age, with even pre-schoolers at risk of exposure to our pornified culture, the greatest gift we can give our children is an internal filter. The Good Picutres Bad Pictures books, and other resources available from www.ProtectYoungMinds.org, help arents do just that.” (Michelle A. Cretella, MD, FCP, President, American College of Pediatricians)

“As a pediatrician and mother of four, I can attest that open communication about the beauty and inviolability of our bodies, from the time children first ask questions, is key to instilling moral character and protecting them from our sexually exploitative culture. In very positive, clear and simple language, and with beautiful illustrations, these books and resources will help parents do just that.” (Michelle A. Cretella, MD, FCP, President, American College of Pediatricians)


(Marily Evans: “Marilyn Evans lives east of Toronto with her husband and five sons. Concerned with the ease of access to online pornography, she began searching for ways to address this subject with her own children. Frustrated with the lack of resources and information available to parents at the time she began speaking out about the harms of porn anyone who would listen. After a concerted but somewhat futile effort to gain the attention of her school board Marilyn felt her voice would be better served in the blogosphere. Over the past two years she has written regular articles for Parents Aware, as well as guest posting for Strength to Fight, and recently published an opinion article in Education Canada. She is thrilled to add her voice to the community at Protect Young Minds.)
“How Many People are Watching Porn”

“A study done in 2008 found that 93% of boys and 62% of girls were exposed to pornography in their early adolescent years.”

“…research by security technology company Bitdefender found that kids under the age of 10 now account for 22% of online porn consumption among the under 18 age.”


Who Consumes Pornography and Why Pediatricians Must Take Notice


“Among males 18-30 years old, 79% viewed pornography once per month and 63% viewed pornography greater than once per week.”

“Among males 31-49 years old, 67% viewed pornography once per month and 38% viewed pornography greater than once per week.”

“Among males 50-68 years old, 49% viewed pornography once per month and 25% viewed pornography greater than once per week.”

“Among females 18-30 years old, 34% viewed pornography once per month and 19% viewed pornography more than once per week.”

“Among females 31-49 years old, 16% viewed pornography once per month and 8% viewed pornography greater than once per week.”

“Among females 50-68 years old, 5% viewed pornography once per month and 0% viewed pornography greater than once per week.”
L. WOMEN AND PORN


“Forty-nine percent of college women describe pornography viewing as an acceptable expression of sexuality and 31% now use pornography (Carroll et al., 2008; Yoder, Virdin, & Amin, 2005). College-aged women are becoming more likely to view pornography (Boies, 2002), reflecting efforts by the pornography industry to develop materials specifically targeting female audiences (Dines, 2010).” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of Sorority Members’ Pornography Use on Bystander Intervention in a Sexual Assault Situation and Rape Myth Acceptance”, The Research Journal of the Associatino of Fraternity/Sorority Advisors, Fall 2011, https://media.wix.com/ugd/9e4c55_eb27aa6c92c549f38282792e32195332.pdf)


“Most studies (as opposed to presumably inflated porn industry reports) have found that about one-third of young women view pornography. A 2008 study found that 31% of college-age women use pornography. (Carroll, J. S., Padilla-Walker, L. M., Nelson, L. J., Olsen, C. D., McNamara, B. C., & Madsen, S. D. (2008). Generation XXX: Pornography acceptance and use among emerging adults. Journal of Adolescent Research, 23, 6-30) A study of U.S. women nationwide conducted by a research team led by Dr. Paul Wright of Indiana University found that before the Internet, when women’s pornography use was measured, rates varied a great deal from year to year. After the Internet was introduced in the 1990s, women’s overall use rose slightly and remained more stable year-to-year. For women age 18-30, approximately 34% view pornography

“Here are some other figures on women and pornography from IFR:”

“70 percent of women keep their cyber activities secret”

“17 percent of women struggle with pornography addiction”

“Women favor chat rooms more than men by a 2:1 ratio”

“One-third of all visitors to adult websites are women”

“9.4 million women access adult websites each month”

“13 percent of women admit to accessing pornography at work”


“Pornography hasn’t changed their perception of women or their relationship which they all want as harmonious and fulfilling as possible. Those who could not live out their fantasy in real life with their partner simply set aside the fantasy. The fantasy is broken in the real world and men don’t want their partner to look like a porn star,’ says Lajeunesse.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html)

“Lajeunesse refutes the perverse effect often attributed to pornography.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral,
While porn has typically been a man’s domain, its usage among young women seems to have become more common, perhaps due to digital access.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“Teenage girls and young women are significantly more likely to actively seek out porn than women over age 25, which is similar to men.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“However, more than half of women 25 and under ever seek out porn (56% versus 27% among women 25-plus) and one-third seek it out at least monthly (33% versus just 12% among older men).” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“In contrast, among teen and young adult men, 81% ever seek it out and 67% at least monthly. Among men ages 25-plus, the comps are 65% and 47” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)


“Caroline is not alone. While it's accepted that women are watching – and enjoying – porn more and more, it’s less recognised that some are also finding it hard to stop. At Quit Porn Addiction, the UK’s main porn counselling service, almost one in three clients are women struggling with their own porn use, says founder and counsellor Jason Dean. Two years ago, there were none. While more than six out of 10 women say they view web porn, one study in 2006 by the Internet Filter Review found that 17% of women describe themselves as ‘addicted’.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Dean says: ‘I remember getting my first woman contacts about two years ago and thinking that was fairly unusual. Now I'm hearing from about 70 women a year who are coming for their own reasons, not because their

“While pornography use is currently not as common among women as it is for men, the number of women who view pornography is rapidly increasing. Seventy percent of new pornography websites are geared towards women. Pornography addiction in women frequently takes different forms than for men. For example, men tend to respond to visual images, while women initially tend to be more drawn to verbal and written forms of pornography such as graphic romance novels, explicit chat rooms, or online romantic role playing. Many women are drawn into social media relationships that can lead to the production of self-pornography for dissemination to individuals they meet online. Some women agree to watch pornography with their boyfriend or husband as a way to “spice up” the relationship or in an ineffective attempt to keep him from viewing it alone. In many cases, women can become addicted to the pornographic material. The same dangers of addiction and the same process of recovery that apply to men also apply to women.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Women were asked whether they had viewed three different kinds of pornography during the past 12 months: hardcore pornography, sadomasochistic pornography, and rape pornography. Among sorority women who completed surveys in this study, 46% had viewed hardcore pornography, 27% had viewed rape pornography, and 21% had viewed sadomasochistic pornography. Survey results were analyzed using SPSS version 17. This section presents results organized by dependent variable alongside with discussion and considerations to enable more direct interpretation.” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

Nearly one-half of college women describe pornography viewing as an acceptable expression of sexuality, one-third now use pornography, and one-sixth describe a level of pornography use that rises to a level of an addiction (Carroll et al., 2008; Yoder, Virdin, & Amin, 2005). (John D. Foubert and Andrew Rizzo, “Integrating Religiosity and Pronography Use into the Prediction of Bystander Efficacy and Willingness to Prevent Sexual Assault,” Journal of Psychology & Theology, 2013, Vol. 41, No. 3, 242-251, https://www.researchgate.net/publication/258631508_Integrating_religiosity_and_pornography_use_into_t he_prediction_of_bystander_efficacy_and_willingness_to_prevent_sexual_assault)
“Pornography Statistics: Who Uses Porn?”

- 13% of women admit to accessing porn at work
- 70% of women keep their cyber activities secret
- 17% of all women struggle with porn addiction
- Women favor chat rooms 2x more than men.
- 1 of 3 visitors of all adult web sites is a woman.

Pornography generally deal with objectification, where as, erotica forms a relational connection.

It is a common misconception that pornography is only a problem for men. Pornography is a people problem and it affects everyone.


“At the time of the study in 2006, 68% of those who viewed porn online were men while women only made up 13.6%. … analytics released by popular porn site Pornhub, women are 113% more likely to search the term “hardcore” than men. They are also over 105% more likely to seek out genres of porn like “gangbang” and “rough sex.”

“A study of 14- to 19-year-olds found that females who watched pornographic videos were at a significantly greater likelihood of being victims of sexual harassment or sexual assault.” (“18 Shocking Stats About the Porn Industry and Its Underage Consumers”, Fight the New Drug, September 5, 2017, https://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/)
M. MEN AND PORN


“With men’s viewing of mainstream pornography during the last 12 months, which 83% of participants reported, such men indicated a greater behavioral intent to rape as shown by their answers to questions about their likelihood of committing rape and likelihood of committing sexual assault if they could be assured of not being caught or punished than men who chose not to view pornography. The result that 83% of the sample in this study reported viewing pornography is concerning given its connection to sexual violence. Though this does not mean that all men who view pornography will commit rape, it does raise concern about the increased risk that viewing mainstream pornography has for men’s intent to commit sexual violence. Whether this connection exists has been the subject of debate (Allen et al., 1995; Hald et al., 2010). The results of the present study helps establish the pornography and sexual assault connection more decisively, particularly with the type of pornography discussed below. This finding helps move the debate closer to not whether but why the connection exists.” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“Among the 27% of men using sadomasochistic pornography during the past 12 months, men who viewed sadomasochistic pornography reported significantly less bystander efficacy to intervene in a rape situation, greater belief in rape myths, and a greater behavioral intent to commit rape as measured by questions asking about their likelihood of committing sexual assault and likelihood of committing rape if they could be assured of not being caught or punished.” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)
**Proven Men & Porn Phenomenon – Study Comparison**

<table>
<thead>
<tr>
<th>Proven Men</th>
<th><strong>The Porn Phenomenon Study</strong></th>
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<td></td>
<td><strong>18~24 year olds</strong></td>
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<tr>
<td>77% look at pornography at least monthly</td>
<td>How often do you come across porn, even if you are not actively seeking it?</td>
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<td>How often do you actively seek out porn?</td>
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<td>36% view pornography at least daily</td>
<td>How often do you actively seek out porn?</td>
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**31~49 Self-ID Christian Men**

|            | You mostly view pornography at work. | 1% (63% mostly view at home) |
|            | How often do you come across porn, even if you are not actively seeking it? | Monthly: 70% |
| 77% looked at pornography while at work in the past three months | How often do you actively seek out porn? | Monthly: 48% |

**Born-Again Christian Men**

|            | You mostly view pornography at work. | 1% (62% mostly view at home) |
| 55% look at porn at least monthly | How often do you come across porn, even if you are not actively seeking it? | Monthly: 64% |
| 44% have viewed porn while at work in the past three months | How often do you actively seek out porn? | Monthly: 28% |

“Almost all (90%) of the males who said they had had oral intercourse and 88% of those who had had sexual intercourse had used sexually explicit media in the past year.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“When men reported viewing rape pornography, effects were serious. Compared to the 81% of men who did not view rape pornography, those exposed during the past 12 months reported significantly less bystander willingness to intervene in a rape related situation, greater belief in rape myths, and a greater behavioral intent to rape through questions assessing likelihood of committing sexual assault and likelihood of committing rape. Such men reported lower efficacy for intervening in a rape situation, although this difference was not significant.” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

Once college begins, most students have seen, and are likely affected by, pornography with nearly all men and two thirds of women having been exposed (Brown & Engle, 2009). Experimental and correlational research has shown that use of Internet and other types of pornography is associated with a variety of sexually violent behavior (Kingston et al., 2009). A meta-analysis found that men’s use of pornography is strongly associated with acceptance of sexual violence (Hald, Malamuth, & Yuen, 2010). In addition, a comprehensive literature review of more than 50 studies found that men who frequently use pornography are more likely to have perpetrated rape and other forms of sexual aggression (Malamuth et al., 2000). High pornography use adds significant predictive capacity to the
ability to determine whether men will be sexually aggressive, over and above other predictive factors (Vega & Malamuth, 2007). It appears that men who have attitudes supporting sexual violence seek out violent pornography and that the two are mutually reinforcing (Malamuth, Hald, & Koss, 2012). (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“Whether it is recognized as an addiction or not, people are talking about the trouble with porn. It’s interfering with users’ lives, and Chicago psychotherapist Jens Hussey believes that it is ‘the fastest-growing addiction that’s out there right now,’ particularly in younger men.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)


“In thousands of cases that I have counseled, only about one-percent of the men have come to us voluntarily and preemptively. Ninety-nine percent of the men were caught.” (Harry Schaumburg, “Sexual Sin in the Ministry”, Desiring God, March 6, 2012, http://www.desiringgod.org/articles/sexual-sin-in-the-ministry)

“…68% of churchgoing men and 30% of women reported viewing porn on a regular basis in a five-year, national survey of churches.”

“Even four years ago, … porn sites were receiving more traffic than Amazon, Netflix and Twitter combined.” (Luke Gibbons, “6 things the porn industry doesn’t want you to find out”, Premier Christianity, September 13, 2017, https://www.premierchristianity.com/Blog/6-things-the-porn-industry-doesn-t-want-you-to-find-out)


Josh McDowell Ministry 2018

116
interviewed for this book suggest that if a study was done today on the age boys first see porn, it would be under 10 years old. (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Another challenge is to find men who aren’t using porn. A Canadian researcher, for example, couldn’t find any male college students on his campus who weren’t using porn. Somehow this seemed to indicate to him that porn was obviously harmless, however, it could show just how powerful its effects on the brain are. (‘All men watch porn, and it is not bad for them: study’ www.grandslamnews.com/article/All%20men%20watch%20porn%2C%20and%20it%20is%20not%20bad%20for%20them%3A%20study/?k=j83s12y12h94s27k02) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)

“Harvard: Of the 758 who responded (half of the senior class), a recent survey of Harvard’s graduating class of 2014 revealed the following: 48% of men watch porn multiple times a week.” (Harvard Crimson, May 2014)

“A Cosmopolitan A survey of 4000 men and 4000 women found that more than 30% of the men watched porn daily. 71% of men 18-34 watch it at least once a month.” (Cosmopolitan Magazine, February 20, 2014)


“Research Patrick Fagan, Ph.D…’I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet.” (Gary Abernathy, “Pornography: The Quiet Family Killer,” Charisma News, October 5, 2014, http://www.charismanews.com/opinion/45636-pornography-the-quiet-family-killer)

“This 2014 ProvenMen survey showed, tragically, that the number of Christian men involved with pornography mirrors the world.”
“77% of Christian men between the ages of 18 and 30 say they look at pornography at least monthly.”

“64% of Christian men between the ages of 31 and 49 say they view pornography at least monthly.”

“36% of 18-30 year-old Christian men say they view porn at least daily”

“At least 32% of that age group admit to being addicted.”

“18% of Christian men ages 31-49 admit to addiction.”


“Men and women use pornography differently. Men are more than six times as likely to view pornography as females, and more likely to spend more time viewing it.”

N. DIVORCE AND PORN


“‘But the wife whose marriage has been destroyed by her spouse’s pornography addiction has little interest in whether the latest research studies confirm that pornography might have harmful effects. To the men and women whose lives have been damaged by pornography, this is not an academic issue.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“MARRIAGE & FAMILY – HARMS OF PORNOGRAPHY”


“Impact on Adults”
“In a study published in Sexual Addiction and Compulsivity, Schneider found that among the 68 percent of couples in which one person was addicted to Internet porn, one or both had lost interest in sex. Results of the same study, published in 2000, indicated that porn use was a major contributing factor to increased risk of separation and divorce. This finding is substantiated by results of a 2002 meeting of the American Academy of Matrimonial Lawyers, during which surveyed lawyers claimed that ‘an obsessive interest in Internet pornography’ was a significant factor in 56 percent of their divorce cases the prior year.” (Jennifer P. Schneider, Effects of cybersex addiction on the family: Results of a survey’, Sexual Addiction and Compulsivity, Vol. 7, Issue 1-2, 2000, http://www.jenniferschneider.com/articles/cybersex_family.html) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“PORNOGRAPHY – DESTROYING MARRIAGES & FAMILIES”

“That’s staggering. That means across the country, with about one million divorces each year, we have 500,000 divorces annually where pornography is a major player.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, http://wifamilycouncil.org/pornography-destroying-marriages-families-2/)


“THE IMPACT OF PORNOGRAPHY ON MARITAL RELATIONSHIPS”

“Researcher Patrick Fagan, Ph.D. completed a major study of pornography…56% of divorces had one partner with an obsessive interest in porn…I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/the-effects-of-porn-on-marriage/)

“…married men who watch pornography tend to be less satisfied with their sexual relationship and lack an emotional attachment to their partners. When couples in this situation were questioned, both reported feeling that viewing pornography was tantamount to infidelity and often a precursor to
divorce. 56 percent of those addicted to watching porn end up losing their spouse, according to the American Academy of Matrimonial Lawyers.”

(1) http://www.roadtogradegace.net/current-porn-statistics/)

“Pornography use may eventually lead to divorce. Statistically, fifty-five percent of divorces are related to pornography. Nevertheless, a large number of couples are able to find recovery and healing through recognition of this addiction and by seeking appropriate help. Several factors influence the probability of healing the relationship:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“‘But the wife whose marriage has been destroyed by her spouse’s pornography addiction has little interest in whether the latest research studies confirm that pornography might have harmful effects. To the men and women whose lives have been damaged by pornography, this is not an academic issue.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreq.spkrs/wcf.reg.uk.carmouche.htm)
O. PORN VIDEOS

“The United States has become the world’s largest producer of hard-core videos with more than 150 titles produced per week.”

(Social Science Quarterly, Volume 85, Number 1, March 2004 ©2004 by the Southwestern Social Science Association)

“Per Audiovisual Magazine in 2005, hardcore video rentals increased from 75 million annually in 1985 to 490 million in 1992, and to 665 million in 1996. By 1978, 100 hard-core films were released. By 1996, 8,000 hard-core films were released. By 2002, 11,300 hard-core films were released, compared with only 470 Hollywood features released that same year.”

(Christopher Carmouche, “The Scope and Detrimental Effects of Worldwide Pornography”, The World Congress of Families)

“US$ 12 billion by 2005 (Adult video News [AVN], 2006). Currently, more than 13,000 adult videos are produced annually in the United States, an increase of 60% over the same 10-year period (AVN, 2006). By comparison, the major Hollywood studios released 507 new titles in 2005.”


“The United States alone produces 10,000 pornographic movies each year. The Free Speech Coalition, a porn industry – lobbying group, estimates that the adult video/DVD sales and rentals amount to at least $4 billion per year. The Internet is a rich source, with 40 million adults regularly visiting porn Web sites, and more than one quarter of regular users downloading porn at work. And it’s not just men who are interested: Nelsen/Net reports that 9.4 million women in the United States accessed online pornography Web sites in the month of September 2003. … Family Safe Media, the porn industry makes more money than the top technology companies combined, including Microsoft, Google, Apple, and Amazon.”


“Juniper Research recently forecast that a whopping 136 billion adult videos will have been watched in 2015 alone — a figure that Juniper
expects to skyrocket to 193 billion by 2020. On a global scale, each smartphone user of adult content is expected to watch an average of 348 videos this year, with the biggest growth expected to occur in the U.S., where video views are predicted to grow by almost 55% by 2020, according to the report.” (Jennifer Booton, “Porn Industry’s billion-dollar new frontier”, Market Watch, July 20, 2015, http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15?page=1)

“The research concluded that 90 percent of pornography is consumed on the Internet, while 10 percent comes from video stores. On average, single men watch pornography three times a week for 40 minutes. Those who are in committed relationships watch it on average 1.7 times a week for 20 minutes.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html)

“In a 2007 presentation, Robert Wosnitzer, Ana Bridges, and Michelle Chang released the results of their study of the 50 top selling adult DVDs. After analyzing 304 distinct scenes in these films, they found 3,376 acts of verbal or physical aggression— that’s an act of aggression every minute and a half. About 90% of scenes contained at least one act of aggression. Verbal aggression, such as name-calling, was present in about half of adult video scenes. In 73% of instances, men were the aggressors, and when women were the aggressors, most of the time they were being aggressive to another woman. In 95% of the scenes, the person receiving the aggression reacted neutrally or positively to it. Positive or healthy sexual acts, such as kissing or compliments, were found in only 10% of scenes.” (“Mapping the Pornographic Text: Content Analysis Research of Popular Pornography,” Presentation by Robert Wosnitzer, Ana Bridges, and Michelle Chang at the National Feminist Antipornography Conference, Wheelock College, Boston, March 24, 2007.) (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, http://www.covenanteyes.com/brain-ebook/)

“Researchers assessing the most popularly purchased and rented pornography videos today found 88% of the scenes in them included physical aggression toward women such as spanking, open-hand slapping, hair pulling, choking, and bondage. Among the most recent trends, in 41% of the most popular mainstream pornography movies today are scenes in

Josh McDowell Ministry 2018  123

“However, in 1970 15% reported seeing a pornographic movie whereas in 1985 this dropped to 7%. Although such results are interesting, the exact meaning of them is somewhat unclear.” (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography寻求行为_markey_markey_4-11-11.pdf)

P. TIME ON INTERNET AND PORN


“Her statement is far from an exaggeration. A recent survey of 29,000 people at North American universities shows 51% of men and 16% of women spend up to five hours per week online for sexual purposes, and another 11% of men spend anywhere from five to 20 hours per week.” (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, http://www.covenanteyes.com/brain-ebook/)


“29% of working U.S. adults watch porn on their computer at the office.” (BetaBeat, November 12, 2013)

“Research indicates that 70% of the hits on Internet sex sites occur between 9-5 on business computers…my clinical experience supports that 40% of sex addicts will lose their spouse, 58% will suffer severe financial losses, and 27-40% will lose their job or profession.” (Dr.Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addition and the Effects of Addiction on Families and Communities”, CCV.org, November
“…the number of hours spent on the Internet gives us a continuous measure of intensity of usage, the mean being 5.44 hours per week. (The variable on pornography usage does ask about the number of times it was used during the last 30 days (in 3 levels of usage categories), but frequency of use is presumably reported even less truthfully. In any case, we ran the regressions in the paper using an index of intensity of pornography usage rather than a dummy and the results were not much different.)” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“American Academy of Matrimonial Lawyers meeting, two-thirds of the attendees said excessive interest in online pornography contributed to more than half their divorce caseload. A leading Fortune 500 company study found that men spent 62 percent of their computer time on cybersex
“Here are additional statistics:”

- “More than 25 million Americans visit cybersex sites weekly and 60 percent of all website visits are sexual in nature, according to the Sexual Recovery Institute of Los Angeles.”

- “According to a May 2004 Internet traffic study by Internetweek.com, people visit porn sites three times more often than Google, Yahoo! and MSN Search combined.”

- “About 3 to 6 percent of Americans (20 million people) are sexual addicts, according to Dr. Patrick Carnes at the International Institute for Trauma and Addiction Professionals.”

“Rarely does someone’s participation remain at just looking at porn,” says Dr. Mark Laaser, author of The Pornography Trap. “They begin with looking at porn, then they move to self-stimulation and then onto pursuing the things they are looking at. There is definitely a progression from soft porn to harder porn.” ("Fighting the New Drug: Pornography", First Things, Accessed September 26, 2017, http://firstthings.org/fighting-the-new-drug-pornography/)
Q. THE INTERNET AND PORN

“SIZE OF THE INTERNET. Unimaginable. No one grasps that there are more than 1,168,815,701(billion) websites comprising the size of the internet, and it is growing exponentially every day.” (internetlivestats.com)

For Example:

• “Each day the internet processes 1,742,000,000,000,000,000 (quintillion) gigabytes of information.”

• “One gigabyte = 64,782 - 8.5 x 11 pages of data.”

• “Therefore, every 24 hours the global internet processes 112,850,244,000,000,000,000,000 (sextillion) pages of data”

• “This totals 1,306,137,083,333,333,333 (quintillion) 8.5 x 11 pages of printed data every second.”

“If all the data on the global internet were printed on 8.5 x 11 sheets of paper, it would reach 8,300 miles high and take 16,000,000 trees to produce that much paper.”

“The average adolescent takes in 34GB of data every 24 hours into his/her brain from a ‘moving screen.’ This equals 4,500,000 8.5 x 11 pages of data. (And you wonder why they have a short attention span? Some estimate it at 8 seconds. They are in overload!)” (Nick Bilton, The American Diet: 34 Gigabytes a day”, Bits, December 10, 2009, http://bits.blogs.nytimes.com/2009/12/09/the-american-diet-34-gigabytes-a-day/?_r=0)

“The question of the century: ‘How does the church get a ‘footing’ in such noise?’ How do parents protect their kids from the avalanche of porn ushered in through the internet?”

“Internet Porn: TOO LARGE TO FAIL. The human mind cannot begin to grasp, let alone understand, the size of porn on the internet. For example: There currently exists 26,000,000 porn sites representing 2 billion pages. Everyone is ‘just 1 click away’.”
“Just one site last month distributed or ‘transferred porn data’ equal to 29 petabytes. That represents enough porn material to fill 540,000,000 four (4) drawer file cabinets! Another site distributes enough porn, that if printed every day, would completely fill the Empire State building every day…365 days a year and yet another site had 4,000 porn videos viewed every second, (240,000 videos viewed every hour – 24/7).”

“There is a site that has 100,000,000 visitors every 24 hours 24/7 and one that had a total 18,000,000,000(B) visits in 2014. Still another porn site last year had 78,900,000,000(B) videos viewed (that equaled 11 porn videos watched for every man, woman and child on planet earth).”
18.35 BILLION TOTAL VISITS

2.1M VISITS PER HOUR
35K VISITS PER MINUTE
5.8K VISITS PER SECOND

1,044,659 COMMENTS IN 2014

“LOVE” MOST COMMON WORD ON COMMENTS

TOP TEN COUNTRIES WITH PER CAPITA PAGEVIEWS

1. USA 123
2. CANADA 119
“THE BARE BASICS”
“Overall, Pornhub saw a whopping 78.9 billion video views through 2014, which considerably surpasses last year’s 63.2 billion. Specifically, this breaks down to 18.35 individual visits to the site over the course of the year, translating to about 5800 visits per second. However you look at it, that’s a lot of people getting busy on Pornhub. (“2014 Year in Review”, Porn Hub Insights, January 7, 2015, http://www.pornhub.com/insights/2014-year-in-review)

“With the launch of the internet and with increasing popularity of smartphones, porn has now become a 5 billion dollar worldwide industry. 7 out of 10 men and 5 out of 10 women view porn regularly; this statistic is


“In 2014, just one of the many available gateway websites reported that people viewed 79 billion videos through their site that year. To put that into perspective, that is 11 videos for every person on earth. Thus, those actually accessing the site are viewing massive quantities of porn, very frequently. In 2014, over 18 billion visits were made to their site; 5,800 per second. The United States had more users on the site than any other nation. In one year, there were 123 page views for every person in the United States.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“…the number one search term in 2014 was “teen.” “Teen” was followed by ‘lesbian’ and several other terms referring to pornography where young males engage in sex with women old enough to be their mother. The search term ‘lesbian’ was used more often by female visitors to the site than it was used by the males.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


“From this analysis, the 10 most frequently occurring, non-domain specific, pornography keywords (e.g., “xvideos,” “porn,” “xxx,” etc.) were selected.” (Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography寻求ing_behaviors_-_markey__markey_4-11-11.pdf)

“‘Penthouse’ Discontinues Print Magazine Due to Rise of Internet Porn”
“This time around, however, the repercussions are much more detrimental for the affected party. After 51 years of publication, Penthouse is forced to discontinue its print department in order to counteract the rise of web-based mediums providing the same content via increasingly accessible avenues. To abed the process, there will a transition period regarding the move from online to digital. This move is unsurprising as fellow adult title, Playboy, has also been struggling of late to remain competitive with the rise of online porn.” (Zarah Cheng, “‘Penthouse’ Discontinues Print Magazine Due to Rise of Internet porn”, Hypebeast, January 17, 2016, http://hypebeast.com/2016/1/penthouse-discontinues-print-magazine)

“Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis.” (Paul P. Pornified. New York, NY: Times Books; 2007) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional

Josh McDowell Ministry 2018


“30% of all internet traffic is pornography. The world’s largest porn site transfers 29 petabytes of porn a month In the U.S., 52% of pornography is accessed on smartphones; 10% on tablets. Worldwide, 51% of porn is accessed on desktop computers; 49% on smartphones and tablets.” (The Inquisitr, December 26, 2013)

“By simply typing a few keywords into a search engine (e.g., Google), it is extremely easy to search for pornography on the internet. It is so easy that it has been speculated that every second, 372 individuals are typing pornographic keywords into a search engine. Altogether, it is estimated that up to 25% of all internet search engine requests are for pornography.” (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey__markey_4-11-11.pdf)


A few small studies of U.S adolescents’ exposure to sexually explicit magazines and movies in the 1980s found that even then exposure was
almost universal by the end of high school. The average age of first exposure to Playboy was 11 years for males and 12 for females; by 15 years old, most had also seen an X-rated film. Appetite for sexually explicit media has been a primary driver for the success of the Internet.” (Bryant, J., & Brown, D. (1989). Uses of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 25-55). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“Example: 71% of adults, 85% of teens and young adults who have viewed pornography did so using online videos” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrk70)

“Magazines, graphic novels, on-demand videos and cable or rented/purchased DVDs are a very small part of the ‘market.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrk70)

“81% of adults between the ages of 18 and 29 are wireless Internet users. By comparison, 63% of 30-49 year-olds and 34% of those ages 50 and older access the Internet wirelessly.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

“Roughly half of 18-29 year-olds have accessed the Internet wirelessly on a laptop (55%) or on a cell phone (55%), and about one quarter of 18-29 year-olds (28%) have accessed the Internet wirelessly on another device such as an e-book reader or gaming device.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

“A Google Trends analysis indicates that searches for “Teen Porn” have more than tripled between 2005–2013. Total searches for teen–related porn reached an estimated 500,000 daily in March 2013 — one–third of

“30% of the Internet industry is pornography.[19] Stephen Yagielowicz, “The Internet Really is Porn,” http://www.xbiz.com/news/146703 (accessed 6/11/14). “Anthony compiled data from Google’s DoubleClick Ad Planner to reveal that XVIDEOS is currently the largest adult website, boasting 4.4 billion page views per month; with other adult sites, such as LiveJasmin, YouPorn, Tube8 and Pornhub all commanding vast expanses of market share, ‘that dwarf almost everything except the Googles and Facebooks of the Internet.’” “...that sets adult sites apart from non–adult sites; with Anthony comparing a 15–20 minute average porn site visit to a three–to–six minute visit on a news site as evidence of adult’s stickiness. ...Anthony states that’s while the amounts vary, typical adult websites contain 50 to 200 terabytes of porn and are responsible for nearly a third of all Internet traffic.” “Anthony stated, ‘It’s probably not unrealistic to say that porn makes up 30 percent of the total data transferred across the Internet.’” (See Sebastin Anthony, “Just how big are porn sites?” Extreme Tech (Apr.4 2012), http://www.extremetech.com/computing/123929–just–how–big–are–porn–sites.) (“Pornography”, Enough is Enough, Accessed 3.20.2017, http://www.enough.org/stats_porn_industry)


“Findings from the Youth Internet Safety Survey indicate that 15% of 12-17 year olds have purposefully looked at x-rated material online.” (“Pornography”, Enough is Enough, Accessed 3.20.2017, http://www.enough.org/stats_porn_industry)
“Data from the PEW Internet and American Life Project suggest that 70% of 15-17 year old Internet users accidently view pornography "very" or "Somewhat" often.” (“Pornography”, Enough is Enough, Accessed 3.20.2017, http://www.enough.org/stats_porn_industry)


“You must understand the delivery system for pornography…the global internet. The following is the gigantic challenge the church today faces:”

SIZE OF THE INTERNET. Unimaginable. No one grasps that there are more than 1,168,815,701(billion) websites comprising the size of the internet, and it is growing exponentially every day.

For example:

- “Each day the internet processes 1,742,000,000,000,000,000 (quintillion) gigabytes of information.”
- “One gigabyte = 64,782 - 8.5 x 11 pages of data.”
- “Therefore, every 24 hours the global internet processes 112,850,244,000,000,000,000,000 (sextillion) pages of data”
- “This totals 1,306,137,083,333,333,333 (quintillion) 8.5 x 11 pages of printed data every second.”

If all the data on the global internet were printed on 8.5 x 11 sheets of paper, it would reach 8,300 miles high and take 16,000,000 trees to produce that much paper.

The average adolescent takes in 34GB of data every 24 hours into his/her brain from a “moving screen.” This equals 4,500,000 8.5 x 11 pages of data. (And you wonder why they have a short attention span? Some estimate it at 8 seconds. They are in overload!)
The question of the century: “How does the church get a ‘footing' in such noise?” How do parents protect their kids from the avalanche of porn ushered in through the internet?

Internet Porn: TOO LARGE TO FAIL. The human mind cannot begin to grasp, let alone understand, the size of porn on the internet. For example: There currently exists 26,000,000 porn sites representing 2 billion pages. Everyone is “just 1 click away”.

Just one site last month distributed or “transferred porn data” equal to 29 petabytes. That represents enough porn material to fill 540,000,000 four (4) drawer file cabinets! Another site distributes enough porn, that if printed every day, would completely fill the Empire State building every day…365 days a year and yet another site had 4,000 porn videos viewed every second, (240,000 videos viewed every hour – 24/7).

There is a site that has 100,000,000 visitors every 24 hours 24/7 and one that had a total 18,000,000,000(B) visits in 2014. Still another porn site last year had 78,900,000,000(B) videos viewed (that equaled 11 porn videos watched for every man, woman and child on planet earth).


“…the Internet is not subject to regulations; it has emerged as a vehicle for circulation of pornography.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry. 2014;71(7):827-834, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)

“Here are evidenced-based suggestions of how to make Internet safety education materials more consistent with current research (Crimes Against Children Lab, University of New Hampshire):”


• “According to research looking at crimes ending in arrest, violence occurred in only 5% of cases. In most encounters, victims meet offenders voluntarily and expect sexual activity, because they feel love or affection for the person they have been corresponding with. Typically, they have sex with the adult on multiple occasions. Most of these crimes are statutory rather than forcible rape.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

“Internet use is near ubiquitous among teens and young adults. In the last decade, the young adult Internet population has remained the most likely to go online.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

• “93%-100% of teens ages 12-17 go online, as do 93% of young adults ages 18-29. One quarter (74%) of all adults ages 18 and older go online.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops,
“Over the past 10 years, teens and young adults have been consistently the two groups most likely to go online, even as the Internet population has grown and even with documented larger increases in certain age cohorts (e.g. adults 65 and older).” ("The Internet and Pornography", The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)


“Additionally, texting on a cell phone is a major problem especially when not supervised by parents. Early data suggest that just limiting the use and limiting when children use their phone prevents use in the middle of the night; it thus prevents prolonged periods of sleep deprivation, which many link to higher suicide rates in teens; controlling the use, timing and access to cell phones is crucial data here.” ("The Internet and Pornography", The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)


“Before Internet porn, users were limited to the analog stuff, consuming magazines and videos in lesser quantity. But today, the Internet has helped
put porn into the hands of anyone who wants it, as much as they want it. With Internet access and a viewing device, anyone has the ability to watch thousands of naked strangers anywhere at any time—in the car, in the bathroom at work, before even getting out of bed in the morning.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘Back then I could only look at a picture of a naked girl, and what did I know about sex, when I was 12 or 13?’ said Wilson, who also runs the website yourbrainonporn.com. ‘But now ... imagination has been replaced by what’s on the screen. You become a voyeur to watch and click and surf, conditioning sexuality—that this is the way you do sex, this is how you have it...because it’s real people having what you think is real sex.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)


“Given the expansion in internet pornography as a business and the vast number of individuals who engage in internet pornography use, it is important for researchers to understand different ways to assess this behavior. Past research examining traditional media pornography consumption (e.g., pornographic magazines, movies, etc.) has relied almost exclusively on self-report assessments. Unfortunately, assessing changes in pornography consumption across time using these self-reports has proven difficult.” (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography SEEKING_behaviors_-_markey__markey_4-11-11.pdf)

“First, not only did these studies utilize samples which were drawing from different populations, but these studies also worded the questions about pornography consumption differently.” (Brown, D., & Bryant, J. (1989). The manifest content of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 3-24). Hillsdale, NJ: ErlbaumDingfelder, S. F. (2004). Solutions to resolution dilution. Monitor on Psychology, 35,34) (Smith, T. W. (1987). The polls – a review: The use of public opinion data
“For example, in 1970 participants were asked about the purchase of sexually explicit magazines in the ‘past year’ whereas in 1985 they were asked if a purchase for such material had ‘ever’ occurred. It would be much more informative if researchers were able to examine changes in pornography consumption across time using a standard methodology.”


“In China, a church of 25,000 has 4,000 active participants in their 24-34-year-old group. During my visit, the two coordinators of this group came to me and were troubled. They said, “Almost 100% of our young adults watch porn on the internet…we can hardly ever find a young adult in our church who does not watch porn.” Have you told the pastor? “Yes, but he doesn’t believe us and says ‘we don’t have that problem…you are not to talk about it.’” (J1CA-Porn Research, “China Porn Question Letter”)

“…the Internet is not subject to regulations; it has emerged as a vehicle for circulation of pornography.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry. 2014;71(7):827-834, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)

“Playboy…has been losing readers for years, according to the Alliance of Audited Media, largely thanks to the rise of Internet pornography.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html)

“Sexual stimuli have morphed too. For at least half a dozen years, those with high-speed Web access have been able to consume free, ever-novel online erotica. Like today's junk-food, it is uniquely stimulating in the annals of human history. Result? In young males, porn use nearly equates with online access. Indeed research data collected some 5 years ago already revealed that 9 of 10 college-age men (and about one third of the women) were using Internet porn. Old models of addiction risk are based on substances, not on today's supernormal versions of food and sex, so most experts are still taught that all sex addictions are rare.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“The Week quoted the results of a survey where 65% of American men said porn is morally unacceptable, but then highlighted that 30% of all internet traffic is porn, concluding that ‘Americans look at porn but feel bad about it.’” (The Week, March 6, 2014)

“One of the largest porn sites in the world receives 4.4 billion page views a
month by 350 million unique visitors, 3 times the page views of CNN or ESPN.” (As provided by Google’s Double Click Ad Planner, quoted by Extreme Tech. 4-9-12)

“…internet porn allows its viewers to remain safely anonymous…[at one site] 100 million page views a day and serves 4,000 VIDEOS a second during its peak hours…2% of the internet’s totally traffic.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IvhBc)

“Not only is porn more accessible in the digital context, but unsolicited porn has increased substantially as well.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

- “Nearly half of young adults say they come across porn at least once a week—even when they aren’t seeking it out.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

- “Nearly three-quarters of young adults (71%) and half of teens (50%) come across what they consider to be porn at least once a month, whether they are seeking it or not.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“In 1997, approximately one out of every six Internet searches related to sex. Each day there are 23 to 60 million unique visitors to pornography websites. Revenues from pornography now exceed the combined revenues of all professional football, baseball, and basketball franchises.

- Some 34,376,000 unique users (23.68% of all Internet users) visit pornography websites and view an average of 239 pornographic web pages each day.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
An ESTIMATED 2 BILLION Web pages

26 million pornographic websites

“In our generation where porn has become so mainstream, porn has been cited by some as the reason for the rapid growth of the internet. According to tech site Gizmodo, the world’s top porn sites are on par with Google and..."
Facebook for web traffic. One site alone averages 4.4 billion-page views per month – triple what CNN gets. It’s not unrealistic to say up to 30% of the traffic on the Internet is porn-related. The U.S. ranks #1 for page views.” (Site accessed 10.19.17, http://fightthenewdrug.org/these-major-companies-are-now-using-porn-sites-to-advertise-their-product/)

“Mindgeek is the biggest online porn company in the world. They control eight of the top 10 busiest porn sites on the worldwide web. Equivalent to Amazon in book selling. According to Mindgeek, three of its tops websites attract close to 100 million.” (Site accessed 10.19.17, http://fightthenewdrug.org/these-major-companies-are-now-using-porn-sites-to-advertise-their-product/)

“The Parents Television Council in the U.S. reported a 407% increase in the incidents of full nudity on TV compared to the previous year.” [Josh note: Why? Competition of the Internet] (Site accessed 10.19.17, http://fightthenewdrug.org/these-major-companies-are-now-using-porn-sites-to-advertise-their-product/)

“The one thing advertiser are always in search of is an audience. In this digitally splintered world, it gets harder and harder to find big audiences. That’s why events like the Super Bowl are so desirable, and so expensive. Where else can you find 100 million people in one place at one time? [Well…there is another place: Porn sites.]” (Site accessed 10.19.17, http://fightthenewdrug.org/these-major-companies-are-now-using-porn-sites-to-advertise-their-product/)

“85% of porn was viewed between 7pm and 3am.” (Site accessed 10.19.17, http://fightthenewdrug.org/these-major-companies-are-now-using-porn-sites-to-advertise-their-product/)

“The first four months over two million people from 117 countries had watched the videos. The strategy, according to the fashion company, was to create notoriety.” (Site accessed 10.19.17, http://fightthenewdrug.org/these-major-companies-are-now-using-porn-sites-to-advertise-their-product/)

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A Parent’s Primer on Internet Pornography

“In 2006:
- “42.7% of Internet users viewed pornography.”
- “34% of internet users received unwanted exposure to sexual material.”
• “83% of boys and 57% of girls have viewed group sex on the internet.”
• “69% of boys and 55% of girls have seen pornography depicting same-sex intercourse.”
• “39% of boys and 23% of girls have seen online sex acts depicting bondage.
• “32% of boys and 18% of girls have viewed bestiality on the internet.”
• “18% of boys and 10% of girls have seen depictions of rape and/or sexual violence on the internet.”
• “15% of boys and 9% of girls have seen child pornography.”
• “Only 3% of boys and 17% of girls have never seen internet pornography.”
• “64% of college men and 18% of college women spend time online for internet sex every week.”

“Christian Men, Women, and Pornography…”

• “One survey indicates that 50% of Christian men and 20% of Christian women are addicted to pornography.”
• “60% of the women who answered the survey admitted to having significant struggles with lust.”
• “40% of the women who answered the survey admitted to being involved in sexual sin in the last year.”

R. GLOBAL PORN STATS

“In 2001, about 40% of adolescents (14-17 years old) in Taiwan reported some exposure to Internet pornography.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“In the Netherlands, more than half (55%) of adolescents (13-18 years old) had seen at least one of five types of sexually explicit content on the Internet with an average frequency of less than once a month.” (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet. Communication Research, 33(2), 178-204) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“Australia”
“A University of Sydney, Australia, study found that:
70% of Australian men view porn online (the article quotes that some surveys show the number as high as 90%). 80% of 15 to 17 year olds have had multiple exposures to hard core porn.” (Newcastle Herald, September 12, 2014)

“64% of Australian children are learning about sex from pornography.” (WA Today Australia, July 22, 2013)

“2/3 of Australian men view porn, some up to 5 hours a day. 20% of porn addicts prefer porn to sex with their wives. 30% admit their performance at work suffers because of porn.” (News.com.au, September 13, 2012)

“An Australian ISP blocked 84,000 requests for child porn in the first 3 months after it initiated a voluntary porn filter.” (ZD Net, October 19, 2011)

“A recent University of Sydney study, in which two professors surveyed more than 800 men, found that excessive porn consumption was reported by almost half the respondents (85 per cent of whom were married or in a relationship), and was harming

“Great Britain”
“The numbers were dramatic: 47 per cent of the male subjects watched between 30 minutes to three hours of porn per day, one in three said it harmed their work efforts, and one in five would rather watch porn than have sex with their partners.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why)

“Canada”
“40% of Canadian boys grades 4 – 11 are viewing porn; 1/3 of these, every day.” (Business Standard, June 13, 2014)

“Denmark”
“75% of Danish men and 1/3 of Danish women watch porn according to a 2014 survey by the women’s magazine Q.” (The Local DK, 10-31-14)

“India”
“80% of college students in India watch porn; 40% watch rape porn. 76% said that watching rape porn leads to the desire to rape a woman.” (ABP Live, India, July 24, 2014)

“Of a survey of 8,000 girls and women in India, 49% said they learned about sex from watching porn videos.” (India.com. June 25, 2014)

“More than 80% of Indian high school students have been exposed to porn.” (The New Indian Express, July 30, 2013)

“30% of all data transferred across the internet is porn. 70% of men watch it, while 30% of women do.” (ZeeNews India, May 5, 2013)

“A year long survey found that 75% of pre-university students in rural
areas of India were addicted to porn.” (The Indian Express, 2-27-13)

“In a survey of 300 children under the age of 13 in India, 67% admitted to accessing porn sites, most by their cell phones.” (Cathnews India, October 12, 2011)

In a survey of 400 students in India:
- 70% of boys began watching porn at age 10
- 93% of boys said that porn was addictive as drugs
- 86% said that porn led to sexual activity
(Times of India, July 25, 2015)

“Ireland”
“From a survey of 1,002 internet users, 83% of men and 56% of women have viewed porn.” (Irish News, January 17, 2015)

“Ireland’s internet porn use has increased 77% since 2010. Most porn use occurs between 10pm and 1:00am.” (Irish Mirror, February 9, 2014)

“80% of boys and 40% of girls in Ireland admitted to viewing porn in a Unicef survey.” (November 26, 2011, Irish Independent, “Sex and the Irish Teen.”)

“Singapore”
“836 13 to 15 year olds found that 50% have watched or read sexually explicit materials, some as early as age 7.” (Asiaone, Singapore, September 8, 2014)

“South Africa”
“In a survey of more than 4,400 men, 67% view porn.” (New24.com, South Africa, March 19, 2015)

“90% of eight to 16 year olds have viewed porn online.” (Independent Online, 9-27-11, Johannesburg)

“Sweden”
“Taipei”

“90% of 1,676 respondents surveyed by the Taipei Women’s Rescue Foundation said they started watching porn as a minor. 79% view porn weekly; 22% watch it every day.” (WantChinaTimes, May 25, 2014)

“Taiwan”

“In 2001, about 40% of adolescents (14-17 years old) in Taiwan reported some exposure to Internet pornography.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“The Netherlands”

“In the Netherlands, more than half (55%) of adolescents (13-18 years old) had seen at least one of five types of sexually explicit content on the Internet with an average frequency of less than once a month.” (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet. Communication Research, 33(2), 178-204) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“Trinidad”

“52% of women admitted to watching porn in a survey, in addition to 79% of men.” (Trinidad Express, October 18, 2014)

“United Kingdom”

“In a survey of 2,500 school and university students, 60% view porn.” (The Guardian, January 29, 2015)

“75% of Christian men view porn at least monthly.
41% of Christian men admit to being addicted to pornography.
30% of church leaders view porn regularly
90% of Christians believe the church does not adequately support those struggling with porn.” (The Way, UK, January 20, 2015)

“80% of UK teens say porn is ‘too easy’ to access or stumble upon on the internet.
70% said porn was seen as normal by their peers at school.
1 in 10 told their parents about stumbling on to porn on the internet.” (DailyMail, UK, August 19, 2014)

“Of a survey of 248 Oxford (UK) students:
71.8% of all students said they view porn;
91% of men vs 51% of women.” (The Oxford Student, June 12, 2014)

“A survey of 3000 UK families found that children as young as age two had been exposed to pornography, and the average age of first exposure was four. 19% said their children got on the internet at age 2, 38% said their kids were 3 or older. Yet 74% of parents surveyed were unaware of options to filter porn from their computers, smart phones, or tablets.” (The Scotsman, April 3, 2014)

“A survey of youth in the UK showed 50% of 11-14 year olds had viewed porn.” (UK Daily Mail Online, January 19, 2014)

“From a survey of 177 young men aged 16 to 20 in the UK:
97% had viewed porn
23% said they had tried to stop watching it but could not (‘74% addicted in UK’ – Josh)
13% said they were watching content that was ‘more extreme.’” (Independent.ie, September 30, 2013)

“A recent survey in London of 800 young people showed:
Most teenage boys view it 2-3 times per week, on their phone or bedroom computer.
2/3 of those between 11 and 13 had viewed porn
83% stumbled on it accidentally.” (IOL Lifestyle, September 3, 2013)

“In the UK, porn websites are accessed more than social media or shopping.” (The Business Standard, July 30, 2013)

“100% of 9th grade boys and 50% of girls surveyed by the Deputy Children’s Commissioner in the UK were found to be accessing
porn. 4,500 children had committed sexual offenses.” (HuffPost Lifestyle, May 7, 2013)

“1 in 3 visitors of porn sites are women.” (Policymic, 3-9-13)

“Investigations of sex offences by minors increased by 38% from 2009/2010 to 2011/2012 in the UK.” (UK Daily Mail, 3-3-13)

“One in three ten-year-olds have been exposed to pornography online; the largest group of internet porn consumers: 12 to 17 year olds.” (Daily Mail, August 31, 2012)

“Four out of five 16 year old boys and girls regularly access porn online, while one in three ten year olds have seen it. 60% of 11-16 year olds have internet access in their room.” (UK Mail Online, 4-18-12)

“British teens spend an average of 87 hours a year looking at porn. 70% of all porn traffic occurs between 9:00am and 5pm during the work week.” (Independent Online, October 31, 2011)


10% of U.K. 12 and 13 year olds fear they are addicted to porn. 12% of 12 to 13 year olds admitted to participating in a sexually explicit video. One girl told the story of when she was 12, her then 12 year old “boyfriend” sexually assaulted her. (BBC News, March 31, 2015)

“INDEPENDENT PARLIAMENTARY INQUIRY INTO ONLINE CHILD PROTECTION”
“Since the early days of the World Wide Web, pornography has been one of the most widely available forms of internet content.”

“…‘the whole history of human sexual perversion is only a few clicks away.’ …our children, with their natural curiosity and superior technological skills, are finding and viewing these images.”

“…so called device-level filters – rather than blocking content at a network level. … in tackling child abuse imagery by collectively … with the IWF to block sites known to contain illegal abuse images.”

“Children spend increasing amounts of time online, are often more ‘tech savvy’ and knowledgeable than their parents and know how to circumvent or avoid device filters.”

“A network-level ‘Opt-In’ system, maintained by ISPs, that delivered a clean internet feed to customers as standard but allowed them to choose to receive adult content, would preserve consumer choice but provide an additional content barrier that protected children from accessing age inappropriate material. This model would emulate the system already used by most major UK mobile phone companies, where access to adult content is blocked until an age verification check is conducted by the network operator, and could use the filtering technology already operating in all schools and on some public Wi-Fi hubs.”

“Many parents report feeling left behind by the evolution of technology and that they lack the knowledge and skills to educate their children about internet safety. Parents are also concerned

“30% of all internet traffic is pornography. The world’s largest porn site transfers 29 petabytes of porn a month. In the U.S., 52% of pornography is accessed on smartphones; 10% on tablets. Worldwide, 51% of porn is accessed on desktop computers; 49% on smartphones and tablets.” (The Inquisitr, December 26, 2013)

“Worldwide”
“According to a survey of 19,000 parents, kids begin viewing porn as early as age 6.” (ABC News10, May 15, 2013)

“The U.S. is the worldwide King of Porn.
60% of all porn pages are hosted in the U.S.
26% are hosted in the Netherlands
7% are hosted in the UK
1% are hosted by Germany
California is the engine of the U.S. Porn industry, churning out 66% of all porn made in the U.S.” (IBT Times UK, ‘World Porn League; UK Sits Not So Proudly in Third Place,’ August 13, 2013)


“As part of the research for this article, I compiled a simple anonymous survey. It asked respondents to identify as being UK-based and to clarify whether they defined themselves as practising Christians. It is not a statistically perfect piece of research, but with more than 500 responses collated it is surely indicative. Here are just some of the results:” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, February, 2015, http://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)
• “30% Church leaders who access porn on the Internet more than once a month”

• “42% Christian men who say they have a ‘porn addiction’”

• “90% Christians who believe the Church does not adequately support those who struggle with pornography use”

• “75% Christian men who view pornography on a monthly or less regular basis”

• “10% Christian men who say they have paid for sex”


“In China, a church of 25,000 has 4,000 active participants in their 24-34-year-old group. During my visit, the two coordinators of this group came to me and were troubled. They said, “Almost 100% of our young adults watch porn on the internet...we can hardly ever find a young adult in our church who does not watch porn.” Have you told the pastor? “Yes, but he doesn’t believe us and says ‘we don’t have that problem...you are not to talk about it.’” (J1CA-Porn Research, “China Porn Question Letter”)  

1. In an Eastern European country, I spoke to 2,300 high school and college students (ages 16-24). During this talk, 373 indicated they trusted Christ as Savior and Lord. At the follow-up appointment, CRU staff asked each student: “What is the greatest barrier or obstacle for you to follow Jesus?”

Their answer came back to me in an email I received on March 24, 2016:

Josh, you will find this hard to believe: Out of all 373 students, every one of them said, “I have a problem with pornography and I need help”.
2. In a Middle East country, at one of the most prestigious, elite Christian schools, there are 331 students 13- to 15- years old. After I spoke on sex and love, the school designed a survey. Incorporated into the survey were two critical questions:

   a) Do you watch porn on the internet?

   b) If you do, do you want help/counseling to stop?

An email was sent to me stating:

Josh, your stats on our students and pornography staggered us. We didn’t think they could be true of our school. So we took a survey. Josh, every one of our Christian students (331), answered “yes” to “Do you watch porn on the internet?” and “no” to “Do you want help/counseling?”

“Gary Wilson, author of ‘Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction,’ said there are no official statistics or surveys on porn addicts because the addiction hasn’t been acknowledged yet. But a few polls on the subject were taken by organizations last year, including one by Proven Men Ministries, a Christian-focused organization that offers help to those who identify as porn and sex addicts. The nonprofit surveyed 1,000 adults, both men and women of various ages, races and geographical locations; a breakdown of those demographics, including religious backgrounds, could not be provided. It found that 33 percent of men ages 18–30 think they are addicted to pornography or are unsure if they’re addicted. Overall, 18 percent of all men said the same.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“But in some ways, both arguments are moot: Whether or not you think it’s moral, the fact is, people like porn. Various international studies have put porn consumption rates at 50 percent to 99 percent among men, and 30 percent to 86 percent among women, according to Gert Martin Hald, PhD, and colleagues in The APA Handbook of Sexuality and Psychology (Vol. 2).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)
“How big of a problem is pornography?”

“The following are statistics from various studies regarding pornography. Although more accurate information is needed, the following reflects the magnitude of the problem:” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In 1997, approximately one out of every six Internet searches related to sex. Each day there are 23 to 60 million unique visitors to pornography websites. Revenues from pornography now exceed the combined revenues of all professional football, baseball, and basketball franchises. Some 34,376,000 unique users (23.68% of all Internet users) visit pornography websites and view an average of 239 pornographic web pages each day.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“By the end of 2004, 420 million pages of pornography existed on the internet. It is estimated that 13.97% of online pornography consumption is by children ages two to seventeen. Some 83% of youth watch pornography at home. Approximately 70% of youth ages fifteen to seventeen reported accidentally coming across pornography online, and 23% of those youth said this happens ‘very’ or ‘somewhat’ often.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Of all consumers of online pornography, 71.61% are male and 28.39% are female. Nearly 9 out of 10 (87%) young men and nearly one third (31%) of young women report viewing pornography. Forty million Americans regularly visit porn sites. Seventy percent of men between the ages of eighteen and twenty-four visit porn sites in a typical month. The average age at which a child first sees online porn is eleven years old. In 1998, 45% of the Protestant clergy surveyed reported using pornography.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Forty-seven percent of families in the United States say pornography is a problem in their home. Every second, more than 28,000 individuals are looking at pornography on the internet. Pornography is a worldwide industry, generating $97 billion annually. Every second consumers spend $3,075.64 on pornography.” ("Safety Net – Resources to Protect Your Family
“Nine out of ten children between the ages of eight and sixteen have viewed pornography on the internet, in most cases unintentionally. Every thirty-nine minutes, a new pornographic video is created in the United States. Twelve percent of the websites on the internet are pornographic (approximately 24,644,172).” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

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Digital Natives

Bryan Roberts & Heather Kolb, “Digital Natives”, Pure Desire Ministries, January 2018

“65% of graduating High School seniors have engaged in sexual intercourse.” (Centers for Disease Control and Prevention (2013). “Youth Risk Behavior Survey.” U.S. Department of Health and Human Services)


“Only 3 percent of college freshman who are males and 17 percent of females have never seen Internet pornography.” (Sabina, C., Wolak, J. & Finkelhor, D. (2008). ‘The Nature and Dynamics of Internet Pornography Exposure for Youth.” CyberPsychology and Behavior, 11(6), 691-693.)

“In 2006, reported revenues in merely sixteen countries, however incomplete, were estimated at $97 billion.” Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)
S. PASTORS AND PORN

“Clergy across faiths and across cultures are well aware of the struggles of their parishioners, students, and all those that they serve. Seminarians and clergy themselves are not immune to this problem. There is little research at this time to suggest any hard facts. However, initial impressions from some other denominations seem to indicate that those who struggle with other addictions might be more vulnerable – about 56% of clergy with other addictive disorders, 88% of these men report problematic use of the Internet, about 51% of working pastors from other faiths report being tempted by Internet pornography. Additionally, in this same sample, 37% of pastors report cyber-porn as being a current struggle. About 57% self-report compulsive cyber-porn use. The most significant signs of this vulnerability are issues related to loneliness and isolation, the lack of self-care, higher expectations of themselves, entitlement, and lack of education about this aspect of the Internet, and a significant ability to compartmentalize themselves - split between self-image and image of God, feelings of shame, hypocrisy, and unworthiness. If this data is supported in future research, it seems to suggest that clergy in the Roman Catholic Church will need better training and education on this issue.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

“Most pastors (57%) and youth pastors (64%) admit they have struggled with porn, either currently or in the past.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvvEuIrK70)


“About 12% of youth pastors and 5% of pastors say they are addicted to porn” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvvEuIrK70)
“87% of pastors who use porn feel a great sense of shame about it.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“55% of pastors who use porn say they live in constant fear of being discovered.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“The vast majority of faith leaders who struggle with porn say this has significantly affected their ministry in a negative manner. It is not clear why, but youth pastors are twice as likely as pastors to report this kind of unfavorable impact.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“There is a big difference of opinion between faith leaders and congregants when it comes to the consequences for pastors who struggle with porn.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“Only 8% of pastors think that a pastor should resign his/her position if s/he is struggling with porn. Most pastors think s/he should deal with the struggle through counseling or accountability.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“In contrast, 41% of adult Christians think that pastors should be fired or asked to resign if they are found to be using porn. Younger Christians are more likely to take a grace-filled approach.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“The vast majority of the faith community, including leaders and laity, believe pornography is a bigger problem in the Church than it was two decades ago. But many do not know what to do about it.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

“93% of pastors and 94% of youth pastors say it is a much bigger or somewhat bigger problem than it was in the past.”  
(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016,  
https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)
“More than half of youth pastors have had at least one teen come to them for help in dealing with porn in the past 12 months.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrxEulrK70)

“Although teens seeking help are mainly teen boys, there is still a significant amount of teen girls seeking help from youth pastors.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrxEulrK70)


“Despite the awareness of the problem, most churches do not have programs specifically designed to assist those struggling with porn use.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrxEulrK70)

“Until then, as a Christian community, what can we do to take action on research like this? We would do well to consider and pray for the very personal stories and struggles that form these numbers. In what ways can you address the challenges of the phenomenon of porn in your context today?” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrxEulrK70)


“Just two out of five say porn use is a major (3%) or significant (35%) problem.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)


“The remaining pastors believe it’s not really an issue for their church.” (12%) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact
“Whether porn is a bigger problem for the Church now than in the past, it’s clear that a practicing Christian faith has a profound influence on a person’s porn habits. Among every age group and gender, practicing Christians seek porn less often than those who do not practice Christianity.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“Don’t assume that porn isn’t a problem in the church. One evangelical leader was skeptical of survey findings that said 50 percent of Christian men have looked at porn recently. So he surveyed his own congregation. He found that 60 percent had done so within the past year, and 25 percent

![42% of male college students report that they regularly visit porn sites](image)

within the past 30 days. Other surveys reveal that one in three visitors to adult websites were women.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, http://www.christianitytoday.com/ct/2008/march/20.7.html)

“In 2002, of 1351 pastors surveyed, 54% said they had viewed Internet pornography within the last year, and 30% of these had visited within the last 30 days.” (Pastors.com Survey, Qtd. In “Wounded Clergy.” Hope & Freedom Counseling Services, Media A-Team, Inc., March 2002.)

“We recently surveyed 8,000 Desiring God readers. Our study found that ongoing pornography use is not only dreadfully common, but increasingly higher among younger adults. More than 15% of Christian men over age sixty admitted to ongoing use. It was more than 20% for men in their fifties, 25% for men in their forties, and 30% for men in their thirties. But nearly 50% of self-professing Christian men, ages 18-29, acknowledged ongoing use of porn. (The survey found a similar trend among women, but in lesser proportions: 10% of females, ages 18-29; 5% in their thirties; increasingly less for forties, fifties, and sixty-plus). (Trip Lee, “Hope and Help for the Porn Addict”, Desiring God, June 30, 2015, http://www.desiringgod.org/articles/hope-and-help-for-the-porn-addict)

“67% of men and 49% of women say porn is acceptable. One youth minister states that 90% of the kids who come to him for help… all who are from Christian families… are addicted to porn. 21% of Christian teenage girls admit to texting a naked photo of themselves.” (12-3-12: CBN News)

“In a recent ChristianMingle study, 50% percent of female Christians and 39 percent of Christian males said they went to church at least once a month. Of the 716 Christians surveyed, 90 percent said they would be comfortable with premarital sex; 61 percent of these said without any strings attached.” (Christian Post, February 13, 2014)

“50% of pastors regularly view porn.” (As quoted from a pastormark.tv survey, 3-27-12)

“A Christian missions agency is reported as saying that 80% of their applicants admit to struggles with porn.” (Harry Schaumberg in Christian Post, 3-8-12)

“From a survey of 1,000 pastors: (Baptist Press, November 15, 2011, quoting Lifeway Research and Education Database survey results.)

69% say porn has adversely affected the church when asked to estimate how many of their church members view porn on a weekly basis:

43% of these pastors did not respond. Of those who did:

62% of pastors said less than 10% of congregants view porn weekly
24% of pastors said that the 10-24% of their members view porn weekly

10% of pastors said that 25-49% of their members view porn weekly

4% of pastors said that 50% or more of their members view porn weekly

43% of internet users view porn

70% of 18-24 year olds visit porn sites monthly.”

(Baptist Press, November 15, 2011, quoting Lifeway Research and Education Database survey results.)

“Firstly, a reality check – if one is still needed – for anyone who thinks the Church doesn’t have an issue with porn. My December 2014 survey (something of a straw poll, but sufficiently quantitative to hold some weight) suggested that around 55% of Christian men view Internet porn more than once a month, with a further 20% admitting that they succumb to temptation every so often. That’s 75% of Christian men engaging with pornography on, let’s say, a monthly basis. Among women the figure was much, much lower. Just 15% said they viewed porn online more than once a month, with a further 20% visiting porn sites occasionally.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, February, 2015, http://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)
T. JIHADIST AND PORN

“JIHADISTS COMPUTERS 80 PERCENT FULL OF PORN, EX-OFFICIAL SAYS”


“…a despicable foe, one who would rape and pillage women and children, boys and girls, … all while watching pornography on their laptops,’ … at one point, we determined that 80 percent of the material on the laptops we were capturing was pornography.” (al-Qaeda. ISIS)

“Some of it was really bad, and it was all over the map. Some of it was kids, animals,”

“…a huge stash of pornography was found by U.S. Navy SEALs during the raid that killed Osama bin Laden in Abbottabad, Pakistan, in May 2011… was hidden away in a wooden box in the al-Qaeda leader’s bedroom.”

“…a senior law enforcement official … terrorism cases involving al-Qaeda and ISIS in the U.S. and abroad said, ‘There has yet to be a case where some crazy porn stuff hasn't come up … It never fails.’”

“… perverse private habits like the viewing of extreme pornography … case of ISIS, codified sexual abuse of female slaves.”

U. MORALITY AND PORN

“One of the favorable realities uncovered by the research is the degree of transparency respondents display on the topic.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvUrK70)

“Porn is a much more readily ‘researchable’ topic than it was two decades ago. It’s a subject that does not have the same social taboo that it once did. When respondents were allowed to ‘opt-out’ of questions of a personal nature, more than 90% continued through the survey questions, indicating data reliability.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvUrK70)

“Most Americans believe porn is ‘bad for society,’ but those attitudes are shifting toward neutrality or ‘good for society’ among younger generations.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvUrK70)


“Teens are most likely age segment to experience feelings of guilt, although it’s still a minority of teenagers.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvUrK70)

“Practicing Christians are twice as likely as others to experience guilt.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvUrK70)


“When they talk about porn with friends, 89% of teens, and 95% of young adults say they do so in a neutral, accepting, or encouraging way."
That is, only one in 20 young adults and one in 10 teens say their friends think viewing pornography is a bad thing.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)


“32% say viewing porn is ‘usually or always wrong’ compared to 56% who say not recycling is ‘usually or always wrong.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“Yet while the ‘dirty secret’ about porn is well and truly out, Christians still haven’t made much of a dent in the problem. In fact, porn use is rife among Christians and Christian leaders. In putting this article together I conducted a simple online survey of British Christians (see the box for more details) and, even knowing what we do about the prolificacy of porn, the results make for surprising reading.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

V. CULTURE AND PORN

CULTURAL OBSERVATIONS


“The proliferation [self-pornification] of digital tools has blurred the lines between porn producers, distributors and consumers. Barriers to entry and transaction costs—such as the affordability of video equipment, for example, or the abundance of user-friendly online platforms and services—have fallen and “enabled consumers to produce and distribute their own pornography.” (Johannes Grenzfurthner, Gunther Friesinger and Daniel Fabry, Pronnovation: Pornography and Technological Innovation (San Francisco: Re Search, 2008), p 49.) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“…the morality of porn is rarely discussed or even considered.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“Half of young adults (49%) and one-third of teens (32%) say all or most of their friends regularly view porn.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“Short of total isolation, the American society you live in today is going to influence how your children make moral choices in one way or another. Stop and think about it. What are the voices of society telling your children about the choices they are about to make? What is the central theme that today’s culture emphasizes over and over again? If you were to reduce it to a single sentence, it might look like this: You have the right to choose for yourself what is right for you and what is wrong for you – and no one should judge that choice.” (Josh D. & Sean McDowell, The Beauty of Intolerance, p185) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“In 2015 you uploaded a video that draws a straight line between porn and human trafficking, pointing out the irony that Millennials fight sex trafficking more than any other generation—and they also consume more porn. (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)


“This inward-oriented search for truth or purpose also leads nine out of 10 adults to agree ‘the best way to find yourself is by looking within yourself’ (91%).” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“86 percent to say ‘to be fulfilled in life, you should pursue the things you desire the most.’” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“When it comes to the sexual expression of that desire, nearly nine out of 10 Americans believe ‘each person has to decide his or her own sexual boundaries’ (88%).” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)


“The University of Montreal was commissioned to study the implications of porn on 18 to 25-year-olds. They had to terminate the study after several months. They couldn’t establish a control group of students in Canada who...

“We are a small missions organization … about 200 missionaries (about 100 families). We are being gutted by porn. Last month we had to bring home five families.”

“Once upon a time, porn wasn’t so common. It wasn’t an issue that affected millions of people, much less an entire society. It wasn’t a topic that needed to be discussed. Well, wake up call.” (“10 Porn Stats that Will Blow Your Mind”, Fight the New Drug, March 3, 2015, http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/)
W. CHILD SEX TRAFFICKING AND PORN

“With this growth in the pornography industry, the demand for fresh merchandise has outstripped the supply, leading pornographers to turn to sex trafficking in order to have an ample supply of women and girls for their online and video materials (MacKinnon, 2007; Malarek, 2009). Furthermore, as the pornography industry seeks to satisfy its growing customer base, it has continuously innovated its products toward more violent, “edgy,” material, often featuring underage or nearly underage actors and scenes depicting a variety of dehumanizing behaviors not heretofore seen (Eberstadt & Layden, 2010; Jensen, 2007a, 2007b; Manning, 2006)” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)
X. VIDEO GAMES & PORN

“Phillip Zimbardo, 82, is a psychologist and a professor emeritus at Stanford University. He is perhaps best known for his 1971 experiment in which students were asked to play the roles of 'guards' and 'prisoners' in a mock prison. Intended to continue for two weeks, the experiment was aborted in less than a week as the initially normal 'guards' eventually became sadistic and the 'prisoners' became submissive and depressed. Zimbardo has also written introductory psychology books, textbooks for college students, and other notable works, including The Lucifer Effect and the The Time Cure. Zimbardo is the founder and president of the Heroic Imagination Project.” (“Porn and video game addicts risk 'masculinity crisis', says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)


“'Now, with freely available pornography - which is unique in history - they are combining playing video games, and as a break, watching on average, two hours of pornography a week.’” (“Porn and video game addicts risk 'masculinity crisis', says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“Zimbardo says 'excessive' use of video games and pornography is not necessarily a matter of specific time, but rather the psychological change in mindset that such isolated activities produce, where the individual begins to feel he’d rather be doing that particular activity than anything else.” (“Porn and

“When I'm in class, I'll wish I was playing World of Warcraft. When I'm with a girl, I'll wish I was watching pornography, because I'll never get rejected,’ he explained. The brains of young men are actually becoming ‘digitally rewired’ by these new pastimes.”  (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“You have this paradox - they're watching exciting videos that should be turning them on, and they can't get turned on.”  (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“While playing video games and watching pornography are not necessarily bad activities, they can begin to have a negative effect on the social development of individuals if used in excess, the psychologist said.”  (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“He believes that parents need to take more control of the situation by taking simple steps, like keeping a journal for tracking how much time is being set aside for a variety of different activities, like doing homework, reading and writing.”  (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“At the same time, schools need to rethink their sexual education requirements, and instead of placing excessive emphasis on the physical side of relations, talk more about communication and expressing emotions, he said.”  (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)


- “Marshall also found that, in a study of outpatient sex offenders treated over a six-year period, one-third reported they had used
Pornography immediately before at least one of their crimes.”

Porn Is A “Catalyst (Crime Rate)”

“And there is most definitely appears to be a correlation between the availability of pornography and crime.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)


- “Indianapolis, IN - 1984-1986 - Between 1978-1982, crime in study areas was 46% higher than for the city as a whole. Sex related crimes were four times greater when sexually orientated businesses were located near residential areas vs. commercial areas. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)


- “Whittier, CA - Two residential areas were compared between 1970-1973 before sexually orientated businesses, and 1974-1977 after sexually orientated businesses, malicious mischief increased 700%, assault increased 387%, prostitution increased 300%, and all theft increased 120%. [National Law Center for Children and Families

- “Oklahoma City: During the years 1984 to 1989, Oklahoma City closed 150 out of 163 sexually oriented businesses. During the same period, reported rapes declined 27% in Oklahoma City while rising 19% in the remainder of the state. Law officers were aware of no other likely cause of the difference.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

- “Numerous studies have found strong evidence of a direct relationship between the circulation rates of sex magazines and rape rates within the given state.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

- “Various studies by a researcher, John Court, led him to the following conclusion of what happens on a national level when constraints against the distribution of pornography are lifted: ‘As the constraints on the availability of pornography were lifted... the rates of rape in those countries increased. For example, in two Australian states between 1964 and 1977, when South Australia liberalized its laws on pornography and Queensland maintained its conservative policy... over the thirteen-year period, the number of rapes in Queensland remained at the same low level while South Australia’s showed a six-fold increase.’” (John Court, Criminal Neglect: Why Sex Offenders Go Free (Toronto: Doubleday, p.141) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

- “In 1969, Denmark lifted restrictions against pornography and although many reported that rape went down, according to Court: ‘The trend since 1969 indicates that there has been a new level higher than anything in the previous decade.’” (International Journal of Criminology & Penology, 5, p. 129, John H. Court) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)
Y. PORN & CRIMINAL BEHAVIOR

“FBI findings. The Federal Bureau of Investigation found that eighty percent (29 of 36) of recent mass murderers used pornography extensively and used it as an integral part of their murderous sexual activity, which often included serial rape-murders.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“Other researchers have confirmed that 64 percent of all homosexual child molesters and 86 percent of all rapists used pornography at or immediately before the time of their crimes.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“One of the most disturbing impacts of young people’s use of pornography is the influence it has on sexual violence. Much of the research on adolescents, pornography, and sexual violence shows that there is a portion of boys who are particularly susceptible to the violence-inducing effects of pornography. In a study examining the link between adolescent viewing of pornography and sexual assault, researchers found that for boys who are predisposed to be sexually aggressive, if they frequently consume pornography, they are four times more likely to commit sexual violence than their friends who infrequently use porn. (Ybarra, M. L., & Mitchell, K. J. (2005). Exposure to Internet pornography among children and adolescents: A national survey. CyberPsychology and Behavior, 8, 473–486.) Later, members of the same research team extended this line of research. They followed a group of adolescents for 3 years, and found that those who intentionally viewed violent pornography were six times more likely to commit acts of sexual violence than those who did not view such pornography.” (Ybarra, M. L., Mitchell, K. J., Hamburger, M., Diener-West, M., & Leaf, P. J. (2011). X-rated material and perpetration of sexually aggressive behavior among children and adolescents: Is there a link? Aggressive Behavior, 37, 1–18.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Pornography’s Relationship to Rape and Sexual Violence
According to one study, early exposure (under fourteen years of age) to pornography is related to greater involvement in deviant sexual practice, particularly rape. Slightly more than one-third of the child molesters and
Rapists in this study claimed to have at least occasionally been incited to commit an offense by exposure to pornography. Among the child molesters incited, the study reported that 53 percent of them deliberately used the stimuli of pornography as they prepared to offend. (W. L. Marshall, "The Use of Sexually Explicit Stimuli by Rapists, Child Molesters, and Nonoffenders," *The Journal of Sex Research* 25, no.2 (May 1988): 267-88.)


“**Austin, TX** - 1986 - In four study areas with sexually orientated businesses, sexually related crimes were 177% to 482% higher than the city’s average. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“**Indianapolis, IN** - 1984-1986 - Between 1978-1982, crime in study areas was 46% higher than for the city as a whole. Sex related crimes were four times greater when sexually orientated businesses were located near residential areas vs. commercial areas. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)


“**Oklahoma City**: During the years 1984 to 1989, Oklahoma City closed 150 out of 163 sexually oriented businesses. During the same period, reported rapes declined 27% in Oklahoma City while rising 19% in the remainder of the state. Law officers were aware of no other likely cause...


“And according to one of the most extensive and exhaustive sex studies ever - conducted by William Marshall, ‘Report on the Use of Pornography by Sexual Offenders,’ Report to the Federal Department of Justice, Ottawa, Canada, 1983 - 87 percent of child molesters studied were regular consumers of hardcore pornography.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

We may never have a direct, definitive answer to the question of whether pornography viewing causes rape. Indeed, we can’t say that pornography is a direct cause of rape for every person, because many more men have watched pornography than have committed rape. (2014 ProvenMen.org Pornography Addiction Survey (conducted by Barna Group). The survey results are located at www.provenmen.org/2014pornsurvey/pornography-use-and-addiction) (Swartout, K.M, Koss, M.P., White, J.W., Thompson, M.P., Abbey, A., & Bellis, A. (2015) Trajectory Analysis of the Campus Serial Rapist Assumption. Journal of the American Medical Association: Pediatrics, doi:10.1001/jamapediatrics.2015.0707) However, there are over a hundred (100+) studies showing that pornography use is both correlated with and is the cause of a wide range of violent behaviors; about 50 studies show a strong connection between pornography and sexual violence. (Malamuth, N.
Z. PORN AND BUSINESS

“In February 2010, the number of people using a work computer to visit sexually oriented website was as high as 28%, according to research conducted by The Nielsen Company. The average visit to a pornography site from a work computer was about 13 minutes, and the average worker spent one hour and 38 minutes on such sites during that month.” (“Internet pornography by the numbers; a significant threat to society”, Webroot, Accessed 4.10.2018, https://www.webroot.com/us/en/home/resources/tips/digital-family-life/internet-pornography-by-the-numbers)

“If we leverage data extracted on: March 30, 2012, from the Bureau of Labor Statistics we can use their average hourly earnings of $23.23 multiplied by 1hr.38min = a loss of ~$38/month per employee watching pornography at work. Multiplying the monthly total by 12 months shows a loss of $456 dollars each year from every employee that views pornography.” (“Internet pornography by the numbers; a significant threat to society”, Webroot, Accessed 4.10.2018, https://www.webroot.com/us/en/home/resources/tips/digital-family-life/internet-pornography-by-the-numbers)

‘The number of U.S. employees reported by the Bureau of Labor Statistics as of March 30th, 2012 was 132 million. If we divide this to represent 28% of employees using a work computer to visit pornographic sites up to ~37million employees viewing pornography. (There are many ways to pare down this number, for example by excluding some labor categories, but for the sake of the exercise we’re keeping it simple).” (“Internet pornography by the numbers; a significant threat to society”, Webroot, Accessed 4.10.2018, https://www.webroot.com/us/en/home/resources/tips/digital-family-life/internet-pornography-by-the-numbers)

“Thus, if 37 million employees are viewing the average amount of pornography cited by the Nielsen Company, the annual productivity loss to companies is a staggering $16.9 Billion dollars.” (“Internet pornography by the numbers; a significant threat to society”, Webroot, Accessed 4.10.2018, https://www.webroot.com/us/en/home/resources/tips/digital-family-life/internet-pornography-by-the-numbers)
UPDATES – JANUARY 2019

The Porn Epidemic Facts, Stats and Solutions

“Impact on Adolescents”

“Harm to young Brains”:

“A survey of 813 teens and young adults [13-15], found that 26% of adolescents aged 13-17 actively seek out pornography weekly or more often”. 26(Barna Group, The Porn Phenomenon: The Impact of Pornography in the Digital Age, [Ventura, CA: Josh McDowell Ministry, 2016].


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Women & Pornography

“30 percent of all data transferred across the Internet is porn”. 2(“Porn Sites Get More Visitors Each Month Than Netflix, Amazon And Twitter Combined,” HuffPost, May 4, 2013, accessed June 1, 2018, https://www.huffingtonpost.com/2013/05/03/internet-porn-stats_n_3187682.html.)


“Porn sites get more visitors each month than Netflix, Amazon, and Twitter combined.” 4(HuffPost, 2013.)

“76% of 18 to 30-year-old American women report that they watch porn at least once a month.” 5(“How Many People Are On Porn Sites Right Now? (Hint: It’s A Lot),”“Fight the New Drug, April 2, 2018, accessed June 1, 2018, https://fightthenewdrug.org/by-
“Three percent of all women say they either thought they might be addicted or are unsure if they are addicted to pornography. This equates to three million women.” 6(Heather Schroering, “The porn problem,” Chicago Tribune, July 14, 2015, accessed June 1, 2018, http://www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html.)

“…The accessibly of pornography in our hypersexualized culture …”

“…Porn’s easy accessibility and cultural acceptance …”

“Porn Use Among Women is Growing”

“It is now no longer uncommon for women to say they started watching pornography to please their boyfriend or husband, thinking that this would enhance their romantic life. Women have also said that they use porn to fill periods of loneliness with sexual fantasies, or seek it out simply out of sexual curiosity, with the impression that this behavior is sexually empowering because it doesn’t require the natural presence of a male.”


“According to a 2017 report from a popular porn site, the number one search was “Porn for Women” – “a term that saw 359 percent growth among female users between 2016 and 2017.” 12( “Current Porn Statistics,” The Road to Grace, accessed June 1, 2018, http://www.roadtograce.net/current-porn-statistics/.)

“This porn site also reported that females accounted for 26 percent of visitors to the site.”13 (“Current Porn Statistics,” The Road to Grace, accessed June 1, 2018, http://www.roadtograce.net/current-porn-statistics/.)

“The most specifically searched for content on the site was “lesbian.”14 (“The Most Viewed Porn Categories Of 2017 Are Pretty Messed Up,” Fight the New Drug,


“A survey of more than 11,000 college-age women revealed that more than half were exposed to sexually explicit material by the age of 14.” (18 Gilkerson, 2013.) (Luke Gilkerson, “How Many Women are Hooked on Porn? 10 Stats that May Shock You,” Covenant Eyes, August 30, 2013, accessed June 1, 2018, http://www.covenanteyes.com/2013/08/30/women-addicted-to-porn-stats/.)

“According to one study, 15 percent of Christian women view pornography at least once a month, which is about one-half of the national average.” 19 (“Pornography Statistics – 2015 Edition.”)

What Teenagers are Learning from Online Porn

“In a 2008 University of New Hampshire survey, 93 percent of male college students and 62 percent of female students said they saw online porn before they were 18.”

“Congressional Fund to Cover-up Sexual Harassment”

“…Harvey Weinstein…”.

“…Congressman John Conyers…”

“Since 1997, there have been more than 200 secret payouts, totaling $17 million. While not every payout in the fund is for sexual misconduct…”

“Surveys indicate 79 percent of American men between the ages of 18 and 30 admit to watching porn regularly. 67 percent of men between 31 and 49 admit to it. And concerning men from 50 to 68, 50 percent confess to regular porn viewing. One in three porn users is a woman.”

“The only thing more reprehensible than a Congressional cover-up fund for sexual allegations is the sheer existence of such a fund. Budgets reveal values and demonstrate foresight…”

“Our budget not only anticipates reprehensible behavior by our elected officials and their staff, they also plan to keep it private. Some can’t keep their hands to themselves but want to keep these despicable actions to themselves.”


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Porn’s “Butterfly Effect”: A New Podcast Exposes Porn’s Unexpected Consequences”

“…over 40 percent of children ages ten to seventeen have been exposed to porn online, many accidentally. By college, according to a survey of more than 800 students entitled ‘Generation XXX,’ 90 percent of men and a third of women had viewed porn during the preceding year.”

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Porn Addict Says 'Wrong Click Changed My Life' as a Teen, Exposing Her to Abusive, Animal-Like Sex  G1 7.10.18

“And 76 percent of 18- to 30-year-old American women report that they watch porn at least once a month.”


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Korea and USA Porn

1. Korea (188 responses)

   Males – 96% Intentionally access porn
   Every day – 13%
   2 or more times a week – 37%
   Once a week – 9%
   2 or more times a month – 11%
   Once a month – 16%
   Once in a few months – 11%

   Females 71% Intentionally access porn
   Every day – 1%
   2 or more times a week – 14%
   Once a week – 8%
   2 or more times a month – 13%
   Once a month – 13%
   Once in a few months – 21%

2. USA (88 responses)
Males – 85% Intentionally access porn
Every day – 21%
2 or more times a week – 21%
Once a week – 13%
2 or more times a month – 13%
Once a month – 8%
Once in a few months – 10%

Females 51% Intentionally access porn
Every day – 2%
2 or more times a week – 8%
Once a week – 2%
2 or more times a month – 10%
Once a month – 10%
Once in a few months – 18%

- 85% never spoke to a parent
- 66% no one to help them quit
- 63% tried to quit but unable.

The link Between Pornography, Sex Trafficking, and Abortion


“Furthermore, since the 1980’s, the largest consumers of pornography have been teenage boys between the ages of 12 and 17 who are not even included in the Barna Group data.” (10 “Internet Statistics,” GuardChild, accessed November 10, 2017, https://www.guardchild.com/statistics/.)


“Pornography use can be addictive, and 18 percent of all men (21 million) in this country think that they are, or may be, addicted to viewing pornography.” (13 Elwood D. Watson, “Pornography Addiction Among Men is On The Rise,” Huffington Post, October 14, 2014, accessed November 9, 2017, https://www.huffingtonpost.com/elwood-d-watson/pornography-addictionamo_b_5963460.html.)


“Google is the leading search engine choice for people seeking adult content, with 83.48 percent of all the global adult site internet traffic originating there due to its familiarity for internet users.” (15 Matthew Hussey, “Who are the biggest consumers of online porn?” The Next Web, March 24, 2015, accessed November 9, 2017, https://thenextweb.com/market-intelligence/2015/03/24/who-are-the-biggest-consumers-of-online-porn/#tnw_xAnJh0IM.)

“Additionally, 61 percent of all pornography is now consumed on mobile devices.” (16 “10 Ugly Numbers Describing Pornography Use in 2017,” Challies, April 11,

“There are 11 pornographic sites that are in the top 300 most popular sites globally, with Pornhub.com coming in at number 23 grossing 1.1 billion visits monthly”. (18 “Top 300 Biggest Websites: Based on Both Mobile and Desktop Data for the First Time!” SimilarWeb News, July 19, 2016, accessed November 9, 2017, https://www.similarweb.com/blog/new-website-ranking.)

“Many of these are pay-per-view websites, accounting for 69 percent of the total pay-per-view internet content market—more than all other sources combined.” (19 “Pornography Statistics: 2015 Report,” Covenant Eyes.)

“People spend more money for online pornography than for all online news, sports, video games, and all other content combined.” (20 “Pornography Statistics: 2015 Report,” Covenant Eyes.)


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**My Little Angel (the Porn Addict)**

“By some estimates, there are around 1 billion websites…”

“…between 4-14% of all websites are pornographic.”

“…somewhere between 38-140 million inappropriate places…”

“..and the Internet allows them to make bad choices with blazing speed and ease. Yes, even your kids.”
“…A balance between filtering, monitoring, accountability and conversation…”

“… Mobicip…”

“…downloadable internet safety sheets for parents…”

“…contact me at protectyoungeyes@gmail.com.”

(Chris McKenna, “My Little Angel (the Porn Addict)”, Seedbed.com, January 19, 2016, https://www.seedbed.com/little-angel-porn-addict/)

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**Internet Pornography by the Numbers; A significant Threat to Society**

Every Day:

- 37 pornographic videos are created in the United States.
- 2.5 billion emails containing porn are sent or received.
- 68 million search queries related to pornography- 25% of total searches- are generated.
- 116,000 queries related to child pornography are received.


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**Data Proves Kids “Watch Porn No Matter What Parents Do**

“The trouble arises when children and young teens, access pornography online and come to think of the behavior they’re seeing as normal. This is a growing problem that has no clear solution. Studies have shown that strict rules and even web filters cannot dissuade curious, internet-savvy children. Similarly concerning, studies suggest that adult males who consume porn experience body dissatisfaction and relationship problems.”
“One 2005 study demonstrated that adolescents who admit to looking at porn online are no more or less likely to live in homes that forbid it, or insist on internet filters. If anything, there was a slight correlation between porn use and anti-porn rules at home! “None of the three safeguards examined in the current study however (i.e., rules, blocking software, checking the history function), differentiate between pornography-seeking and non-seeking youth,” the authors write. “Certainly, parental involvement is important, but additional actions may be necessary.”
Just one leading pornography website says people spend 4.5 billion hours per year there.


“Nine out of ten Children between the ages of eight and sixteen have viewed pornography on the internet, in most cases unintentionally.”


Porn Apps

Hidden Porn: Apps with Dangerous Doors to the Internet

“… over 3 million apps in Google Play and 2 million in the Apple App Store…”

“We’ve written extensively about these app store risks and how to turn off both the App Store and Google Play in our blog post: 3 Reasons to Turn Off (Disable)The App Store.”

“Reddit:”

“Marketing itself as “the front page of the Internet,” Reddit is a popular app and website that aggregates similar web-based content into communities
(subreddits) for faster access. It’s a treasure-trove of information on any topic you can imagine. And it’s simple to create an account, lie about your age, indicate, “I am over 18 and willing to view adult content,” and then login to the app and search for porn —lots of it.”

“Imgur:”

“Using GIFs, images and comments, Imgur is the content backbone of many other websites, including Reddit. And like any platform that allows users to upload their own content, it’s full of inappropriate media (including porn if you know how to find it).”

“GIPHY:”

“We haven’t found any pornographic GIFs, but each GIF includes a link to the website where the animated image is hosted, which allows easy in-app access to Reddit, Imgur, and other websites, without ever leaving the GIPHY app.”

“I can access a hidden Google search through five of these six apps (see above) on any iOS device (iPhone, iPad, iPod Touch). The only one that prevents me from accessing a hidden search is Pokémon Go! And here’s the kicker! —Even if you’ve enabled “Limit Adult Content” in the Restrictions on an iPhone, these hidden Google searches do not obey those parameters! It’s a completely unfiltered web experience.”

“Tip for parents: Recently, Covenant Eyes (affiliate link) released a new…”

“Snapchat:”

“It’s well-documented that the Discover section of Snapchat contains content that is not appropriate for children, and yet there’s no way to turn it off. (This is where Snapchat makes its money.)”

“Instagram:”

“With almost a billion monthly users, Instagram has a serious hidden porn problem. With six clicks that take less than four seconds, you can find hardcore, streaming pornography. Users call it Instaporn. With zero
parental controls on the app parents can never know what their kids are searching for…”

“Pinterest:”

“Just below the surface of the recipes and crafts are entire boards of pornographic content. Again, without any parental controls, parents have no idea if kids are browsing for the not-so-hidden porn…”

“ What’s the Right Age to Give my Kid Social Media.”

“Parents often lament about how difficult it is to raise responsible kids in the digital age. Yet it is parents who usually give their kids access to smartphones and tablets?”


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Hidden Porn: Apps with Dangerous Doors to the Internet

“…over 3 million apps in Google Play and 2 million in the Apple App Store.”

“Tip for parents: “No app store access until you get the driver’s license.”

“This means turning off the App Store and Google Play, or at a minimum, using Family Sharing on iOS devices,…”

“Tip for parents: Regularly check the app inventory on your child’s phone. “

“Instructions:”

“For iPhone: Go to the App Store app, select “Updates” in the lower right corner, then tap “Purchases” at the top, and this will show a complete inventory of every app that has been downloaded from the App Store with the Apple ID that the device is using.”
“For Android: Open the Google Play store app and tap the menu button (three lines). In the menu, tap “My Apps & Games” to see a list of apps currently installed on your device.”

“Instagram: With almost a billion monthly users, Instagram has a serious hidden porn problem. With six clicks that take less than four seconds, you can find hardcore, streaming pornography. Users call it ‘Instaporn’. With zero parental controls on the app parents can never know what their kids are searching for…”

“Pinterest: Just below the surface of the recipes and crafts are entire boards of pornographic content. Again, without any parental controls, parents have no idea if kids are browsing for the not-so-hidden porn…”

“Talk open and often: If your children have these apps, speak openly and often to your children about what they are experiencing. Have they seen porn on Instagram? Ask them!”


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He started viewing porn at 8-years-old. He just explained why he fights porn for his job

“I experienced a good amount of healing from pornography a couple years into my marriage…”

“…with over 80% of males…”

“…looking at porn at very minimum monthly…”

“I think pornography is a very efficient [form of] escapist behavior. Speaking from my own example, I started turning to porn when I was 8 and I didn’t stop until I was about 29. And what that ends up being is a way to escape negative emotion.”
“When we feel lonely, or frustrated or emasculated or rejected, or you know, just things seem out of control, we turn to pornography and it just gives us a quick fix.”

(Jonathon Van Maren, “He started viewing porn at 8-years-old. He just explained why he fights porn for his job”, LifeSite August 8, 2018, (https://thebridgehead.ca/2018/08/08/he-started-viewing-porn-at-8-years-old-now-he-fights-porn-as-a-career/))

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Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

- iGen for Jesus
- Overcoming Sin & Setbacks
- You, Me, We: Wholeness in a Sex-Saturated World
- Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

- Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

- Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

- Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:
Ben.Bennett@josh.org
www.josh.org/Ben
972-907-1000 ext 135
2001 W. Plano Pkwy, Ste 2400
Plano, TX 75075

For more information and to book Ben please contact:
Jake Kissack

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry, Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant. Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information and to book Jake please contact:

Jacob.Kissak@cru.org

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2001 W Plano Pkwy, Ste 2400

Plano, TX 75075
Alex McClellan

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more...
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

For more information and to book Alex please contact:

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www.josh.org/Alex
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Plano, TX 75075
Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

- Relationships
- Parenting
- Reliability of Scripture
- My Journey
- Self Image
- Sexual Integrity
- Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women's Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

For more information and to book Josh please contact:

johncnettleton@gmail.com
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Plano, TX 75075
#39 MORALITY AND PORN .............................................................................................................. 409
#40 CULTURE AND PORN ............................................................................................................ 410
#41 PORN AFFECTS SEXUAL TASTES .......................................................................................... 423
#42 PORN PARTICIPANTS & CONSENSUALITY ........................................................................ 425
#43 PORN & LONELINESS ........................................................................................................... 427
#44 PORN & SEX CONSEQUENCE ............................................................................................ 429
#45 CONSEQUENCES UPDATES JANUARY 2019 ..................................................................... 430
BEN BENNETT BIO ..................................................................................................................... 469
JAKE KISSACK BIO ..................................................................................................................... 471
ALEX MCLELLAN BIO .................................................................................................................. 473
JOSH MCDOWELL BIO ............................................................................................................... 475
MISCELLANEOUS

MISCELLANEOUS – Values of Living Porn Free

1. “The best version of yourself doesn’t watch porn”
   “I know he’s not a real man, but do you think the character James Bond was watching porn in between killing bad guys and slaying gorgeous women? Do you think George Clooney and Brad Pitt were spending hours streaming porn and fapping in their trailers on the set on Ocean’s 13.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

   “There’s not a chance.”

   “Guys who live lives that you envy, get girls you want, and carry themselves like you should, don’t waste their time jerking off to internet porn. They are ambitious. They approach women and are smooth when they do so. The best version of you can be like this. Or you can turn to your laptop when you get aroused. Up to you.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

2. “Porn makes you lazy”
   “Men no longer have to make any attempt at fulfilling their sexuality. It is the worst thing that ever happened to the race. Men used to go out of their way to win the hearts of women they wanted. They used to be romantic and bold. Now they just stay home and spend countless hours jerking off to internet porn instead.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

3. “Porn strips you of your desire for improvement”
   “There is no reason to go to the gym. There is no reason to do your hair and make yourself look good. Porn will never reject you no matter how you look, and regardless of how much money you make. When there is no primal need to impress the opposite sex in order to fill mans instinctive need for lust, men let themselves go and lurk their house in their underwear.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)
4. “Porn causes insecurity”
   “Porn sets unrealistic standards for men. To be in porn men must have abnormally large ‘talent.’ Men who watch porn consistently grow to see that as the norm and themselves as inadequate.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

   “It’s a slippery slope because this insecurity keeps men from having sex with women, in turn driving them deeper into porn use.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

5. “Many men find porn more stimulating then sex”
   “Porn is now so fantastically HD, with every sexual fantasy imaginable at the click of a mouse. The pleasure of watching porn is starting to overtake the pleasure of actual sex, if it hasn’t already done so.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)


   “I could link you 100 + examples easy, of just men who write about it online. If this sounds like you, you really need to sort yourself out. Get on the forums, there are many people who have been through the same thing who can help you along the way.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

6. “Porn causes ED”
   “Because of reason 4 and 5, porn causes erectile dysfunction in an enormous amount of men. Porn becomes the only thing that can stimulate them because of the intense visual experience it offers the brain. This experience is unnatural, and real sex become bland and un-stimulating.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

   “The experience of porn is so unnatural, that it actually causes the brain to release unnatural amounts of Dopamine, the reward chemical. The brain becomes so accustom to this unnatural level of Dopamine that

“It is a proven fact that porn affects the brain the exact same way as other addictive drugs. Educate yourself on the matter.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

7. “You will find women more attractive”
   “I think the greatest gift of living a porn free is how you start to perceive women around you. After months free of porn, your attraction to women will go through the roof. It is truly remarkable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

   “Just the sight of a woman’s skin will turn you on”

   “Being free of porn you start to really appreciate the beauty of women. Just the sight of a woman’s skin, or her smell will be enough to throw your attraction into overdrive. Your sexual instincts will be back where they are supposed to be, and you will crave women like never before.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

   “You will start to notice women you once found unattractive”

   “Women that once were not up to your porn standards really start to pop out at you. You will start to see the beauty in women that you once overlooked because they did not have the bodies of porn stars. I find myself more and more surprised at some of the women I find attractive and for what reasons. It is really a beautiful thing.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

8. “You will be better with women”
   “This should be reason enough for anyone to stop watching internet porn. I promise you that after months of no porn, and even better, no masturbation, you will be better with women (out of necessity!). And not just a little better, but a lot better.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)
“You will crave women, instead of craving your favorite videos”

“How does it happen that you get that incredible sexual urge that comes out of nowhere. To a regular porn viewer to first thing they do is head to the internet. To men who don’t watch porn, the first thing they do is head to their cell phone to call a real girl. Or they go out and meet one.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will find it easier to talk to women”

“Many men who give up porn find that they start to interact much smoother with women. A lot of their anxiety towards the opposite sex fades and they start to feel more confident and smooth.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

9. “Sex will be more satisfying”
“Instead of having ED and not finding sex as satisfying as porn, you will be the opposite. After months without porn in your life your pleasure for sex will skyrocket.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will have better, harder erections with women”

“Without porn numbing your sexual stimulation, just the touch of a woman will be enough to get you up and going. Actual sex will feel so different than it ever did. So much more powerful and pleasurable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Your intimacy levels during sex will be something that you never experienced before”

“If you are like most men who started porn at an extremely young age, you have probably never even experienced intense intimacy. You have sexually numbed yourself from porn for years, and your first sexual experience free from porn will be like a sexual awakening.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)
“You will also be much better at sex itself. You will be more in touch with a woman’s body, and your own. You won’t have any performance anxiety issues and your sexual freedom and spirituality will increase.”


“Sex can be the greatest experience there is, you just need to lose the porn.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)  

10. “You will simply be a better version of yourself”  
“IT’s a fact that if you can give up porn you will be a better version of yourself.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

– “You will think clearer and be less stressed”
– “You will find women more attractive”
– “You will be better with women”
– “Your sex life will improve”
– “You will have more energy”

“Try it. If it doesn’t work, porn will be waiting for you right where you left it.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“10 REASONS WHY YOU SHOULD QUIT WATCHING PORN”

“A recent survey of a Reddit community called NoFap, which is committed to abstaining from porn and masturbation, has helped researchers open the door to a better understanding of the effects of pornography on our lives. While the results are not entirely conclusive, there are certainly some statistics that should give a moment’s pause. Here are some of the reasons why it may be a good idea to stick to Netflix next time you open up your laptop.”

1. “For those addicted to porn, arousal actually declined with the same mate. Those who regularly found different mates were able to continue their arousal. It’s known as the Coolidge Effect, or a tendency toward novelty-seeking behavior. Porn, after all, trains the viewer to expect constant newness. (Scott Christian, “10 Reasons Why You


“We’re not religious. We don’t judge. We’ve been avid Porn fans for most of our lives. But we just know the benefit of living a life without it and want you to experience it too.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn)

“Not all men have a problem with porn. Some can watch it when they want and lead healthy successful lives and crush it with the ladies. But if it holds you back (with women or in general), even a little, then this is something to think about.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn)

“The top ten reasons to stop watching porn:”

1. **The best version of yourself doesn’t watch porn**  “I know he’s not a real man, but do you think the character James Bond was watching porn in between killing bad guys and slaying gorgeous women? Do you think George Clooney and Brad Pitt were spending hours streaming porn and fapping in their trailers on the set on Ocean’s 13.” “There’s not a chance.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn)

“Guys who live lives that you envy, get girls you want, and carry themselves like you should, don’t waste their time jerking off to internet porn. They are ambitious. They approach women and are smooth when they do so. The best version of you can be like this. Or you can turn to your laptop when you get aroused. Up to you.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn)

2. **Porn makes you lazy**

“Men no longer have to make any attempt at fulfilling their sexuality. It is the worst thing that ever happened to the race. Men used to go out of their way to win the hearts of women they wanted. They used to be romantic and bold. Now they just stay home and spend countless hours jerking off to internet porn instead.” (Sean Russell, “The
3. **“Porn strips you of your desire for improvement”**

“There is no reason to go to the gym. There is no reason to do your hair and make yourself look good. Porn will never reject you no matter how you look, and regardless of how much money you make. When there is no primal need to impress the opposite sex in order to fill man’s instinctive need for lust, men let themselves go and lurk in their house in their underwear.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

4. **“Porn causes insecurity”**

“Porn sets unrealistic standards for men. To be in porn men must have abnormally large ‘talent.’ Men who watch porn consistently grow to see that as the norm and themselves as inadequate.”

“It’s a slippery slope because this insecurity keeps men from having sex with women, in turn driving them deeper into porn use.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

5. **“Many men find porn more stimulating than sex”**

“Porn is now so fantastically HD, with every sexual fantasy imaginable at the click of a mouse. The pleasure of watching porn is starting to overtake the pleasure of actual sex, if it hasn’t already done so.”


“I could link you 100 + examples easy, of just men who write about it online. If this sounds like you, you really need to sort yourself out.
Get on the forums, there are many people who have been through the same thing who can help you along the way.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

6. “Porn causes ED”

“Because of reason 4 and 5, porn causes erectile dysfunction in an enormous amount of men. Porn becomes the only thing that can stimulate them because of the intense visual experience it offers the brain. This experience is unnatural, and real sex become bland and un-stimulating.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“The experience of porn is so unnatural, that it actually causes the brain to release unnatural amounts of Dopamine, the reward chemical. The brain becomes so accustomed to this unnatural level of Dopamine that without porn you can not achieve an erection and you straight feel like crap.”

“It is a proven fact that porn affects the brain the exact same way as other addictive drugs. Educate yourself on the matter.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

7. “You will find women more attractive”

“I think the greatest gift of living a porn free is how you start to perceive women around you. After months free of porn, your attraction to women will go through the roof. It is truly remarkable.”


“Just the sight of a woman’s skin will turn you on”

“Being free of porn you start to really appreciate the beauty of women. Just the sight of a woman’s skin, or her smell will be enough to throw your attraction into overdrive. Your sexual instincts will be back where they are supposed to be, and you will crave women like

“You will start to notice women you once found unattractive”

“Women that once were not up to your porn standards really start to pop out at you. You will start to see the beauty in women that you once overlooked because they did not have the bodies of porn stars. I find myself more and more surprised at some of the women I find attractive and for what reasons. It is really a beautiful thing.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

8. “You will be better with women”

“This should be reason enough for anyone to stop watching internet porn. I promise you that after months of no porn, and even better, no masturbation, you will be better with women (out of necessity!). And not just a little better, but a lot better.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will crave women, instead of craving your favorite videos”

“Have you ever gotten that incredible sexual urge that comes out of nowhere. To a regular porn viewer to first thing they do is head to the internet. To men who don’t watch porn, the first thing they do is head to their cell phone to call a real girl. Or they go out and meet one.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will find it easier to talk to women”

“Many men who give up porn find that they start to interact much smoother with women. A lot of their anxiety towards the opposite sex fades and they start to feel more confident and smooth.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)
“Sex will be more satisfying”

“Instead of having ED and not finding sex as satisfying as porn, you will be the opposite. After months without porn in your life your pleasure for sex will skyrocket.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will have better, harder erections with women”

“Without porn numbing your sexual stimulation, just the touch of a woman will be enough to get you up and going. Actual sex will feel so different than it ever did. So much more powerful and pleasurable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Your intimacy levels during sex will be something that you never experienced before”

“If you are like most men who started porn at an extremely young age, you have probably never even experienced intense intimacy. You have sexually numbed yourself from porn for years, and your first sexual experience free from porn will be like a sexual awakening.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will also be much better at sex itself. You will be more in touch with a woman’s body, and your own. You won’t have any performance anxiety issues and your sexual freedom and spirituality will increase.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Sex can be the greatest experience there is, you just need to lose the porn.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

9. “You will simply be a better version of yourself”
“It’s a fact that if you can give up porn you will be a better version of yourself.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

- “You will think clearer and be less stressed”
- “You will find women more attractive”
- “You will be better with women”
- “Your sex life will improve”
- “You will have more energy”

“PORNOGRAPHY AND ITS CONSEQUENCES”
“...porno...
Sigmund Freud
(Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015,

http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)


“Thus, drugs are no longer at the heart of the matter. ‘What is coming up fast as being the central core issue ... is continued engagement in self-


“Sin, at its root, is idolatry in the heart. But just because desires in the heart are at the root of pornography doesn’t mean there aren’t physical consequences. Disease is not just a metaphor for sin. In a very real sense, porn actually makes our brains sick.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“Pornography users are more likely to hold a college degree, more likely to have moved, and they also attend church less frequently.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)

“With the wide acceptance of porn has come the porn effect. Porn’s antisocial effect is, essentially, society’s adoption of six principles: (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)

- It’s alright to use, abuse, or mistreat others for self-gratification, if only simulated; (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)

- It’s alright to view the use, mistreatment, or abuse of a human person; (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)

- Individuals can treat another human with indifference as long as it furthers a personal goal or fulfills a personal pleasure; (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)

- We should always seek pleasure and avoid pain; (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)


- Children are a burden to personal goals, pleasures, or society, which makes procreation a dirty word.” (Dustin Murphy, thefederalist.com,
“Let’s focus on number six. One of the greatest tragedies of porn’s antisocial effects is that it fuels an anti-child culture. Thinking sex should be open to procreation, or that the two go hand-in-hand, is regarded like VHS tapes: out of style. Some people consider parents with three or more children to be crazy, and children are generally viewed as a burden. Anyone with a large family has probably experienced negative comments in grocery stores or coffee shops.” (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)

“With these antisocial behaviors attendant to the porn-consonant “sex is purely about momentary pleasure. Their participation in pornography trains them to approach others as vehicles for their desires, rather than respecting them as separate human individuals who deserve love and respect, not mere use like objects.” (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)


“Diminished interest in ad/or ability to socialize with peers.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now,


“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


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http://youtu.be/wSF82AwSDiU
http://youtu.be/1Ya67aLaaCc
“Individuals who never view sexually explicit material report higher relationship quality and lower rates of infidelity than those who do.”

“Exposure to sexually pornographic material is correlated with:


#1 MARRIAGE AND PORN

“A growing number of researchers and clinicians are beginning to recognize a connection between pornography use and abuse in marriage (Laaser, 1996; Wildmon-White & Young, 2002; Ryu, 2004; Hinson Shope, 2004). It is not uncommon for wives of pornography users to report being asked to reenact pornographic scenes, consume pornography with their partner, or be pressured or coerced into sexual acts they find uncomfortable or demeaning (Laaser, 1996; Ryu, 2004; Hinson Shope, 2004). While conducting my own doctoral research (Manning, 2006), I was surprised to learn how many women had experienced marital rape when asked about how pornography had impacted their marriage. Unfortunately, my experience as a researcher was not unique. For example, Bergen (1998) found in her research on marital rape that one third of the females in her sample reported that their partner consumed pornography and that there was a correlation between pornography use and the most sadistic rapes.


“Studies published in the Social Psychological and Personality Science Journal suggest that porn use provokes extramarital affairs.”

“How does it do this? By skewing your perception of reality: Those who viewed porn were more likely to report that they had ‘higher quality romantic alternatives’ to their spouse.”

“Although you may feel a high of euphoria when viewing porn, it is quickly followed by feelings of shame. These shameful feelings cause isolation in your life.” (Luke Gibbons, “6 things the porn industry doesn’t want you to find out”, Premier Christianity, September 13, 2017, https://www.premierchristianity.com/Blog/6-things-the-porn-industry-doesn-t-want-you-to-find-out)

“In their experiment, Zillmann and Bryant found a direct correlation between the amount of pornography one viewed and one’s overall sexual satisfaction in real relationships. Participants from the Massive Exposure Group reported less satisfaction with their intimate partners: they were less


“Viewers of pornography assign increased importance to sexual relations without emotional involvement, says Dr. Fagan. ‘The emotional distance fostered by pornography…can often be just as damaging to the relationship as real-life infidelity, and both men and women tend to put online sexual activity in the same category as having an affair.”


“In a survey of 63 wives of self-identified sex addicts.51

> “70% met most criteria for a diagnosis of post-traumatic stress disorder.”
> “75% discovered evidence of compulsive or addictive sexual behaviors themselves (as opposed to a planned disclosure on the part of a husband).”
“71% demonstrated a severe level of functional impairment in major areas of their lives.”
“Length of marriage at disclosure and number of prior traumatic event exposures were the best predictors increased trauma symptoms.”


“Porn-watching was linked to infidelity in another study, again American, which found that seeing multiple sexual partners on screen subtly wounds a committed relationship by convincing the watcher that the grass will be greener on the other side, no matter how happy you are with your current situation.” (Guy Kelly, “The Scary Effects of Pornography: How the 21st Century’s Acute Addiction is Rewiring our Brains”, The Telegraph, September 11, 2017, http://www.telegraph.co.uk/men/thinking-man/scary-effects-pornography-21st-centurys-acute-addiction-rewiring/)

“Based on the on-going researches, the following topics seem to be the most prominent in regards to the internet pornography consumption and marital relationship:

“When asked about the effect of cybersex on their sexual relationship, fully half of the 94 respondents (49, or 52.1%) said that their husbands were not interested, or hardly interested in sex with them.”

“Cybersex addict alone has lost interest in couple sex. Thirty-two respondents (34%) reported that although they still wanted a sexual relationship, the cybersex addict had withdrawn his sexual (and general) attention from the partner and family and devoted his (or her) time and energy instead to computer sex.

“As this study has shown, there are additional consequences for the partner and family which result specifically from the sexual content of the user’s internet addiction. These are:

- “Many users lie repeatedly about the sexual activities; in response, their partners feel distrust and betrayal.”
- “The devastating emotional impact of a cybersex affair is described by many partners as similar if not the same as that of a real affair. The partner’s self-esteem may be damaged; strong feelings of hurt, betrayal, abandonment, devastation, loneliness, shame, isolation, humiliation, and jealousy are evoked.”
- “The couple’s sexual relationship suffers, not only generally because the user stays up much of the night, but specifically because the spouse (and often the user) compares her body and her sexual performance to that of the on-line women, and believes she can’t measure up.”
- “Online sexual activities may be followed by physical contact with others; the partner may retaliate or seek solace in extramarital affairs.”
- “Children may be exposed to pornography and may develop unhealthy attitudes towards sex and women.”


“Among 68% of the couples one or both had lost interest in relational sex: 52.1% of addicts had decreased interest in sex with spouse, as did 34% of partners. Some couples had had no relational sex in months or years.”


“Online Sexual Pursuits As A Predictor Of Marital Distress, Separation, And Divorce”

“A survey research conducted by Bridges, Bergner and Hesson-McInnis (2003) found that married women are significantly more distressed by the partner’s online pornography consumption than women in dating
relationships, and that internet pornography consumption is viewed as a threat to the marital relationship. The distress reported by the women increased according to the perceived frequency of online sexual activities and, surprisingly, was not as strongly influenced by religious beliefs. In 2000, Schneider found that cybersex addiction was a major contributing factor to separation and divorce for affected couples. Level I (or mild) pornography consumption may seem to be culturally acceptable or tolerable, it has negative impact on marital relationships despite the belief of the culture. An informal survey data was collected at the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois regarding the impact of internet usage on marriages. This professional organization comprises the nation’s top 1600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62% of the 350 attendees said that internet had been a significant factor in divorces they had handled during the year of 2000. Additionally, the following observations were made by the lawyers polled with regard to how the internet had played a role in divorces that year:” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, [link](http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/))

“68% of the divorce cases involved one party meeting a new love interest over the internet” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, [link](http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/))

“56% of the divorce cases involved one party having an obsessive interest in pornographic websites” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, [link](http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/))

“47% of the divorce cases involved one party spending excessive time on the computer” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, [link](http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/))

“Decreased Sexual Satisfaction”

“Prior to internet pornography becoming readily available, Zillman and Bryant (1988) conducted a study that looked at the impact of consuming common, non-violent pornographic material on male and female participants. Results showed that exposure to pornography negatively impacted self-assessment of sexual experience, while other aspects of life (e.g., professional satisfaction) remained unchanged. There is less satisfaction with their intimate partner specifically with their partner's affection, physical appearance, sexual curiosity, and sexual performance.” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“Decreased Sexual Intimacy”

Schneider’s 2000 study has concluded that when one partner has cybersex compulsivity and/or addiction, adverse effects on the sexual relationship within marriage are reported, including decreased sexual intimacy. Based on the results, more than half (52.1%) of the cybersex users had lost interest in relational sex, as had one-third (33.3%) of the partners. Schneider also points out that spouses of pornography users often report being repulsed by the partner’s sexual pursuits. For the cybersex users who have already substituted online sexual activity for relational sexual intimacy, their perception of their partner’s repulsion and loss of interest is not as problematic or distressing compared to average couples. Recurring themes are reported in Schneider’s study:” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January

“The partner feels hurt, angry, sexually rejected, inadequate, and unable to compete with computer images and sexy online women (or men) who are willing to do anything upon request” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“The partner ends up doing most or all of the initiating, either to get her/his own needs met or as an attempt to get the cybersex user to decrease the online activities” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“The recurring themes listed above are typical characteristics of people with any types of addictions. It is believed that people with addictions tend to blame others for the problem’s existence and take no responsibility for the situation.” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“Infidelity”

“Infidelity is commonly understood as a violation of the marital agreement, a betrayal of one’s trust, and a threat to the marital bond. Although pornography consumption seems to be commonly accepted by the culture, it is nevertheless a violation of marital agreement because one seeks sexual fulfillment outside of the marriage and that sexual intimacy is no longer exclusive between the married couple. Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet pornography than individuals who had not had an affair. The same study also revealed that people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. Unfortunately, the study failed to indicate a causal relationship between internet pornography consumption and unfaithful behaviour; the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity. Further research is needed to explore whether internet pornography influence unfaithful behaviours, or whether unfaithful behaviours coincide with pre-existing traits that predispose someone to engage in internet pornography. In conclusion, the study conducted by Stack et al. (2004) has validated a correlation between internet pornography consumption and infidelity and that online infidelity are perceived as an act of betrayal similar to any offline unfaithful behaviours.” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)
“Based on the on-going researches, the following topics seem to be the most prominent in regards to the internet pornography consumption and marital relationship.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“An informal survey data was collected at the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois regarding the impact of internet usage on marriages. This professional organization comprises the nation’s top 1600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62% of the 350 attendees said that internet had been a significant factor in divorces they had handled during the year of 2000. Additionally, the following observations were made by the lawyers polled with regard to how the internet had played a role in divorces that year:” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“Acting out sexually. Acting out is the next stage of escalation. The addict moves from viewing pornography to seeking a real world experience. It leads to risky behaviors, like stealing from joint bank accounts to pay for prostitutes, binge drinking for heightened courage to act out, unexplained anger or promiscuous sex. The latter may, and does, cause STDs (Sexually Transmitted Diseases). Leaving their boring spouses behind, who long ago failed to fulfill sexual gratification, addicted men and women actively seek other live sex partners. If married, the addict will think nothing of committing adultery to satiate the craving for intense sexual novelty. Men will visit prostitutes, women will pick up men in bars or at the gym, or resort to cyber porn (including email, chat rooms, and social media). Chatting with strangers who vicariously satisfy sexual needs behind closed doors is adultery—ask any spouse who is victim of their partner's porn addiction and has acted out in the cyber world. It's emotional adultery and may lead to acting out with live partners.” (Susan Knight, The Five Stages of Pornography Addiction”, News OK, April 6, 2016, http://newsok.com/article/5407775)

“Pornography And Sex”

“In pornography, sex exists without love. It is just raw and ritualistic intercourse—not spiritual, only physical. There is no tenderness or gentleness. There are no consequences and no children. There's no giving, only getting. The man's pleasure and how he performs are all that's important. Orgasm is the only and ultimate goal. Their wives are imprisoned by their husbands’ desires.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, http://www.preaching.com/resources/articles/11674938/?page=4)

“Along the way, normal sexual relations with one's wife become boring to porn addicts. …These men are trapped.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, http://www.preaching.com/resources/articles/11674938/?page=4)

“Because the wife can't produce or perform as the other women he has seen, the man feels entitled and compelled to go elsewhere. Sexual desire ultimately takes precedence over marital vows. Adultery is common for porn addicts in the quest for the ultimate sex partner. The wife can't produce the goods he wants, so he goes on the prowl for delivery. Her body is not as curvy or flexible, her breasts are not as ample, her taste for sexual adventure is not as wild, and her mouth is not as willing. The list continues.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, http://www.preaching.com/resources/articles/11674938/?page=4)

“After he has exhausted his wife with all the possible sexual practices, he then goes after different sexual partners. An enslaved man is never content, never satisfied. He is not enthusiastic about the wife of his youth anymore; she alone no longer satisfies him (Proverbs 5:29). Instead, he plunges into a world of fantasy, not reality. He feels much safer in a world of pages, pictures, partners, perversions and sexual positions. The last thing the porn addict wants is a spiritual partnership. He only wants sexual pleasure.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, http://www.preaching.com/resources/articles/11674938/?page=4)

“God doesn't want us to enter the marriage bed with previous experiences, partners or memories…” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, http://www.preaching.com/resources/articles/11674938/?page=4)
“In North American culture, it is most common for people to select a marriage partner according to romantic love as opposed to family arrangement or economic necessity...is useful in clarifying what romantic love entails from a social science perspective. They found that romantic love embodies the following characteristics:” (Roberts, M. (1982). Men and women: Partners, lovers and friends. In K. Davis & T. Mitchell (Eds.), Advances in descriptive psychology, 2, pp. 57–78: Greenwich, CT: JAI Press.) (Davis, K., & Todd, M. (1982). Friendship and love relationships. In K. Davis & T. Mitchell (Eds.), Advances in descriptive psychology, 2, pp. 79–122: Greenwich, CT: JAI Press.) (Davis, K. (1985, February). Near and dear: Friendship and love compared. Psychology Today, 22–30.) and Bergner (2000)

“Investment in the well-being of the beloved”
“Respect”
“Admiration”
“Sexual desire”
“Intimacy”
“Commitment”
“Exclusivity”
“Understanding.”


“The researchers found that when these characteristics are present in a romantic relationship, people tend to feel fully loved. On the other hand, when there are violations to these characteristics and the violations are sufficient in magnitude, partners will commonly conclude that they are no longer loved as they once were and re-evaluates their place in their partners’ world. As Bergner and Bridges (2002) point out, many women who discover a partner’s intense involvement with pornography engage in just such a reappraisal of their relationship.” (Bergner, R. M. & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. Journal of Sex & Marital Therapy, 28, 193–206.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Moreover, according to data from the General Social Survey in 2000 (N = 531), people who report being happily married are 61 percent less likely to report using Internet pornography compared to those who also used the Internet and who had completed the General Social Survey in 2000.” (Stack,

“Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet pornography than individuals who had not had an affair. The same study also revealed that people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. Unfortunately, the study failed to indicate a causal relationship between internet pornography consumption and unfaithful behaviour; the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“...find that pornography usage is associated with a negative attitude towards women and with premarital sexual permissiveness generally, both of which suggest a negative association with marriage formation.” (Lo, Ven-Hwei and Wei, Ran (2005). Exposure to Internet Pornography and Taiwanese Adolescents’ Sexual Attitudes and Behavior. Journal of Broadcasting

Cheaper pornography expands the budget set in the single state and so, if a man can choose whether to get married at the beginning of the period, higher utility from marriage is required in order for the man to marry.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)


“It is not surprising that the negative association between marriage and pornography specifically is stronger than the association between marriage and web usage generally since viewing pornography is a strict subset of Internet usage.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)


“As policymakers seek to understand and respond to these rapid changes in marital behavior, an awareness of the causal factors that lie behind them is crucial. In this paper, we have explored the possibility that the rapidly-proliferating Internet is in some way substitutable for marriage, especially to
the extent that use of pornography can provide low-cost sexual gratification. If one of the important reasons to get married has a low-cost alternative, then it is natural to wonder about the extent to which one can replace the other.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)


“The Impact Of Pornography On Marital Relationships”

Schneider’s 2000 study has concluded that when one partner has cybersex compulsion and/or addiction, adverse effects on the sexual relationship within marriage are reported, including decreased sexual intimacy. Based on the results, more than half (52.1%) of the cybersex users had lost interest in relational sex, as had one-third (33.3%) of the partners.” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“Cybersex user often makes excuses to avoid sexual intimacy with the partner”

“The partner feels hurt, angry, sexually rejected, inadequate, and unable to compete with computer images and sexy online women (or men) who are willing to do anything upon request” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“The partner ends up doing most or all of the initiating, either to get her/his own needs met or as an attempt to get the cybersex user to decrease the online activities” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“Researcher Patric Fagan, Ph.D. completed a major study of pornography…56% of divorces had one partner with an obsessive interest in porn...I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/the-effects-of-porn-on-marriage/)

“On average, 40 million Americans regularly view porn, and the overwhelming majority are men. That’s the admitted figure. I feel safe writing to you that I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet. If allowed to fester in our lives, porn slowly erodes not only our rational senses but our very souls. A marriage is diseased when outside sexual influences work their way into it, and as those influences progress, the marriage falls deeper and deeper into despair.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/the-effects-of-porn-on-marriage/)

“True Passion Is Nullified”

“Great marital sex has little to do with technique, stamina, or experience. The genuine passion built up between two people in love connecting in the highest physical form of intimacy is what makes for great marital sex. This is difficult to achieve even without porn introduced into the equation.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/the-effects-of-porn-on-marriage/)
“…many women will say they don’t feel that their porn addicted husband is truly present when they make love.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/the-effects-of-porn-on-marriage/)

“Now, we need to proclaim a positive sexual apologetic, one that articulates the goodness of God’s design and develops a positive theology of sexuality to counteract the increasingly alluring false worldview that has captured so many.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“The Porn Problem”

“For nearly four years, David’s days typically started and ended the same way. Around 6 a.m., he’d wake up, grab his phone or tablet from next to his bed and begin watching porn. Leaving little time to get ready and have breakfast, he’d head off to work around 8 a.m., where he would keep himself heavily caffeinated, anxiously waiting to leave. After work, he would head home, ‘literally running,’ and sometimes skip dinner to spend the rest of the evening fully engrossed in the clicks and hits of Internet pornography.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)


“If it was a weekend, he’d spend it entirely at home watching porn. ‘I had no life. It was as if the whole world didn’t exist. That’s how I lived for many years,’ said David, who didn’t want his real name used for this article. (While RedEye's typical standard is to include a source's first and last name, we are allowing some anonymity in stories dealing with addiction...

“There’s an ongoing debate over whether Internet pornography is addictive, but David's days depended on it. Not only are the statistics hard to track, but also a clinical definition of pornography addiction has yet to be agreed on by experts. Although a proposed hypersexual disorder category was considered for inclusion in the American Psychiatric Association’s 2013 fifth edition of the ‘Diagnostic and Statistical Manual of Mental Disorders,’ the standard for the mental health industry, reviewers decided in 2012 that there was not enough research and evidence to include the category.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html?page=1)

“Pornography degrades marriages. Pornography users generally view material that shows attractive women performing almost any type of act with any number of men (or animals, for that matter). The users begin to expect that their wives should also perform acts that are at least a little more 'adventurous' or 'experimental' that those they are used to, and will become dissatisfied when their non-using partners will not live up to their porn-induced fantasies. They may even become dissatisfied with their wife's physical imperfections.” (Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, http://www.tldm.org/News6/purity2.htm)


“While some believe soft porn has a disinhibiting effect and could be helpful in relationships, I have never seen a case where pornography has been helpful to a marriage,” he says.” (“Fighting the New Drug: Pornography”, First Things, Accessed September 26, 2017, http://firstthings.org/fighting-the-new-drug-pornography/)

“As A Recovering Addict, What Can I Do To Heal And Strengthen My Marriage?”
“Both the person addicted to pornography and the spouse must find their own recovery before any significant progress can be made toward healing the relationship. Pornography addicts frequently discourage their spouses from talking about the problem, getting counseling, or attending a 12-step program. There is an instinct to keep the problem private in an attempt to protect the marriage.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In reality, keeping the problem quiet is more safe and comfortable (i.e., less volatile) but is often very damaging to both the addict and the spouse. As difficult as it is, a recovering addict who truly wants to heal and strengthen the marriage should do everything he can to encourage his spouse to reach out and get help for herself.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Once both partners are committed to and consistently working their own recoveries, trust generally will slowly return to the relationship. Hope and optimism will grow. This does not mean, however, that the rest of the journey will be easy. During this time, marital counseling in addition to individual recovery programs is usually necessary. Understand that pornography addiction often causes a substantial amount of emotional and relational trauma for the spouse. It is important that an addict allows his spouse time and space to heal at her own pace. An addict should be sympathetic to his spouse’s feelings of anger, frustration, ambivalence, and hurt. As an addict makes an effort to strengthen the relationship and work on his individual recovery, the three recoveries (his, hers, and ours) begin to support and complement one another. Specific actions that can be taken by the addict to help strengthen the marriage include the following:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Fully commit to completing all necessary elements of recovery.”

“Disclose past behavior. By postponing disclosure or confessing a little bit at a time out of the fear that the spouse ‘can’t handle everything,’ the healing process is often impeded and the resulting
hurt prolonged. It may be wise to consult with a therapist and/or sponsor before making the full initial disclosure.”

“Continue to promptly disclose any slips promptly. Honesty and openness (transparency) are essential. Most spouses report that although relapses are difficult to deal with, secrecy and lies are intolerable. Graphic details are not necessary, but the spouse should know the type of slip, the duration, severity, and frequency of acting out. Set realistic expectations about the recovery process. Change takes time and there will almost always be slips or relapses. Recognize that the marriage also takes time to heal.”

“Recognize the trauma a spouse may be experiencing. Reach out to the other person, try to alleviate her workload and spend time together doing activities that can help rebuild the relationship (walking, gardening, cooking, etc).”

“Encourage the spouse to get counseling and support. Attending counseling as a couple is also helpful.”


“Even Shere Hite, renowned feminist, sex-educator and author of the ‘The Hite Report’ (and hardly a family-friendly source) while attempting to advance the lack of causality argument, could not help but concede that a correlation exists in ‘The Hite Report on Men and Male Sexuality’:


Corruption Is Abounding In Three Directions

1. Toward Christ

2. Toward the spouse

3. Toward the people in the pornography


“Family Values And Desire For Progeny”
“Prolonged exposure to pornography spawns doubts about the value of marriage as an essential social institution and about its future viability.”


“Friedman argues that stable marriages create substantial welfare improvements for society, especially to the degree that marital stability produces high-quality children. As policymakers seek to understand and respond to these rapid changes in marital behavior, an awareness of the causal factors that lie behind them is crucial. … we have explored the possibility that the rapidly-proliferating Internet is in some way substitutable for marriage, especially to the extent that use of pornography can provide low-cost sexual gratification. If one of the important reasons to get married has a low-cost alternative, then it is natural to wonder about the extent to which one can replace the other.” (Friedman, David D. (2000). Law’s Order: What Economics Has to Do with Law and Why It Matters. Princeton: Princeton University Press.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)


“His point is not unfounded in the least. A study by The Institute for the Study of Labor (IZA) in Germany found that not only does the consumption of porn correlate with a pronounced decline in percentage of young adult males who are married, but it might actually be contributing to the trend. And, according to Psychology Today, while studies are showing that porn-free relationships are stronger, with a lower rate of infidelity, the rate of people who believe porn doesn't negatively affect the watcher is alarming. Nearly 90 percent of men believed consumption of porn is acceptable—and just over 50 percent of women agree. But, as Crews experienced, the reality of porn in relationships is that it diminishes your view of people and deteriorates your ability to connect with them.” (“Terry Crews on His Former Porn

“If you decide to marry this man, don't expect his addiction to go away on its own once you've said your wedding vows. To be more specific, don't assume that normal marital sexual relations will take the place of porn in his life.” (“Woman Dating or Engaged to Man Addicted to Pornography”, Focus on the Family, July 22, 2015, http://family.custhelp.com/app/answers/detail/a_id/26042/~/woman-dating-or-engaged-to-man-addicted-to-pornography)

“ARE PORNOGRAPHY AND MARRIAGE SUBSTITUTES FOR YOUNG MEN?


“Fight the New Drug, Olsen said, “Studies have shown us that individuals that regularly consume pornography can end up preferring the computer screen to a human being to get their sexual fix.”

“Today, the proportion of men between 25 and 34 years old who have never been married is more than six times higher than it was in 1970. For men between 35 and 44 years old, the increase has been more than fourfold. Marriages that do form are about twice as likely to end in divorce today as in 1950.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)

“Traditionally, one of the reasons to enter into a marriage was sexual gratification. But as options for sexual gratification outside of marriage have grown, the need for a marriage to serve this function is
diminishing. The NIH reports that the fraction of 20 year-olds who have engaged in premarital sex grew by about 50% between the late 1950s and the late 1990s. Besides premarital sex, another option is consumption of pornography, which has become widely more accessible since the proliferation of the Internet.” (Michael Malcolm, George Naufal, "Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)

“Pornography users continually escalate to ‘harder’ material in order to maintain their baseline level of happiness. This is relevant to our work since it suggests that the effects of easier access to pornography are cumulative over time: the long-run effect on marriage is likely to be stronger than what we find in this paper.” (Michael Malcolm, George Naufal, "Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)


“…married men who watch pornography tend to be less satisfied with their sexual relationship and lack an emotional attachment to their partners. When couples in this situation were questioned, both reported feeling that viewing pornography was tantamount to infidelity and often a precursor to divorce. 56 percent of those addicted to watching porn end up losing their spouse, according to the American Academy of Matrimonial Lawyers.” (http://www.roadtograce.net/current-porn-statistics/) (“Is it bad to watch porn? – The Impact of Pornography Addiction”, The Social Costs of Pornography, Accessed 4.24.2017, http://www.socialcostsofpornography.org/)

“In addition to devastating marriages, porn addiction can dramatically impact children. They often live in homes that are less affectionate and loving with undertones of anger, betrayal, and mistrust. In a study involving adolescents who stumbled across their parent’s pornographic material, most reported that this incident significantly increased their uncertainties about sexuality. Many also reported feeling depressed, lonely, and unsure of who to turn to in order to discuss their feelings.” (http://www.frc.org/onepagers/the-effects-of-pornography-on-individuals-marriage-family-and-
“In his essay “Pornography’s Effects on Adults and Children” psychologist Dr. Victor Cline argues that adults who regularly masturbate to pornography risk disturbing the bonded relationship with their spouse. This practice, he writes,”

“Dramatically reduces their capacity to love (e.g., it results in a marked dissociation of sex from friendship, affection, caring, and other normal healthy emotions and traits which help marital relationships). In time, the “high” obtained from masturbating to pornography becomes more important than real life relationships.” (Victor Cline, “Pornography’s Effects on Adults and Children,” September 27, 2009. http://www.scribd.com/doc/20282510/Dr-Victor-Cline-Pornography-s-Effects-on-Adults-and-Children#scribd (accessed January 2016).)

“Research suggests that porn use undermines marital exclusivity and fidelity. “Partners feel betrayed when they discover that their partner has been viewing pornography, which is perceived as infidelity.”” (Joan Atwood, The Effects of the Internet on Social Relationships: Therapeutic Considerations (Bloomington, IN: iUniverse, 2011), 165-166.)

“Women reported a decrease in sexual intimacy and closeness due to their spouse’s porn use and “described their partner’s sexual advances as conveying a message of objectification as opposed to meaningful interaction.”” (Ibid.)

“…she often feels she doesn’t measure up to the virtual women with whom her husband is having an “affair.” … not good enough to satisfy her husband. … self-esteem takes a nosedive. The spouse tens to feel worthless and inadequate.” (Josh McDowell, “How to Choose”, Accessed 4.11.2017)

“Research suggests that porn use undermines marital exclusivity and fidelity. “Partners feel betrayed when they discover that their partner has been viewing pornography, which is perceived as infidelity.”” (Joan Atwood,
The Effects of the Internet on Social Relationships: Therapeutic Considerations (Bloomington, IN: iUniverse, 2011), 165-166.)

“When pornography use enters a marriage, the most sacred element of the marital relationship – trust – is shattered. The wife can no longer trust the man who vowed “to love and to cherish” her no matter what.” (Josh McDowell, “How to Choose”, Accessed 4.11.2017)

“Dr. Jill C. Manning, a Marriage and Family Therapist, outlined the following six trends in marriages where one partner consumes pornographic material:

1. “Increased marital distress, and risk of separation and divorce,”  


“Porn increased marital infidelity by 300%.”

“Within a couple’s intimate relationship, pornography can have negative impacts in the following ways:”

“User faces difficulty becoming sexually aroused without pornography.”

“User loses interest and engages in fewer sexual experiences with partner.”

“Partner may view pornography use as infidelity and a betrayal to the relationship.”

“Partner feels sexually inadequate and threatened by pornography use.”

“Partner may feel that certain sexual activities desired by user are objectionable.”

“Both user and partner experience a decrease in relationship sexual satisfaction and emotional closeness.”

“Relationship trust decreases due to dishonesty and deception about pornography use.”

“One or both partners may be concerned about children’s exposure to pornographic materials.”


“A researcher who has perhaps published the greatest number of studies about pornography during the last few years is Dr. Paul Wright, an Assistant Professor in the Media School at Indiana University. In a study he conducted with Dr. Ashley Randall, they looked at men’s potential health outcomes from their pornography use. In particular, Dr. Wright was concerned with the spread of sexually transmitted infections (STIs), given
that many behaviors demonstrated in pornography are high-risk behaviors. Dr. Wright found, using a nationwide sample of adults, that the more men viewed Internet pornography, the more they had sex with multiple partners and had sex with a prostituted woman. Furthermore, married men who used Internet pornography were more likely to cheat on their spouses.” (Wright, P. J., & Randall, A. K. (2012). Internet pornography exposure and risky sexual behavior among adult males in the United States. *Computers in Human Behavior, 28*(4), 1410-1416. doi:10.1016/j.chb.2012.03.003)

- “Men and women who view more porn consistently report less sexual satisfaction with their partners because they compare their partners to the images of porn performers.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)


“Between 2000 and 2004, the General Social Survey (GSS) asked a series of detailed questions about Internet usage; it also records comprehensive demographic information, including marital status. Using these microdata we find that for young men there is a large degree of substitutability between Internet and pornography usage and marriage – heavy Internet usage generally, and use of pornography specifically, are associated with lower participation in marriages.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)


1. “Pornography use has a detrimental effect on the family as it is linked to:”

   a. “Lessening desire in young men to marry” (Michael Malcolm & George Naufal, Are Pornography and Marriage Substitutes for Young Men? INSTITUTE OF THE STUDY OF LABOR (November 2014), (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation,


“Based on the on-going researches, the following topics seem to be the most prominent in regards to the internet pornography consumption and marital relationship.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“This was a conversation I had with a friend a few years ago. Not long afterward he remarried, but the years of porn usage poisoned his marriage, and it failed. The messages and attitudes of porn distorted his view of sex and relationships. But Michael’s porn usage didn’t just impact himself and his marriage. He failed to realize that his porn usage hurt far more people than he was willing to see or admit.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)


“This was a conversation I had with a friend a few years ago. Not long afterward he remarried, but the years of porn usage poisoned his marriage, and it failed. The messages and attitudes of porn distorted his view of sex and relationships. But Michael’s porn usage didn’t just impact himself and his marriage. He failed to realize that his porn usage hurt far more people than he was willing to see or admit.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/) (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“Because pornography involves emotional, chemical, and physical stimulation, it can reset the brain in such a way that normal, healthy sexual experiences become unsatisfying and unfulfilling. Increasingly extreme or deviant sexual acts are often required to bring about sexual satisfaction. As a result, pornography addiction frequently destroys healthy marital relationships and can lead to sexual acting out with self and others or other immoral behavior. Some statistics indicate that the likelihood of infidelity is increased by 300% percent where pornography is involved and 55% of divorces in the United States occur at least in part as a result of pornography use.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
More than 50% of porn internet users report losing interest in sex with their partner.
40% of those who are sexually addicted lose their spouse.” (Christian Post, December 30, 2013)

“Key Thoughts”

“Pornography is sexually explicit material that is viewed. It dehumanizes, objectifies, and degrades the men and women involved for the purpose of sexual arousal. Often it is photos or videos or it takes the form of stories or sexual and erotic conversations in electronic chat rooms—increasingly the major delivery system of porn is the internet.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

“Pornography promotes ‘sex without consequences’ and serves as an aid to self-gratification. Porn is usually paired with sexual arousal and masturbation while the person fantasizes having sex with the people portrayed in the pornography. Such fantasized sex quickly begins to piggyback on or even substitute for real sex with one’s spouse.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

“Eventually use of pornography can lose its power to stimulate as the tolerance effect of addiction sets in. The user is enticed to ‘ramp up’ their sexual behavior into more bizarre forms of pleasure and to involve others (usually prostitutes or minors).” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

“The sexual addictions model indicates that pornography is used by many as a stress reliever that gives escape from life's real and perceived hardships.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

“Pornography use may be a symptom of a deeper issue (for example, low self-esteem, loneliness, past sexual abuse). Many people use pornography to avoid emotional or sexual intimacy with their spouse, or because they find such fantasized sex to be more emotionally
“Viewing pornography increases the likelihood of sexual addiction and sexual pathology. Use of pornography can also create unrealistic and often degrading sexual expectations from one's spouse. The user of pornography will struggle consistently with anger, guilt, shame, increasing anxiety, and oppressive memories.” ("Life, Love and Family Daily Fact Sheet," Life, Love and Family, September 23, 2015, [www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/](http://www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/))

“It is not uncommon for many people to have their first exposure to pornographic material during junior high or high school years as teenagers. Many adolescents begin viewing pornography because of curiosity and as a release for hormonal tension.” ("Life, Love and Family Daily Fact Sheet," Life, Love and Family, September 23, 2015, [www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/](http://www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/))

“Previous studies have found that porn has an accelerating effect on a deteriorating marriage: husbands in poor relationships tend to consume more sexually explicit material and consuming more sexually explicit material also leads to poorer relationships. Some sociologists have speculated that men turn to porn as a way of lifting their mood about their difficult home life and that the porn then becomes an easier route to sexual satisfaction than being with their partner, so they disinvest in the marriage.” (Belinda Luscombe, “People More Likely to Divorce After They Start Watching Porn, Says Study”, Time Magazine, August 23, 2016, [http://time.com/4461451/people-more-likely-to-divorce-after-they-start-watching-porn-says-study/](http://time.com/4461451/people-more-likely-to-divorce-after-they-start-watching-porn-says-study/))


Pornography robs us of some of the delight we might have had with our spouse. It keeps us from experiencing and enjoying them and their bodies without a fog of images from our past. (Marshall Segal, “Never Harmless, Never Private, Never Safe”, Desiring God.Org, October 26, 2016, http://www.desiringgod.org/articles/never-harmless-never-private-never-safe)

“Schneider outlined the following recurrent themes in the survey data:”

“The user makes excuses to avoid sexual intimacy with the partner (e.g., not in the mood or too tired).” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)


“The partner ends up doing most or all of the initiating, either to get her/his own needs met or as an attempt to get the user to decrease the online activities.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)


“A 2004 study published in Social Science Quarterly found that Internet users who had had an extramarital affair were 3.18 times more likely to have used online porn than Internet users who had not had an affair.” (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“The couple has realistic expectations. Change takes time and there will usually be relapses. With good counseling and support, however, these slips become less severe and less frequent” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Spouses of Addicts”

“Typically, how does a spouse respond when they find out about a pornography problem?”
“Feeling intense hurt, sadness, low self-worth, betrayal, anger, or even hatred is common. It is important for spouses to recognize how they are responding emotionally, and to find a trusted friend or family member or ecclesiastical leader with whom they can share these feelings and seek support. It is also important to honestly share those feelings with the addicted spouse.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Keeping things in perspective is important. Having a pornography problem does not negate everything good in the addicted spouse. Still, it is a significant, serious problem and should not be minimized. Remembering positive experiences can help provide motivation to work through the difficult times ahead and apply the necessary effort to save the marriage. It is helpful to try to be calm and compassionate. On the other hand, feeling responsible to change the addict’s behavior or lashing out in anger is not helpful. The addict’s spouse needs help and support as she works through her emotions and sets appropriate boundaries. Getting help will ensure the emotional well-being of the spouse and will aid in repairing the marriage relationship.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Why can’t my spouse just stop viewing pornography?”

“Pornography is addictive. Once the addiction is established it is extremely difficult to quit and it is almost impossible to stop without outside help.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How is the addiction of a spouse/loved one likely to affect me personally?”

“Many spouses of addicts feel a sense of isolation and abandonment after discovering the addiction. It is common for the addict’s spouse to avoid telling others about the addiction, hide her feelings, or pretend that nothing is wrong. She often feels a great deal of pressure to protect the addicted spouse and preserve the image of normalcy. As the addict’s spouse withdraws, it is common for her to

“Discovering an addiction can start a chain of devastating emotional responses. Many spouses of addicts experience intense anger, while others respond by feeling numb and listless. Thoughts such as, ‘How could this happen to me?’ or ‘What did I do to deserve this?’ are common. Many spouses have feelings of guilt or a false misplaced sense of personal responsibility for the addiction. Spouses often experience feelings of low self-worth and fall into thinking, ‘This wouldn’t have happened if I had just been a better wife,’ or ‘If I was were just more attractive or sexy, this wouldn’t be a problem.’ This type of thinking is often followed by feeling the need to fix the problem and the belief that some action on their part, such as working harder to be pleasant or losing weight, will make the problem go away. When such efforts to fix the problem do not work, feelings of fear, anxiety, hopelessness, and despair increase. Fear and uncertainty about the future—‘What is going to happen? If I were to leave the marriage, what would I do? What about the children? What about our marriage?’—can become overwhelming.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As emotional wellbeing deteriorates, spouses often fall into counter-productive behaviors or dangerous coping mechanisms. Spouses commonly try to be the policeman by constantly monitoring the addict or trying to manage his recovery. They frequently become obsessed with looking for ‘evidence’ by checking their spouse’s email, reading their journal, looking for unusual charges on credit card statements, or checking the calls on their spouse’s cell phone. Many develop eating disorders such as anorexia, bulimia, overeating, or under-eating. Serious depression is very common. Hopeful feelings like ‘We have finally gotten to the bottom of this and will put this behind us forever,’ alternate with feelings such as, ‘There is no hope for ever getting out of this endless cycle.’ The addict’s spouse may wonder what is wrong and why they she feels so out of control.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“How is the addiction of a spouse likely to affect our relationship?”

“Discovering that your spouse is addicted to pornography can turn your world upside down. Many spouses of addicts feel deeply hurt, betrayed, angry, ashamed, numb, sad, depressed, or helpless. Many initially worry that they will never be able to trust their spouses again. Spouses often feel uncertainty and fear for the future.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The cycle of feelings experienced is very similar to grieving for the death of a loved one and may include the following symptoms:


“Acknowledging, accepting, and allowing those feelings to take their course are important steps. Addicts frequently withdraw and disconnect from relationships. The addict may exert pressure on the spouse to protect his secrecy or to not pursue help. It is crucial for spouses of addicts to get help, regardless of whether the addicted

“Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet pornography than individuals who had not had an affair. The same study also revealed that people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. Unfortunately, the study failed to indicate a causal relationship between internet pornography consumption and unfaithful behaviour; the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“If your boyfriend really cares about you and sincerely wants to spend his life with you, he has a powerful motivation to make the necessary changes at this stage of the game. Once you’ve tied the knot, that motivation will no longer exist in quite the same way.” (“Woman Dating or Engaged to Man Addicted to Pornography”, Focus on the Family, July 22, 2015, http://family.custhelp.com/app/answers/detail/a_id/26042/~/woman-dating-or-engaged-to-man-addicted-to-pornography)

“Although not addressed in the Capitol symposium, I’d like to point out the role pornography has played in another recent social crisis: the acceptance of same-sex marriage. In his "Relationships in America" survey released last year, Mark Regnerus found that among church-going Christians who did not support same-sex marriage, only 4.6 percent felt that using pornography was okay. Among church-going Christians who supported same-sex marriage, however, 33 percent also agreed that viewing pornography was fine.” (John Stonestreet, Life Site News, August 7, 2015, “We need to treat porn like what it is: a public health hazard”, https://www.lifesitenews.com/opinion/we-need-to-treat-porn-like-what-it-is-a-public-health-hazard)
#2 THE FAMILY AND PORN


“The solitary and secretive natures of internet pornography consumption do not isolate the impact from others; rather, the impact of viewing the sexually explicit material is often being felt by the entire family system, not to mention other systems (i.e. work) of the user.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“These are some of the devastating effects of Internet pornography upon marriage, the family and the individual:”


“Pornography: One Of The Greatest Enemies Of The Family Today”

“Dr. Victor Cline, a clinical psychologist, who has treated over 300 sex addicts documents the slippery slope to addiction. He says the four steps are: addiction, escalation, desensitization, and acting out.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“The main defenses against pornography are close family life, a good marriage and good relations between parents and children, coupled with deliberate parental monitoring of Internet use. Traditionally, government has kept a tight lid on sexual traffic and businesses, but in matters of pornography that has waned almost completely, except where child pornography is concerned. Given the massive, deleterious individual, marital, family, and social effects of pornography, it is time for citizens, communities, and government to reconsider their laissez-faire approach.” (Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community)
“The Family And Pornography”


“The primary effects of pornography according to the ‘Prolife Encyclopedia,’”


Consequences Of Porn Use:

“Pornography trains us to treat women as objects, as less than human. It portrays them as possessions to be used and enjoyed, and then thrown away.” (Marshall Segal, “Never Harmless, Never Private, Never Safe”, Desiring God.Org, October 26, 2016, http://www.desiringgod.org/articles/never-harmless-never-private-never-safe)


“The solitary and secretive natures of internet pornography consumption do not isolate the impact from others; rather, the impact of viewing the sexually explicit material is often being felt by the entire family system, not to mention other systems (i.e. work) of the user.” (Vivan Chan, MC, RCC, “The Impact of


“The solitary and secretive natures of internet pornography consumption do not isolate the impact from others; rather, the impact of viewing the sexually explicit material is often being felt by the entire family system, not to mention other systems (i.e. work) of the user.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“Family Values and Desire for Progeny”

“Prolonged exposure to pornography spawns doubts about the value of marriage as an essential social institution and about its future viability.”


“The social implications of these data are significant, but we need to know more. The American Psychiatric Association is likely to add pornography addiction to their Diagnostic and Statistical Manual this year. Congress should fund a long-term, multidisciplinary analysis of the effects of porn addiction on marriage and family life. The National Institutes of Health are granted billions of taxpayer dollars for research on a wide variety of public-health problems, and yet pornography addiction is not among them. Most health-insurance companies provide little to no coverage for treatment of this problem, and the health-care legislation signed into law last week promises more of the same. The fact is that the moral and financial needs of couples struggling with this form of addiction will remain unaddressed in a country that views pornography use as a constitutional right.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)
“I will never know with full certainty that pornography caused my husband to abandon me and our children. Although I loved him deeply, I was far from a perfect wife. In retrospect, I wish I had understood what he was experiencing and had acted to help him. If anything is clear to me, it is this: We must learn more about this scourge and its effects on families. The Witherspoon report makes it clear that countless women — and increasingly many men — have experienced the devastating effects of their spouse’s pornography use. Countless more will experience it in the future. It is our obligation as a nation to pursue the truth for their sake, no matter how inconvenient for some the verdict may be.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“There’s so many ways you will improve by just dropping one thing out of your life, it’s incredible. It seems so obvious and crazy that not everybody does it. But porn is so addicting and drawing which is why most men will never quit. But you can.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Some warning signs of addiction might be:”
- “Preoccupation with Internet gaming/porn” “Withdrawal symptoms when Internet is taken away”
- “Development of tolerance. This means the need to spend increasing amounts of time engaged in gaming/porn to get the same effect/pleasure”
- “Unable to control gaming/porn habits”
- “Continued use despite knowledge of negative impact”
- “Loss of previous interest in hobbies, entertainment, sports”
- “Use of gaming/sports to escape unpleasant moods”
- “Deception toward family, therapists and others regarding amount of time spent gaming/on porn sites”
- “Loss of job, relationship, career opportunity because of gaming/porn use”

#3 THE INDIVIDUAL AND PORN

Community “Social scientists, clinical psychologists, and biologists have begun to clarify some of the social and psychological effects, and neurologists are beginning to delineate the biological mechanisms through which pornography produces its powerful negative effects.”

Key Findings on the Effects of Pornography

2. “Married men who are involved in pornography feel less satisfied with their conjugal relations and less emotionally attached to their wives. Wives notice and are upset by the difference.”
3. “Pornography use is a pathway to infidelity and divorce, and is frequently a major factor in these family disasters.”
4. “Among couples affected by one spouse’s addiction, two-thirds experience a loss of interest in sexual intercourse.”
5. “Both spouses perceive pornography viewing as tantamount to infidelity.”
6. “Pornography viewing leads to a loss of interest in good family relations.”
7. “Pornography is addictive, and neuroscientists are beginning to map the biological substrate of this addiction.”
8. “Users tend to become desensitized to the type of pornography they use, become bored with it, and then seek more perverse forms of pornography.”
9. “Men who view pornography regularly have a higher tolerance for abnormal sexuality, including rape, sexual aggression, and sexual promiscuity.”
10. “Prolonged consumption of pornography by men produces stronger notions of women as commodities or as ‘sex objects.”
11. “Pornography engenders greater sexual permissiveness, which in turn leads to a greater risk of out-of-wedlock births and STDs. These, in turn, lead to still more weaknesses and debilities.”

12. “Child-sex offenders are more likely to view pornography regularly or to be involved in its distribution.”

13. “Many adolescents who view pornography initially feel shame, diminished self-confidence, and sexual uncertainty, but these feelings quickly shift to unadulterated enjoyment with regular viewing.”

“The main defenses against pornography are
- close family life
- a good marriage
- good relations between parents and children
- coupled with deliberate parental monitoring of Internet use.”

“Pornography’s power to undermine individual and social functioning is powerful and deep.”

1. “Effect on the Mind: Pornography significantly distorts attitudes and perceptions about the nature of sexual intercourse. Men who habitually look at pornography have a higher tolerance for abnormal sexual behaviors, sexual aggression, promiscuity, and even rape. In addition, men begin to view women and even children as ‘sex objects,’ or commodities or instruments for their pleasure, not as persons with their own inherent dignity.”

2. “Effect on the Body: Pornography is very addictive. The addictive aspect of pornography has a biological substrate, with dopamine hormone release acting as one of the mechanisms for forming the transmission pathway to pleasure centers of the brains. Also, the increased sexual permissiveness engendered by pornography increases the risk of contracting a sexually transmitted disease or of being an unwitting parent in an out-of-wedlock pregnancy.”
3. “Effect on the Heart: Pornography affects people’s emotional lives. Married men who are involved in pornography feel less satisfied with their marital sexual relations and less emotionally attached to their wives. Women married to men with a pornography addiction report feelings of betrayal, mistrust, and anger. Pornographic use may lead to infidelity and even divorce. Adolescents who view pornography feel shame, diminished self-confidence, and sexual uncertainty.”

4. “Impact on Children: The impact of a parent’s use of pornography on young children is varied and disturbing. Pornography eliminates the warmth of affectionate family life, which is the natural social nutrient for a growing child. Other losses and traumas related to the use of pornography when a child is young include:”

- “Encountering pornographic material a parent has acquired;”
- “Encountering a parent masturbating;”
- “Overhearing a parent engaged in ‘phone-sex;’”
- “Witnessing and experiencing stress in the home caused by online sexual activities;”
- “Increased risk of the children becoming consumers of pornography themselves;”
- “Witnessing and being involved in parental conflict;”
- “Exposure to the commodification of human beings, especially women, as ‘sex objects;’”
- “Increased risk of parental job loss and financial strain;”
- “Increased risk of parental separation and divorce;”
- “Decreased parental time and attention – both from the pornography – addicted parent and from the parent preoccupied with the addicted spouse.”
“Also, parents may disclose their struggle with the addiction to pornography to their children, intentionally or unintentionally, thereby distorting their children’s sexual development.”

“Repeated exposure to pornography eventually wipes out any feeling of shame and disgust and gives way, instead, to unadulterated enjoyment.”


“Effect on self-esteem. The reason some respondents gave for why cybersex is so destructive is the adverse effect on their self-esteem.”

“True, you don’t have the risk of the diseases, but it is still an emotional thing. It’s hard to think that the sex addict wants to do it without the actual touch—how can it be better for them? Especially since they have to do all the work themselves!! Plus, when the sex addict is with you, they are not really there emotionally. They are thinking about and picturing the ‘others’ that they were with, what they were saying to them, etc. So: the sex addict is getting off on something that has nothing to do with you. It really hurts your self-esteem, and most of us don’t have a very good self-esteem as it is. [37-year old woman, married 17 years]”

“I can’t compete with fantasy/can’t measure up/comparison with.”

“Cybersex taps into partners’ deepest insecurities about their ability to measure up. The need to compete with interactive sex online pressures them into unwanted sexual activities. “Sex with the fantasy leaves practically nothing left to be desired when compared with the all too human and flawed spouse,’ explained one woman.”

“Another wondered, ‘When he closes his eyes when we are together, what is he thinking of? The babe on the screen? Is he happy with my body? Is he grossed out?’

“He does not have an actual human mistress from the internet, but the internet pornography is the ‘mistress’ that is coming between us. The idealized images of perfect women make me feel inadequate.
Conversely, the kinky and perverted behaviors shown all over the internet fuel his beliefs and give him ammunition to say that I am the ‘weird one’ for not wanting anal sex – ‘See all of the women out there on the internet who are just crazy about it!’ [31 year old woman married 3 years]”

“On the internet it is possible to find groups of people who are interested in all kinds of unusual or even deviant sexual practices. Interacting with these people desensitizes the user to these activities and ‘normalizes’ them. Some cybersex users eventually come to blame their partners for being unwilling to engage in these behaviors.”

“It has adversely affected our relationship. Some SOs focused not on the adultery aspect of cybersex, but rather on the overall effect on the couple relationship;”

“What’s the fuss? I tell them that not everyone who looks at pornography is an addict, that some are merely curious. But when the addict never admits to viewing pornography, when he goes to great lengths to hide it, when he lies about his whereabouts and what he’s doing, when he lies about his use of pornography to the marriage counselor he’s agreed to go to because he wants to save his marriage, that’s when it becomes a problem. I tell them I knew something was wrong in our intimate relationship and I always wondered who he was making love to, because it never was me. [39-year old woman, divorced after an 8-year marriage].”

“Partners who have experienced both. Several partners who had dealt with both cyberaffairs and live affairs said they hurt the same;”

“They should try it for themselves one time, and see how it feels to be less important to their partner than a picture on a computer screen! They should see what it feels like to lie in bed and know their partner is on the computer and what he is doing with it. It’s not going to do much for the self-esteem. My husband has actually cheated on me and it FEELS NO DIFFERENT. The online ‘safe’ cheating has just as
dirty, filthy, a feel to it as does the 'real-life' cheating. [38-year old woman, married 18 year]


“Users tend to become desensitized to and bored with the type of pornography they use, seeking more perverse forms of sexual imagery.”


“One of the most comprehensive meta-analyses regarding pornography’s effects on individuals is a relatively recent study conducted by Oddone-Paolucci, Genuis, and Violato (2000). (Oddone-Paolucci, E., Genius, M., & Violato, C. (January 2000). A meta-analysis of the published research on the effects of pornography. The Changing Family and Child Development, 48–59.) For this meta-analysis, 46 studies published in various academic journals were analyzed to determine the effect of pornography on:

“Sexual deviancy (e.g., excessive or ritualistic masturbation)”

“Sexual perpetration (e.g., rape)”

“Attitudes regarding intimate relationships (e.g., viewing people as sexual objects)”

“Attitudes regarding the rape myth (e.g., believing women cause rape or rapists deserve lenient sentences). In order to be selected for the metaanalysis, each study had to include a sample size of 12 or greater and include a comparison group. The studies ranged in date from 1962 to 1995 and comprised a total sample of 12,323 people. Eighty-five percent of the studies (39) were conducted in the United States, 11 percent (5) were conducted in Canada, and two studies were conducted in Europe. Table 1 shows the number of studies and sample size for each outcome examined in the meta-analysis.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
“…found that exposure to pornographic material puts one at increased risk for developing sexually deviant tendencies, committing sexual offenses, experiencing difficulties in one’s intimate relationships, and accepting rape myths. In terms of the degree of risk, the analysis revealed a 31 percent increase in the risk of sexual deviancy, a 22 percent increase in the risk of sexual perpetration, a 20 percent increase in the risk of experiencing negative intimate relationships, and a 31 percent increase in the risk of believing rape myths.” (These percentages were based on the average weighted Cohen d scores, which is a measure of effect size. Uncorrected average weighted d scores were also available for all of the outcomes. Correcting for demographics (i.e., age, gender, socioeconomic status, etc.), the effect sizes were higher for deviancy and intimate relations; corrected d scores were not available for the sex perpetration or rape myth outcomes.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Relationships aren't the only area where compulsive porn use can be damaging. Psychologists describe anecdotal reports of people losing their jobs because they couldn't control the urge to visit adult websites at work, for instance. "When porn use becomes so intense in frequency or duration, it starts to interfere with the other aspects of a person's life," Bridges says.” (Kirsten Weir, “Is Pornography Addictive?”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“How Porn Affects Sexual Tastes”

“In a survey of 1,500 young adult men, 56% said their tastes in porn had become increasingly extreme or deviant. [11] Just like the rats, many porn consumers eventually find themselves getting aroused by things that used to disgust them or things that they might have previously considered to be inappropriate or unethical. [12] In many cases, porn consumers find their tastes so changed that they can no longer respond sexually to their actual partners, though they can still respond to porn. [13]”


“Pornography”

“Consider if and how your own pornography use has affected your expectations of bodies, both yours and your partners’.” (“Pornography”, Brown University, Accessed September 17, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)


“Does your pornography use create unrealistic expectations regarding male penis size, capacity for multiple orgasm, stamina or body type?” (“Pornography”, Brown University, Accessed September 17, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
“Pornography may also change your expectations of sex to normalize degrading, violent or cruel sexual practices.” (Pornography”, Brown University, Accessed September 17, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“Does the pornography you consume glorify violence against sexual partners, depict rape, physically painful sex, cruelty, non-consensual sex, sex with children or sex with animals?” (Pornography”, Brown University, Accessed September 17, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“Does the pornography you consume depict the degradation of those in the film or photographs by showing acts like ejaculation on one partner’s face or breasts?” (Pornography”, Brown University, Accessed September 17, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)


“Compared with people who abstained from eating their favorite food, people who were asked to abstain from porn for three weeks showed a lower rate of ‘delay discounting,’ meaning they were willing to wait longer for a reward. (Delay discounting refers to the phenomenon in which a reward becomes less valuable the longer one has to wait to receive it.)” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“So simply avoiding porn can put people into a more long-term mind-set, the researchers found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“Lads see what happens in porn and expect to be able to act out those things with girls,’ he says. ‘Girls often believe that this is also how they should behave, even though these behaviours are often deeply misogynistic and even dehumanising for them.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014,


“Their frequency of viewing pornography (3-5 times a week or more) is related to elevated depression, anxiety, and loneliness...less overall happiness and life satisfaction. These are the results of research on more than 3,000 married and single men and women.” (Kevin B. Skinner, Ph.D., “How Porn Really Affects Relationships,” Psychology Today, August 5, 2014, https://www.psychologytoday.com/blog/inside-porn-addiction/201408/how-porn-really-affects-relationships)

“Viewing pornography can distort realistic views of healthy sexuality, lead to the objectification of women, and promote sexual gratification as a top emotional priority. Insensitivity to a partner’s personal needs and feelings are often a hallmark of relationships where pornography is involved. Even though pornography may be viewed in secret, the inability to connect with a partner and loved ones is often felt by all.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Severe clinical depression was reported twice as frequently among porn users as compared to non-porn users.” (Christian Post, December 30, 2013)
“New Research Shows Pornography Use Decreases Satisfaction”

“A new meta-analysis—a reliable method for combining relevant data from various studies for greater statistical power—examined the impact of pornography consumption on individuals’ interpersonal satisfaction.”

“The paper, entitled Pornography Consumption and Satisfaction: A Meta-Analysis, concluded that ‘Pornography consumption was associated with lower interpersonal satisfaction outcomes in cross-sectional surveys, longitudinal surveys, and experiments.’”

“Pornography rewires an individual’s sexuality to pixels on a screen rather than to a real person, which is inherently inconsistent with healthy, organic relationships.”


“The numbers were dramatic: 47 per cent of the male subjects watched between 30 minutes to three hours of porn per day, one in three said it harmed their work efforts, and one in five would rather watch porn than have sex with their partners.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why)

Implications of Porn

1) “People who watch porn have lower levels of sexual satisfaction with their partner”

“Drs. Dolf Zillman and Jennings Bryant, in their now-famous porn experiments back in the 1980s, found the more video porn one watches, the more dissatisfied someone is with their partner’s physical appearance and sexual performance.” (Matt Fradd, “5 Ways
“A study published in the *Journal of Sex and Marital Therapy* reports similar findings. After being exposed to centerfold models from Playboy or Penthouse, subjects had **significantly lower judgments about the attractiveness of ‘average’ people.**” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

2. **“People who watch porn have lower levels of relational commitment”**

   “The *Journal of Social and Clinical Psychology* released the result of several studies about the impact of porn on relationships. **In one experiment**, half of a group gave up porn for three weeks, and the other half gave up their favorite food, but were allowed to watch porn. Interestingly, those who quit porn showed increased commitment to their romantic relationship at the end of the three weeks.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

3. **“People who watch porn have higher levels of negative communication with their partner”**

   “According to a study published in the *Archives of Sexual Behavior*, compared to those who watch porn alone or watch porn with their partner, **those who don’t view any porn have lower levels of negative communication with their romantic partner.**” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

4. **“People who watch porn are more likely to cheat”**

   “Some men have thought—or even said out loud to their partner—’At least I go to porn to get my needs met. I don’t sleep around.’ This hardly serves as a vote of confidence, does it? He’s essentially saying, ‘If I didn’t have the ability to get off to virtual women, who
knows what I would do to real women?’ Hmmm, right. #StayClassyExBoyfriend” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

5. “In one study, for those who don’t watch any porn, their rate of infidelity is at least half of those who had watched porn either alone or with their partners.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

6. “Another study found, regardless of how satisfied one feels in their own relationship, watching porn heightens a person’s perceptions that ‘the grass is greener’ somewhere else, and they are more likely to flirt with others and cheat on their partner.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“Other researchers have confirmed that 64 percent of all homosexual child molesters and 86 percent of all rapists used pornography at or immediately before the time of their crimes.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“Pornography also encourages physically risky behavior. In pornography no one is shown contracting and dying from AIDS, and no negative consequences are ever shown for having deviant kinds of sex.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

RESULT “Continually watching pornography has been shown to produce an escalation effect. Fifteen years after this experiment, Dr. Zillmann continued research in this area, finding that the habitual use of pornography led to greater tolerance of sexually explicit material over time, requiring the viewer to consume more novel and bizarre material to achieve the same level of arousal or interest.” (Dolf Zillmann, “Influence of unrestrained access to erotic on adolescents’ and young adults’ disposition toward sexuality,” Journal of Adolescent Health vol.27, issue 2, Supplement 1, 2000.) (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, http://www.covenanteyes.com/brain-ebook/)
“Winning the battle against pornography within our community and nation will require cooperation with all who oppose it. As good citizens, we should oppose pornography because it has a deteriorating effect on society...”


“Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive masturbation), increased belief in the ‘rape myth’ (that women cause rape and rapists are normal), and was associated with negative attitudes regarding intimate relationships (e.g., rejecting the need for courtship and viewing persons as sexual objects).” (Elizabeth Paolucci, Mark Genuis and Claudio Violato, “A Meta-Analysis of the Published Research on the Effects of Pornography, The Journal of Psychology: Interdisciplinary and Applied, Volume 135, Issue 1, 2001, http://www.tandfonline.com/doi/pdf/10.1080/00223980109603677) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“If you don’t beat the lust and porn addiction: You lose true manhood, the abundant life, freedom, fulfillment, your reputations, confidence, purity and satisfying sex that God intended for you, your wife looses the husband God intended for her. (Note: DO NOT DATE IF YOU STRUGGLE WITH PORN!), your kids lose the example and role model they so desperately need, your church, community and country lose the man God intended for them and ultimately God and eternity lose because your life calling, purpose and fruitfulness are limited and hindered. The Ripple effect of Porn. You can’t control it! Who knows how far it will take you? Ted Bundy killed as many as 75 women.”


“The research indicates pornography consumption is associated with the following six trends, among others:”

1. “Increased marital distress, and risk of separation and divorce,”

2. “Decreased marital intimacy and sexual satisfaction,”
3. “Infidelity”

4. “Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices,”

5. “Devaluation of monogamy, marriage and child rearing,”

6. “An increasing number of people struggling with compulsive and addictive sexual behavior.”


“As part of the study, participants were exposed to either pornographic or innocuous, non-pornographic content in hourly sessions over six consecutive weeks. In the seventh week, participants were asked to rate their personal happiness regarding various domains of experience and the relative importance of gratifying experiences.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Results showed that exposure to pornography negatively impacted self-assessment of sexual experience, while other aspects of life (e.g., professional satisfaction) remained constant. Participants reported less satisfaction with their intimate partner and specifically with their partner’s affection, physical appearance, sexual curiosity, and sexual performance.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Additionally, participants who were repeatedly exposed to pornographic material assigned increased importance to sexual relations without emotional involvement. Furthermore, all of these effects were uniform across male and female participants. Although the authors point out that pornography is unlikely to be the only genre of entertainment to affect aesthetic dissatisfaction with self and/or one’s partner, it appears from the research that pornography is the only genre that impacts sexual dissatisfaction specifically.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
“The addict willingly discloses the problem and is completely open and honest before he is caught” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The addict chooses to get appropriate help, including counseling and participation in a 12-Step program rather than assuming he can recover on his own” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Research demonstrates that repeated exposure to pornography results in…

- “Increased callousness toward women”
- “Trivialization of rape as a criminal offense”
- “Distorted perceptions about sexuality”
• “Increased appetite for more deviant and bizarre types of pornography”
• “Devaluation of monogamy”
• “Decreased satisfaction with a partner’s sexual performance, affection and physical appearance”
• “Doubts about the value of marriage”
• “Decreased desire to have children”
• “Viewing non-monogamous relations as normal and natural behavior.”


“What are the effects of pornography on adults?”

“Research has associated the following outcomes with the use of pornography by adults:”

• “Desensitization to depicted behaviors and normalization of what is seen.”
• “Increased appetite for more graphic types of pornography and abusive, unsafe, or illegal sexual practices.”
• “Decreased marital intimacy and sexual satisfaction.”
• “Infidelity.”
• “Increased marital distress, separation, and divorce.”
• “Devaluation of monogamy, marriage, and child-rearing.”
• “Struggles with compulsive or addictive sexual behaviors.”
• “Decreased ability to perform sexually.”


“Job security is also jeopardized when online sexual activity is occurring in the workplace. According to the statistics collected by Family Safe Media (2006), 20% of men admitted to accessing internet pornography at work. It is obvious that work productivity is drastically affected by one’s excessive computer usage, whether it occurs at home or at work. Approximately 70% of all adult content traffic on the internet occurs during the 9am to 5pm workday, it is apparent that cybersex user’s financial and employment status are at stake.”  (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“The Effects Of Pornography On Individuals, Marriage, Family And Community”

“Pornography is a visual representation of sexuality which distorts an individual’s concept of the nature of conjugal relations. This, in turn, alters both sexual attitudes and behavior. It is a major threat to marriage, to family, to children and to individual happiness. In undermining marriage it is one of the factors in undermining social stability.”  (Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community)

“This is not ot suggest government can regulate every vice, but laws ought to promote the common good, which is to perfect the community. In many respects, pornography doesn’t benefit the common good by: objectifying women, even those who ‘choose’ to participate; dehumanizing participants
and viewers; promoting violence and rape in some scenes; causing violence towards actors on many production sets; degrading sexual relationships; fostering sex addiction; and, in many cases, leading to drug and alcohol addiction for those who act in it. States have an interest in prohibiting obscene material, and arguably, most porn today’s obscene or hard-core. More disturbing is the human trafficking involved in pornography or associated with it. Ask those who escaped the industry, like Jessica Neely.” (Dustin is a lawyer for the federal government. He has an LL.M speciality in international and operational law. Copyright © 2017 The Federalist, a wholly independent division of FDRLST Media, All Rights Reserved.)
#5 PARENTING AND PORN

“Pornography And Its Impact On Parenting”

“As this study has shown, there are additional consequences for the partner and family which result specifically from the sexual content of the user’s internet addiction. These are:

- “Many users lie repeatedly about the sexual activities; in response, their partners feel distrust and betrayal.”
- “The devastating emotional impact of a cybersex affair is described by many partners as similar if not the same as that of a real affair. The partner’s self-esteem may be damaged; strong feelings of hurt, betrayal, abandonment, devastation, loneliness, shame, isolation, humiliation, and jealousy are evoked.”
- “The couple’s sexual relationship suffers, not only generally because the user stays up much of the night, but specifically because the spouse (and often the user) compares her body and her sexual performance to that of the on-line women, and believes she can’t measure up.”
- “Online sexual activities may be followed by physical contact with others; the partner may retaliate or seek solace in extramarital affairs.”
- “Children may be exposed to pornography and may develop unhealthy attitudes towards sex and women.”


“Children rarely disclose to their parents their initial exposure to pornography. This is harmful because shame and secrecy are known to increase the risk of addiction. Bentley’s survey found that only 9% of girls and 7% of boys disclosed their exposure to pornography on the same day as the initial exposure occurred.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)
“If children did not disclose on the same day, the chance of ever talking to anyone before adulthood went down substantially.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“Overall, 31% of participants have NEVER talked about their childhood exposure to pornography.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“National Public Radio implored society to ‘imagine a drug so powerful it can destroy a family simply by distorting a man’s perception of his wife.’ Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages (Getting Serious, 2010).” (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/)


The second factor was the widening rift between husband and wife because of the distance and disconnect perceived by the women or wives. (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/)

And lastly, there was a large and culminating ‘estrangement’ in the relationship because of the sense of being emotionally and psychologically unsafe in the relationship. (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/)

“…I constantly hear parents—good parents—saying a very silly thing: ‘I trust my children, I don’t need to talk to them about this stuff. My kids are good kids, they’re not looking for porn.’” (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)

“…maybe you’re right, maybe your kids aren’t looking for porn, but believe me, the porn industry is looking for your children: to them our kids look like dollar signs.” (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)

“Columnist Allison Pearson was describing a recent conversation between herself and a number of other parents. ‘Porn has changed the landscape of adolescence beyond all recognition,’ she noted. ‘Like other parents of our generation, we were on a journey without maps or lights, although the instinct to protect our children from the darkness was overwhelming.’” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“…parents must stand in the gap and be the ‘first line of defense’ against child Internet victimization. The challenge is that children are the ’digital natives,’ and parents are the ’digital immigrants.’” (“The Perfect Storm,” Enough is Enough, Accessed November 13, 2015, www.internetsafety101.org/dangers.htm)

“Parents are often left feeling overwhelmed, uninformed, or ill-equipped to adequately protect their kids online…” (“The Perfect Storm,” Enough is Enough, Accessed November 13, 2015, www.internetsafety101.org/dangers.htm)

“…in the digital age...violating the safe walls of our homes, without our knowledge…” (“The Perfect Storm,” Enough is Enough, Accessed November 13, 2015, www.internetsafety101.org/dangers.htm)

“Porn doesn’t have a demographic…it goes across all demographics.”

“Independent Parliamentary Inquiry Into Online Child Protection”

“…‘the whole history of human sexual perversion is only a few clicks away.’ …our children, with their natural curiosity and superior technological skills, are finding and viewing these images.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)


“A network-level ‘Opt-In’ system, maintained by ISPs, that delivered a clean internet feed to customers as standard but allowed them to choose to receive adult content, would preserve consumer choice but provide an additional content barrier that protected children from accessing age inappropriate material. This model would emulate the system already used by most major UK mobile phone companies, where access to adult content is blocked until an age verification check is conducted by the network operator, and could use the filtering technology already operating in all schools and on some public Wi-Fi hubs.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“Many parents report feeling left behind by the evolution of technology and that they lack the knowledge and skills to educate their children about internet safety. Parents are also concerned about many other forms of disturbing internet content including cyber bullying, extreme violence, self-harm, suicide and pro-anorexia websites.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)


“No filtering system will ever deliver total protection and parents will still need to remain engaged and active in helping their families stay

“A striking theme throughout the Inquiry was the sense of powerlessness reported by parents who feel that they are being left behind by the evolution of technology and that they lack the knowledge and skills to have conversations with their children around this topic.” ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“In 2011, consumers used a variety of devices to access the internet in the home, including the home PC or individual laptops, mobile phones, games consoles, portable media players and e-readers (Ofcom children’s and parents’ media use and attitudes report 2011). The Panel heard that one home had been found to contain 17 web-enabled devices. Each of these would require separate downloads of content filters under the current system.” ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“The majority of parents who do not use controls say it is because they trust their child to be sensible and responsible, or because they are supervising family internet use. However, less than half of parents report monitoring their children online (Ofcom children’s and parents’ media use and attitudes report 2011) and almost half of parents also say that their child knows more about the internet than they do, making it difficult for parents to assume the role of educators in this area.” (Ofcom children’s and parents’ media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“…what is critical is that we’re never going to 100 per cent stop young people from seeing this material and what we’ve got to do is help them understand it and actually issues around consent and coercion are really big for young people to understand because increasingly young people are quite confused about those issues.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“In terms of the wholesale blocking idea, I think it’s horrendous for a number of reasons. One is for the simple free speech reason, it could never happen in the US because of the First Amendment, the idea that the Government could decide what content to block. But more
importantly, every household with children in it also has adults in it, and those adults have every right to look at adult material and to enjoy it.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“Parents also rely on others to educate their children about internet safety with more than three-quarters saying that their child has been taught how to use the internet safely at school.” (Ofcom children’s and parents’ media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“As director of the National Institute on Drug Abuse, Alan Leshner observes the power of an addiction over rational thought, saying, ‘it isn't the case that the crack-addicted mother does not love her children. She just loves drugs more.’ One may say similarly, it isn't the case that the pornographically addicted father does not love his children. He just loves pornography more.” (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

The Single Most Important Parenting Action We Can Take Today

“Some people consider parents with three or more children to be crazy, and children are generally viewed as a burden. Anyone with a large family has probably experienced negative comments in grocery stores or coffee shops.” (Dustin is a lawyer for the federal government. He has an LL.M speciality in international and operational law. Copyright © 2017 The Federalist, a wholly independent division of FDRLST Media, All Rights Reserved.)
“Early Exposure … Most boys have a curiosity about the opposite sex and, unfortunately think they can learn more about them on Internet Porn sites.”

“Clinical psychologist Rebecca Daly-Peoples says “It’s [Porn] completely influencing the entire way the’re [Adolescence] seeing sex and intimacy.”


“An entire generation is growing up that believes that what you see in hardcore pornography is the way that you have sex,” Cindy Gallop, an advertising executive” (Guy Kelly, “The Scary Effects of Pornography: How the 21st Century’s Acute Addiction is Rewiring our Brains”, The Telegraph, September 11, 2017, http://www.telegraph.co.uk/men/thinking-man/scary-effects-pornography-21st-century-acute-addiction-rewiring/)

“What Parents Can Do”

“The Internet is a key part of adolescents’ lives, and therefore parents, educators and practitioners must make it a topic in their discussions about sexual health. Comprehensive sex education programs that contain accurate, evidence-based information can help youth delay the onset of sexual activity, reduce the frequency of sexual activity, reduce the number of sexual partners and increase condom and contraceptive use. One helpful resource is Advocates for Youth, which promotes policies and champions programs that recognize young people’s rights to honest sexual health information.” (Shimi Kang, M.D., Contributor, January 16, 2017, U.S. News, “Why Parents Need to Talk to Their Kids About Porn”, http://www.drshimikang.com/2017/01/16/why-parents-need-to-talk-to-their-kids-about-porn-2/)
“56% of divorces report a spouse’s porn use as a primary factor.”

“Looking to more extreme situations, a 2000 study by Schneider found that cybersex addiction was a major contributing factor to separation and divorce for affected couples. This study analyzed survey responses from 94 individuals (91 women, 3 men) who…” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Ranged in age from 24 to 57” (The sample was recruited through 20 therapists who were treating sex addicts and who were aware of individuals who would be interested in participating in this research. Although a range of online sexual activities were listed, viewing and/or downloading pornography accompanied by masturbation was present in 100 percent of the cases.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Had been in a relationship for an average of 12.6 years (range of 0.5 to 39 years)” (The sample was recruited through 20 therapists who were treating sex addicts and who were aware of individuals who would be interested in participating in this research. Although a range of online sexual activities were listed, viewing and/or downloading pornography accompanied by masturbation was present in 100 percent of the cases.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Were seeking therapy to cope with a partner’s Internet involvement.” (The sample was recruited through 20 therapists who were treating sex addicts and who were aware of individuals who would be interested in participating in this research. Although a range of online sexual activities were listed, viewing and/or downloading pornography accompanied by masturbation was present in 100 percent of the cases.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Secondly, it was common for pornography users to continue sexual relations with their female partner, but the sexual advances conveyed a message of objectification as opposed to meaningful interaction. For example, one woman stated, “I am no longer a sexual person or partner to him, but a sexual object. He is not really with me, not really making love to me…. He seems to be thinking about something or someone else—likely those porn women…. He is just using me as a warm body.” (Bergner, R. M., & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. Journal of Sex & Marital Therapy, 28, 193–206.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Schneider’s 2000 study involving the spouses of cybersex addicts is another study that supports Zillman and Bryant’s 1988 findings regarding decreased sexual satisfaction. (Schneider, J. P. (2000). Effects of cybersex addiction on the family: Results of a survey. Sexual Addiction & Compulsivity, 7, 31–58.) Schneider’s work revealed that compulsive cybersex has several adverse effects on the conjugal sexual relationship, including decreased sexual intimacy. (Schneider, J. P. (1998). The new “elephant in the living room”: Effects of compulsive cybersex behaviors on the spouse. In A. Cooper (1998). Sexuality and the Internet: Surfing into the new millennium. CyberPsychology & Behavior, 1(2), 169–186.) Schneider collected data from 94 respondents who were in different types of committed relationships to individuals struggling with cybersex addictions. (Schneider, J. P. (2000). Effect of cybersex addiction on the family. Sexual Addiction and Compulsivity, 7, 31–58.) Two-thirds (68 percent) of the respondents experienced decreased sexual intimacy with their partner. Moreover, the participants reported that these difficulties coincided with the beginning of the cybersex activities—a point that is important to highlight for those who wish to limit the findings to those who have dealt with chronic sexually addictive or compulsive behavior.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Therapist Dr. Jill Manning found that 56% of divorces involved a spouse with a pornography obsession.”

“‘Every year for the past decade there have been roughly 1 million divorces in the United States,’ he wrote. ‘If half of the people divorcing claim pornography as the culprit, that means there are 500,000 marriages annually that are failing due to pornography.’” (Catherine Briggs, Life Site News, June 9,
“More than half (52.1 percent) of the cybersex users had lost interest in relational sex, as had one-third of the partners. Furthermore, in 18.1 percent of the relationships surveyed, both partners had decreased interest in sex. Schneider also points out that spouses of pornography users often report being repulsed by the user’s sexual pursuits. For the cybersex users who have already substituted online sexual activity for relational sexual intimacy, their partner’s repulsion and loss of interest is not as problematic or distressing.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)


“Schneider’s 2000 study concluded that women “overwhelmingly” felt cyber affairs were as emotionally painful to them as live or offline affairs, and many viewed the online sexual activity to be just as much adultery or cheating as live affairs. (Schneider, J. P. (2000). Effects of cybersex addiction on the family: Results of a survey. Sexual Addiction & Compulsivity, 7, 31–58.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“In a survey of women (and some men) who experienced serious adverse consequences from their partner’s cybersex involvement:50

- “In 68% of the couples, one or both lost interest in relational sex: 52% of showed a decreased interest, as did 34% of partners.”
- “Partners commonly reported feeling hurt, betrayed, rejected, abandoned, lonely, isolated, humiliated, jealous, and angry. Partners often compared themselves unfavorably to online images, Partners overwhelmingly felt that cyber affairs were as emotionally painful as offline affairs.”


“It’s ‘pornea’ – it is just a broad term for sexual sins, sexual behavior, obviously prostitution; pornography comes from that, the word ‘prostitute.’ That is why I think Jesus says don’t divorce your wife except for pornea; he doesn’t say adultery! I think there are valid reasons to get divorced [besides] adultery. I think if a woman is married to a man who is addicted to pornography and he won’t quit, I mean, he won’t repent of it; that destroys a person, it eats away the fiber of their heart and their soul. So I think that God uses that broad term.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“That’s staggering. That means across the country, with about one million divorces each year, we have 500,000 divorces annually where pornography is a major player.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, http://wifamilycouncil.org/pornography-destroying-marriages-families-2/)

“The probability of divorce roughly doubled for married Americans who began pornography use between survey waves (n=2,120), and that this relationship held for both women and men.”
“Conversely, discontinuing pornography use between survey waves was associated with a lower probability of divorce, but only for women.”

“The association between beginning pornography use and the probability of divorce was particularly strong among younger Americans, those who were less religious, and those who reported greater initial marital happiness.”


“Porn use can lead to divorce: study”

“Analyzing data from the General Social Survey, the researchers found that porn users are more open to marital infidelity, the leading cause of divorce in the United States. They published their finding in the April issue of Psychology of Popular Media Culture.”

“The General Social Survey asked 551 married couples whether or not they had viewed a pornographic video in the last year. The couples were then asked about their views on extra-marital relations. The results showed a connection between the pornography viewers and those with sympathetic attitudes towards marital infidelity.”

“If pornography consumption leads to more positive extramarital sex attitudes as the results of the panels suggest, pornography consumption may be a contributing factor in some divorces via extramarital sex behavior, the study states.”

“Therapist Dr. Jill Manning found that 56 percent of divorces involved a spouse with a pornography obsession.”

“Every year for the past decade there have been roughly 1 million divorces in the United States, he wrote. If half of the people divorcing claim pornography as the culprit, that means there are 500,000 marriages annually that are failing due to pornography.” (Catherine Briggs, June 9, 2014, Lifesite News, ”Porn use can lead to divorce: study”, https://www.lifesitenews.com/news/porn-use-can-lead-to-divorce-study)
“At the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois regarding the impact of Internet usage on marriages (Dedmon, 2002). This professional organization comprises the nation’s top 1600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62 percent of the 350 attendees said the Internet had played a role in divorces they had handled during the last year, and 56 percent of the divorce cases involved one party having an obsessive interest in pornographic websites (Dedmon, 2002).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“In a study published in Sexual Addiction and Compulsivity, Schneider found that among the 68 percent of couples in which one person was addicted to Internet porn, one or both had lost interest in sex. Results of the same study, published in 2000, indicated that porn use was a major contributing factor to increased risk of separation and divorce. This finding is substantiated by results of a 2002 meeting of the American Academy of Matrimonial Lawyers, during which surveyed lawyers claimed that ‘an obsessive interest in Internet pornography’ was a significant factor in 56 percent of their divorce cases the prior year.” (Jennifer P. Schneider, Effects of cybersex addiction on the family: Results of a survey”, Sexual Addiction and Compulsivity, Vol. 7, Issue 1-2, 2000, http://www.jenniferschneider.com/articles/cybersex_family.html) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“Does Discovering Or Disclosing A Pornography Addiction Generally Result In Divorce?”

- “In some cases, discovering or disclosing a pornography addiction may eventually lead to divorce. Some statistics indicate that 55% percent of divorces are related in some way to pornography” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Married people who start watching porn are twice as likely to be divorced in the following years as those who don’t. And women who start watching porn are three times as likely to split,” (Belinda Luscombe, “People More Likely to Divorce After They Start Watching Porn, Says Study”, http://www.npr.org/templates/story/story.php?storyId=125382361)
“Extramarital sex is one of the most commonly cited reasons for divorce, and Pornography consumption is correlated with positive attitudes towards extramarital affairs. (Wright, P., Tokunaga, R. & Bae, S. (2014) “More Than a Dalliance? Pornography Consumption and Extramarital Sex Attitudes Among Married U.S. Adults.” *Psychology of Popular Media Culture.*)”

“…married men who watch pornography tend to be less satisfied with their sexual relationship and lack an emotional attachment to their partners. When couples in this situation were questioned, both reported feeling that viewing pornography was tantamount to infidelity and often a precursor to divorce. 56 percent of those addicted to watching porn end up losing their spouse, according to the American Academy of Matrimonial Lawyers.” (1) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”,
http://www.socialcostsofpornography.org, Accessed 4.27.17)


“… 62% of the 350 attendees said that internet had been a significant factor in divorces they had handled during the year of 2000.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/)

“56% of the divorce cases … one party having an obsessive interest in pornographic websites…” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009,
• “That’s staggering. That means across the country, with about one million divorces each year, we have 500,000 divorces annually where pornography is a major player.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, [link](http://wifamilycouncil.org/pornography-destroying-marriages-families-2/))

“Because pornography involves emotional, chemical, and physical stimulation, it can reset the brain in such a way that normal, healthy sexual experiences become unsatisfying and unfulfilling. Increasingly extreme or deviant sexual acts are often required to bring about sexual satisfaction. As a result, pornography addiction frequently destroys healthy marital relationships and can lead to sexual acting out with self and others or other immoral behavior. Some statistics indicate that the likelihood of infidelity is increased by 300% percent where pornography is involved and 55% of divorces in the United States occur at least in part as a result of pornography use.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, [link](www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf))
#8 CHILDREN AND PORN

“In America, the average kid is only 11 years old when they’re first exposed to pornography. That’s a troubling figure, according to researchers at the American Psychological Association’s 125th annual convention in early August, who recently found that men who started watching porn at an earlier age were more likely to seek power over women. But, unexpectedly, their study showed adult males who think men should emulate the promiscuous lifestyle of a playboy were those who discovered porn later in life.” (Dan Robitzki, August 14, 2017, Inverse, “Porn Study Reveals Surprising Data About Early Lives of Playboys”, https://www.inverse.com/article/35438-porn-playboys-views-attitudes-women)


“Jason (not his real name) was seven years old when he saw his first pornographic picture. While watching a YouTube video on his mom’s computer, he noticed an explicit advertisement.”

“What’s this?”

“Click.”

“Instantly, he was pulled into the world of hardcore pornography.”

“It was an accidental exposure. Jason never intended to start watching porn. But he couldn’t stop. And he kept secretly finding more to look at.”

“Unfortunately, his habit went undiscovered for two more years until he was nine. This is when Jason started ‘acting out’ scenes from pornographic videos while ‘playing’ with his younger siblings. He was doing what normal kids do: imitating behavior. Jason’s siblings followed his lead.”

“Eventually, his parents caught several of their young kids doing in appropriate things with each other. When the two-year old started exhibiting sexual behavior, his parents needed an answer. But they were
not prepared for what came next: Jason confessed to molesting his younger siblings.”

“Sibling sexual abuse not rare”

“According to Tamara Hill, Licensed Child & Adolescent Therapist, situations like this are not as rare as people think. Sibling sexual abuse, although not often discussed, has become widespread and hits every type of family. As a specialist who works with kids who have experienced trauma, Hill has worked with ‘multiple incidents of children offending their siblings.”

“From the outside, ‘Jason’s family looks like a regular middle class family, Hill said. ‘Jason has active and caring parents. All the kids play sports and get good grades.’ Jason had never been abused. Yet he has turned into a sexual perpetrator.”

“Many people think that only sexual abuse could condition a child for sexually deviant behavior. Not true. Exposure to pornography can also lead a child to act out sexually, including with other children.”

“Related: The Secret Life of a Young Girl Abused by Pornography”

“Hill told me that this boy was considered ‘so ill’ he had to be sent to residential treatment. When I asked her what she meant by ‘ill,’ she told me that children like Jason have learned to see sexual behavior between kids as normal. Hill explained that it typically takes a year or two of round-the-clock treatment for a child like Jason to learn and internalize that sexual touch is not appropriate for young kids.”

“Residential treatment centers are designed to give their young patients individual, family, and group therapy. When patients are not in therapy, they are continually monitored as they socialize with other patients. Cameras and staff are everywhere. Only 24/7 surveillance keeps these kids from offending with each other.”

“Residential treatment info”
“Is it easy for a child to be admitted to residential treatment? It depends on where you live. Hill explains:

“Some kids are on a waiting list because there just aren’t enough beds in certain facilities. The waiting list can be long as between 3-12 months. Most facilities are 24 beds; some are more or less.”

“Admission to a residential treatment facility depends on the severity of the problem, the duration and intensity of the problem, the family’s income and assets, the distance of the facility to the family’s home, treatment history, and a recommendation from a mental health professional, primarily a doctor. Each state is different but in [some places] a child or adolescent cannot be admitted to a residential treatment facility without a doctor’s recommendation.”

“In addition to being an emotional burden on families, having a child admitted to residential treatment can be a financial burden as well. Hills’ experience is that residential treatment facilities are not typically covered by private insurance and require medical assistance, which is considered secondary insurance. Most families can apply for medical assistance if their child is in need of services but many families won’t qualify if their income is above a set limit.”

“How can parents cope?”

“It’s clear this is a nightmare for any parent to deal with! When I asked Hill how Jason’s parents and other like them can get through such a challenge, she recommended this strategy:

- “Accept the situation as real. This is a hard first step for many.”
- “Participate in support groups and therapy.”
- “Find tools that help you monitor your kids. [We recommend our affiliate Covenant Eyes. When you sign up through our link, you are also supporting Protect Young Minds. Hill recommends teensafe as a helpful tool for parents.]”

“Pornography shatters families”
“What a tragedy-how my heart aches for Jason and his family!”

“This young boy has been torn from his home because pornography has so severely disrupted his normal development that his siblings are no longer safe around him.”

“Related: Why Even Good Kids Get Pulled Into Porn”

“Pornography’s abusive impact on one child can quickly victimize many.”

“Child-on-child sexual abuse is happening in homes, in neighborhoods and also on school grounds and buses. Pornography exposure combined with child-on-child abuse can rapidly harm an entire community.”

“A growing epidemic”

“Paula Hall, therapist and expert in pornography addiction, revealed this truth during an eye-opening TEDx talk” ‘When you combine easy access [to pornography] with no education of risks then you are paving the way for an epidemic.”

“We have a growing epidemic and we need to sound the warning! We need to help children understand that images CAN hurt them. Children that learn to look away from pornographic images are not only protecting their mental health, they are potentially protecting other kids as well.”

“What can parents do to protect their kids?”

“We know your time is precious. That’s why we’ve done the research for you! We’ve compiled expert advice in one convenient place: Our FREE Quick Start Guide for Proactive Parents.”

“Learn the Basics”

• “Find out why good kids get pulled into porn.”
• “See what pediatricians are saying about the impacts of pornography.”
• “Discover why pornography exposure is being called a public health crisis.”

“Prepare Yourself”

• “Plan a good time to talk about internet safety.”
• “Learn why you should be the first one to warn your child about pornography.”
• “Find out 5 ways to get more comfortable speaking about pornography with your kids.”

“Teach Your Kids”

• “Define the word pornography.”
• “Keep your kids safe from sexual abuse (which is highly correlated with porn use) by teaching them correct names for body parts.”
• “Teach kids the power of their thinking brain.”

“You have the power to prepare your kids to reject pornography!”

“Claudine Gallacher, MA, is the Social Media Guru at Protect Young Minds and was the writing coach for Good Pictures Bad Pictures: Porn-Proofing Today’s Young Kids. Claudine is enthusiastic about teaching parents how to empower kids with the skills they need to reject pornography. To reach parents, she writes, researches, edits, speaks, and markets. Claudine is married and has three great kids who support her work. Contact Claudine on Twitter @ProtectYM or email claudine@protectyoungmids.org.”


Clinical Analyses of Pornography:

1. “Two recent reports, one by the American Psychological Association on hyper-sexualized girls, and the other by the National Campaign to Prevent Teen Pregnancy on the pornographic content of phone texting among teenagers, make clear that the digital revolution is being used by younger and younger children to dismantle the barriers that channel sexuality into family life.”
2. “Impact on Children: The impact of a parent’s use of pornography on young children is varied and disturbing. Pornography eliminates the warmth of affectionate family life, which is the natural social nutrient for a growing child. Other losses and traumas related to the use of pornography when a child is young include:”

- “Encountering pornographic material a parent has acquired;”
- “Encountering a parent masturbating;”
- “Overhearing a parent engaged in ‘phone-sex’;”
- “Witnessing and experiencing stress in the home caused by online sexual activities;”
- “Increased risk of the children becoming consumers of pornography themselves;”
- “Witnessing and being involved in parental conflict;”
- “Exposure to the commodification of human beings, especially women, as ‘sex objects’;”
- “Increased risk of parental job loss and financial strain;”
- “Increased risk of parental separation and divorce;”
- “Decreased parental time and attention – both from the pornography – addicted parent and from the parent preoccupied with the addicted spouse.”

“Also, parents may disclose their struggle with the addiction to pornography to their children, intentionally or unintentionally, thereby distorting their children’s sexual development.”

3. “The study also showed that increased exposure to sexually explicit Internet material increased favorable attitudes toward sexual exploration with others outside of marriage and decreased marital commitment to the other spouse.

4. “Study by Todd G. Morison, professor of psychology at the University of Saskatchewan, and colleagues found that adolescents exposed to high levels of pornography had lower levels of sexual self-esteem.”

5. “A significant relationship also exists between frequent pornography use and feelings of loneliness, including major depression.”
6. “High Adolescent consumption of pornography also affects behavior. Male pornography use is linked to significantly increased sexual intercourse with non-romantic friends, and is likely a correlate of the so-called ‘hook-up’ culture.”

7. “Exposure to pornographic sexual content can be a significant factor in teenage pregnancy. A three-year longitudinal study of teenagers found that frequent exposure to televised sexual content was related to a substantially greater likelihood of teenage pregnancy within the succeeding three years. This same study also found that the likelihood of teenage pregnancy was two times greater when the quantity of that sexual content exposure, within the viewing episodes, was high rather than low.”

8. “Pornography use undermines marital relations and distresses wives. Husbands report loving their spouses less after long periods of looking at (and desiring) women depicted in pornography.”

9. “The wives of pornography users also develop deep psychological wounds, commonly reporting feelings of betrayal, loss, mistrust, devastation, and anger in responses to the discovery or disclosure of a partner’s pornographic online sexual activity.”

10. “Wives can begin to feel unattractive or sexually inadequate and may become severely depressed when they realize their husbands view pornography. The distress level in wives may be so high as to require clinical treatment for trauma, not mere discomfort.”

11. “In a study on the effects of ‘cybersex’ – a form of sexually explicit interaction between two people on the Internet – researchers found that more than half of those engaged in ‘cybersex’ had lost interest in sexual intercourse, while on-third of their partners had lost interest as well, while in one-fifth of the couples both husband and wife or both partners had a significantly decreased interest in sexual intercourse. Stated differently, this study showed that only one-third of couples maintained an interest in sexual relations with one another when one partner was engaged in ‘cybersex.’”

12. “Prolongs exposure to pornography also fosters dissatisfaction with, and even distaste for, a spouse’s affection.”
13. “Finally, pornography users increasingly see the institution of marriage as sexually confining.
14. “Have diminished belief in the importance of marital faithfulness.”
15. “Have increasing doubts about the value of marriage as an essential social institution and further doubts about its future viability.”
16. “One study of adolescents, shows that the steady use of pornography frequently leads to abandonment of fidelity to their girlfriends.
17. “Steven Stack of Wayne State University and colleagues later showed that pornography use increased the marital infidelity rate by more than 300 percent.”
18. “Another study found a strong correlation between viewing Internet pornography and sexually permissive behavior.”
19. “Stack’s study found that Internet pornography use is 3.7 times greater among those who procure sexual relations with a prostitute than among those who do not.”
20. “‘Cybersex’ pornography also leads to much higher levels of infidelity among women. Women who engaged in ‘cybersex’ had about 40 percent more offline sexual partners than women who did not engage in cybersex.”
21. “It is not surprising that addiction to pornography is a contributor to separation and divorce. In the best study to dated (a very rudimentary opportunity study of reports by divorce lawyers on the most salient factors present in the divorce cases they handled), 68 percent of divorce cases involved one party meeting a new paramour over the Internet, 56 percent involved ‘one party having an obsessive interest in pornographic websites,’ 47 percent involved ‘spending excessive time on the computer,’ and 33 percent involved spending excessive time in chat rooms (a commonly sexualized forum). Cybersex, which often takes place in these chat rooms, was major factor in separation and divorce: In over 22 percent of the couples observed the spouse was no longer living with the ‘cybersex’ addict, and in many of the other cases spouses were seriously considering leaving the marriage or relationship.”
“5 Proven Ways Porn Harms Kids that No One Talks About” – (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“The story of a young girl in my town is typical. When she turned 8 years old, her caring and conscientious mom explained sex to her. Then, as a birthday gift, gave her an internet enabled iPod Touch.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“This inquisitive girl imitated what she had seen the adults in her life do – she searched for answers online! After entering the word ‘SEX’ into a search engine, she began watching the most horrific pornography imaginable. And it changed her. Once a happy social girl, she became withdrawn and depressed. After several months, her mom was devastated to discover what her young daughter had been consuming for months.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“But it’s easy to see how this scenario has become a common occurrence.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“Kids are bombarded with opportunities to view porn. It can be found on cable TV, computers, smartphones, tablets, iPads, or Kindles. Porn can come through apps, social media like Twitter, Facebook, Instagram, Snapchat and many others. Kids also encounter porn through Xbox gaming consoles and online cartoon games.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

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“Parents need to start talking to their tweens about the risks of porn” – (Gail Dines, The Conversation, February 24, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)
“Cited a 2016 survey that suggested most parents are totally unaware of their kids’ porn experiences. Jones called this the ‘parental naivete gap.’”

“This matches our own experiences. In the presentations we do at high schools, we ask parents to describe what they think of when they hear the word ‘porn.’ They invariably describe a naked young woman with a coy smile, the kind of image many remember from Playboy centerfolds.”

“They are shocked when they learn that the images from today’s busiest free porn sites, like Pornhub, depict acts such as women being gagged with a penis or multiple men penetrating every orifice of a woman and then ejaculating on her face. When we tell parents this, the change in the atmosphere of the room is palpable. There is often a collective gasp.”

“Ana Bridges, a psychologist at the University of Arkansas, and her team found that 88 percent of scenes from 50 of the top-rented porn movies contained physical aggression against the female performers – such as spanking, slapping and gagging – while 48 percent included verbal abuse – like calling women names such as ‘bitch’ or ‘slut.’”

“40 years of research and studies show that the younger the age of exposure, the more significant the impact in terms of shaping boys’ sexual templates, behaviors and attitudes.”

“A 2011 study of U.S. college men found that 83 percent reported seeing mainstream pornography in the past 12 months and that those who did were more likely to say the would commit rape or sexual assault (if they knew they wouldn’t be caught) than men who said they had not seen porn.”

“Another study of young teens found that early porn exposure was correlated with perpetration of sexual harassment two years later.”

“One of the most cited analyses of 22 studies concluded that pornography consumption is associated with an increased likelihood of committing acts of verbal or physical sexual aggression. And a study of college-aged women found that young women whose male partners used porn
experienced lower self-esteem, diminished relationship quality and lower sexual satisfaction.”

“But in reality, they often have no idea what to say, how to say it, or how to deal with a kid who would rather be anywhere else in the world than sitting across from their parents talking about porn. At the same time, public health research shows that parents are the first line of prevention in dealing with any major social problem that affects their kids.”

“What took shape was a 12-module program that introduces parents sequentially to the developmental changes – emotional, cognitive and physical – that tweens undergo and the hypersexualized pop culture that shapes those changes and is the wallpaper of tween lives.”


(Gail Dine, Professor of Sociology and Women’s Studies, Wheelock College. Co-founder and president of Culture Reframed, which seeks to recognize and address pornography as a public health crisis of the digital age.)

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“Learn the Basics” – (Found in “The Quick Start Guide for Proactive Parents”, site accessed March 6, 2018, https://protectyoungminds.org/resources/)

“Sex Addiction Expert Explains Why Good Kids Get Pulled Into Porn”

“Mark Bell, LMFT, CSAT and Claudine Gallacher, MA, originally posted September 10, 2015 on PornProofKids.org.”

“Most parents understand that pornography is prevalent and easily accessible, but they convince themselves that their own good children would never be ensnared by it.”

“Sadly, this is an all too common mistake.”

“Many good, healthy, and normal children get pulled into porn. Here are three reasons shy tis is a natural result of biological programming.”
“Why Good Kids Are Pulled Into Porn”

1. “Children are naturally curious”

“Curiosity has an especially powerful role in childhood. Curiosity drives learning. Parents discover that curious children want to see, smell, touch, taste, and listen to new things. Humans crave and are hard-wired for novelty of all kinds, but most especially physical novelty (including sexual) experiences. It’s normal for kids to be curious about looking at both male and female naked bodies.”

2. “All people, including children, are biologically designed to be drawn to sexualized images.”

“When children are exposed to sexual images or media they are naturally intrigued and can become excited, even aroused. This does not mean there is something wrong with them. In fact, it indicates that their bodies and brains are responding in a manner consistent with their human design.”

“Pornography elicits within children a premature stimulation of sexual feelings. In other words, though sexual feelings typically awaken during puberty, pornography exposure often causes this aspect of human development to activate too early. Young kids, lacking sufficient life experience and brain maturity, don’t understand these newly awakened and intense sexual feelings and have difficulty coping with them.”

“The end result is that a child will feel drawn to pornography and not know why. The child may or may not like seeing porn initially; nevertheless, the child will often feel an inner pull towards it.”

“It’s important to understand that this pull is as biologically driven as the human preference for sweet foods. Virtually all of us like something sweet. Similarly, there is an aspect in all of us (yes, even children!) that innately responds to sexual images of some kinds.”
3. “Pornography produces powerful chemicals that reinforce a child’s innate attraction to it.”

“Besides activating the sexual template too early, porn can activate it too much. This is because pornography is a supernormal stimulus. What does this mean?

“Humans are hard-wired to be interested in male and female bodies, but under normal circumstances we aren’t exposed to endless numbers of people willing to undress and perform sex acts in front of us the moment we first meet!”

“This ‘unnatural’ sexual stimulus causes the brain to release an ‘unnatural’ (unusually high) dose of a chemical called dopamine, often called the molecule of motivation. Author and behavioral scientist, Dr. Susan Weinschenk explains:”

“‘The latest research shows that dopamine causes seeking behavior. Dopamine causes us to want, desire, seek out, and search. It increases our general level of arousal and our goal-directed behavior.’”

“When a child sees porn, that child’s brain will begin to release large amounts of dopamine, creating a drive for more, even in a child who did not like seeing pornography in the first place.”

“Unfortunately, with repeated exposure, porn can become strongly woven into the tapestry of a young person’s developing sexual template. Eventually, porn might convince the brain that masturbation in front of a screen is more rewarding and even more normal than sexual experiences within a real, committed relationship.”

“It’s Normal to Be Enticed by Porn”

“Hopefully, you can see why good, healthy, and normal children are vulnerable to porn. When children become victims of pornography, they are merely responding naturally to an unnatural or supernormal
stimulus. In fact, asking children to reject porn is asking them to have biologically unnatural response to this supernormal stimulus.”

“Don’t worry! By warning kids of porn’s dangers and teaching them how to react, parents CAN help kids prepare their brains to say ‘no’ to pornography. When kids make a conscious choice to look away, the supernormal stimulus loses power.”

(Found in “The Quick Start Guide for Proactive Parents”, site accessed March 6, 2018, https://protectyoungminds.org/resources/)

“Is it any wonder that when a child or adolescent is directly exposed to pornography, the following effects have been documented?” (Jill Manning, “Hearing on pornography’s impact on marriage & the family,” U.S. Senate Hearing: Subcommittee on the Constitution, Civil Rights and Property Rights, Committee on Judiciary, Nov. 10, 2005. http://www.judiciary.senate.gov/hearings/testimony.cfm?id=e655f9e2809e5476862f735da10c87dc&wit_id=e655f9e2809e5476862f735da10c87dc-1-3 (accessed Dec. 27, 2012.) (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)


“The belief that being married or having a family are unattractive prospects.” (Luke Gilkerson, “When Your Child is Looking at


“Schneider found that the following negative effects could impact children in homes where a parent’s compulsive and/or addictive sexual behavior is occurring:"


“Effect of cybersex addiction on the children (N=70)"

- “The kids have lost parental time and attention/lost their 2-parent home. (26, 37.1%)”
- “The children have seen us argue, see the stress in the home. (21, 30.0%)”
- “The kids are grown up and/or outside the home. (13, 18.6%)”
- “The children have seen pornography and/or masturbation and I’m worried for them. (10, 14.3%)”
- “The kids are too young to be affected/were unaffected. (9, 12.6%)”
- “The children have seen the pornography and have been adversely affected. (8, 11.4%)”


“In Scars That Won’t Heal: The Neurobiology of Child Abuse; neuroscientist Martin H. Teicher, explains how the developing child’s brain is restructured by the disturbing and traumatic experiences. Teicher says, ‘child abuse can cause permanent damage to the neural structure and function of the developing brain itself.’ He warns that abuse prevention is critical ‘before it does irrevocable harm to millions of young victims.’” (Judith A Reisman, PhD, The
“Stages of Porn Involvement”

“If your child has been exposed to porn, your response should be based, in part, on how deeply your child is into porn and how long it has been going on. Keep these stages in mind as you read the rest of this guide.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Stage 1: Experimentation and Curiosity”

“Most initial porn viewing that happens in childhood, or even the teen years, is born out of curiosity. Boys want to know what the girls look like with no clothes on, and vice versa. Before puberty, it is natural for boys and girls to be curious about gender and sexual differences. During puberty, as sexual feelings grow, it is also common for boys and girls to be drawn by provocative images online, desiring to see more.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Stage 2: Regular Use for Masturbation”

“In this stage, your child has gone from curiosity to “using” porn or online chatting for sexual gratification and orgasm. While this stage is more common among teens, younger children can also enter this stage. In this stage, while there may be feelings of shame, the porn use is seen as recreational.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Stage 3: Risky Use”

“What constitutes “risky use” is not the same for all children. The almost undetectable shift into this stage happens when kids start to seek porn despite the negative consequences. They might stay up late into the night binging on porn, losing sleep and the ability to focus during the daytime, only to return to porn the next night. They might
start looking at porn in riskier settings (at school, with a parent's smartphone, when someone could walk in at any moment, when they should be watching a younger sibling, etc.). Getting caught is less of a concern to them, and in fact, the fear of it becomes part of the "high" they get from the experience.” (Luke Gilkerson, "When Your Child is Looking at Porn", Covenant Eyes, 2013, [http://www.covenanteyes.com/when-your-child-is-looking-at-porn/](http://www.covenanteyes.com/when-your-child-is-looking-at-porn/))

“Stage 4: Dependence and Addiction”

“Masturbating to pornography taps into the neurocircuitry of our brains, signaling the release of dopamine, serotonin, opiates, oxytocin, and other hormones and neurotransmitters. This hormonal cocktail is part of our body’s natural response to sexual activity, but when combined with graphic porn, the brain experiences a sexual “high” at unnatural levels. Those who have developed an addictive relationship to pornography experience an overwhelming craving for porn, seemingly uncontrollable sexual fantasies, and even withdrawal symptoms. The types of porn that used to satisfy no longer do; harder and more graphic pornography is sought.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, [http://www.covenanteyes.com/when-your-child-is-looking-at-porn/](http://www.covenanteyes.com/when-your-child-is-looking-at-porn/))


“Increased risk of parental separation and divorce;” (Jill C. Manning, “The


“In recent years, an Australian Child at Risk Assessment Unit in Canberra, New South Wales, noticed a disturbing increase in the number of sexually abusive or aggressive children under the age of 10 who were being referred to their services. In the early 1990s, approximately 3 children per year were being referred for sexually aggressive behavior. However, by 2003, approximately 70 children per year were being referred, many of whom had preyed on other children by forcing them to take part in sexual acts.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“To determine why this increase was occurring, the National Child Protection Clearinghouse and the Canberra Hospital conducted a retroactive study on case files. The review revealed, among other commonalities, a pattern between such sexually abusive children and their access to sexually explicit material on the Internet.” (Limb, J. November 26, 2003, Alarming rise in children’s sexually-abuse behavior. The World Today.
“Social worker, Cassandra Tinning, stated,”

“Victor B. Cline, a Professor Emeritus of Psychology at the University of Utah, has made clinical observations that support the Australian findings. For example, he stated:”

“I have also interviewed some children, where as a result of hearing Dial-A-Porn messages, they engaged in sexual assaults on other children. One 12 year-old boy in Hayward, California listened to Dial-A-Porn for nearly two hours on the phone…. A few days later he sexually assaulted a four-year-old girl in his mother’s day care center. He had never been exposed to pornography before. He had never acted out sexually before and was not a behavior problem in the home. He had never heard or knew of oral sex before listening to Dial-A-Porn. And this was how he assaulted the girl, forcing oral sex on her in direct imitation of what he had heard on the phone.” (Cline, V. (2001). Pornography’s effects on adults & children. New York: NY: Morality in Media, p. 10.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005.http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“High risk factors that were taken into consideration for this study included impulsivity, hostility toward women, and promiscuity. Youth who had the same risk levels of aggressive behavior, but who consumed pornography ‘somewhat,’ ‘seldom,’ or ‘never’ did not show the same levels of sexual aggression.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“It is estimated that 2 million children worldwide have been offered on the web or depicted in sexualized violence. According to the annual report of ECPAT (End Child Prostitution, Pornography and Trafficking of children for Sexual Purposes), in the European Union alone, several hundred thousand children are trafficked every year. Many thousands of children are abducted and never seen again. This traffic in children serves the Internet supply and demand.” (Michael O’Brien, “The pornography plague is stripping our humanity”, Lifesite News, April 8, 2015, https://www.lifesitenews.com/opinion/the-pornography-plague-is-stripping-our-humanity)

“Most people understand intuitively or from looking at research or clinical experience that there is a connection between using child pornography and the behavior of child rape. The images in child pornography are Permission-Giving for sexual behavior between adults and children. Child rapists tell me they ‘know’ that kids like to have sex with adults because they have seen their smiling faces in the child pornography they access on the Internet.” (Mary Anne Layden, “Pornography and Crime: Reporting the presence of pornography connected to crime”, AFA-KSMO, February 2013, http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf)

“How Pornography Harms Children”


“While there are many ways that pornography harms children, I want to assure you that every child who views pornography will not necessarily be affected and, at worst, traumatized in the same way. The effects of pornography are progressive and addictive for many people. Just as every person who takes a drink does not automatically become an alcoholic, every child who is exposed to pornography does not automatically become a sexual deviant or sex addict. However, since pornography has a new
door to the home, school, and library through the Internet, it is important for us to look at the many ways that pornography can potentially harm our children.”  (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“Exposure to Pornography Threatens To Make Children Victims Of Sexual Violence”

“The Internet has proven a useful tool for pedophiles and sexual predators as they distribute child pornography, engage in sexually explicit conversations with children, and seek victims in chat rooms. The more pornography these individuals access, the higher the risk of their acting out what they see, including sexual assault, rape, and child molestation.”  (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“Exposure to Pornography May Incite Children to Act Out Sexually Against Other Children”

“Children often imitate what they've seen, read, or heard. Studies suggest that exposure to pornography can prompt kids to act out sexually against younger, smaller, and more vulnerable children. Experts in the field of childhood sexual abuse report that any premature sexual activity in children always suggests two possible stimulants: experience and exposure. This means that the sexually deviant child may have been molested or simply exposed to sexuality through pornography.”  (Stephen J. Kavanagh, Protecting Children in Cyberspace (Springfield, VA: Behavioral Psychotherapy Center, 1997), 58-59.)  (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“In a study of six hundred American males and females of junior high school age and above, researcher Dr. Jennings Bryant found that 91 percent of the males and 82 percent of the females admitted having been exposed to X-rated, hard-core pornography. Over 66 percent of the males and 40 percent of the females reported wanting to try out some of the sexual behaviors they had witnessed. And among high schoolers, 31 percent of the males and 18 percent of the females admitted actually doing some of the things they had seen in the pornography within a few days after exposure.”  (Victor B. Cline, Pornography’s Effects on Adults and Children (New York: Morality in Media, 1990), 11.)  (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)
“Exposure to Pornography Shapes Attitudes and Values”

“Most of us caring, responsible parents want to instill in our children our own personal values about relationships, sex, intimacy, love, and marriage. Unfortunately, the powerful irresponsible messages of pornography may be educating our children on these very important life issues. Just as thirty-second commercials can influence whether or not we choose one popular soft drink over another, exposure to pornography shapes our attitudes and values and, often, our behavior.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“Photographs, videos, magazines, virtual games, and Internet pornography that depict rape and the dehumanization of females in sexual scenes constitute powerful but deforming tools of sex education. The danger to children stems at least partly from the disturbing changes in attitude that are facilitated by pornography. Replicated studies have demonstrated that exposure to significant amounts of increasingly graphic forms of pornography has a dramatic effect on how adult consumers view women, sexual abuse, sexual relationships, and sex in general. These studies are virtually unanimous in their conclusions:” “When male subjects were exposed to as little as six weeks’ worth of standard hard-core pornography, they:” (Edward Donnerstein, “Ordinances to Add Pornography to Discrimination against Women,” statement at Public Hearing of Minneapolis City Council Session (12 December 1983). See also Luis T. Garcia, “Exposure to Pornography and Attitudes about Women and Rape: A Correlative Study,” AG 22 (1986), 382-83. This study found “subjects with a greater degree of exposure to violent sexual materials tended to believe that: (a) women are responsible for preventing their own rape, (b) rapists should not be severely punished, and (c) women should not resist a rape attack. In addition, researchers found that exposure to violent sexual material correlated significantly with the belief that rapists are normal. See also Zillman, “Effects of Prolonged Consumption,” 129; and N. Malamuth and J. Ceniti, 129-37. “Study...results consistently showed a relationship between one’s reported likelihood to rape and responses associated with convicted rapists such as sexual arousal to rape stimuli, callous attitudes toward rape, beliefs in the rape myths, and hostility towards women.”) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)


“Began to trivialize rape as a criminal offense or no longer considered it a crime at all” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)


“Devalued the importance of monogamy and lacked confidence in marriage as either a viable or lasting institution” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)


“Exposure to Pornography Interferes with A Child's Development And Identity”

“During certain critical periods of childhood, a child's brain is being programmed for sexual orientation. During this period, the mind appears to be developing a 'hardwire' for what the person will be aroused by or attracted to. Exposure to healthy sexual norms and attitudes during this critical period can result in the child developing a healthy sexual orientation. In contrast, if there is exposure to pornography during this period, sexual deviance may become imprinted on the child's 'hard drive' and become a permanent part of his or her sexual orientation.” (Kavanagh, Protecting Children in Cyberspace, 58-59.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“Psychologist Dr. Victor Cline's findings suggest that memories of experiences that occurred at times of emotional arousal (which could include sexual arousal) are imprinted on the brain by epinephrine, an adrenal gland hormone, and are difficult to erase. (This may partly explain pornography's addicting effect.) Viewing pornography can potentially condition some viewers to have recurring sexual fantasies during which they masturbate. Later they may be tempted to act out the fantasies as sexual advances.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“Pornography often introduces children prematurely to sexual sensations that they are developmentally unprepared to contend with. This awareness of sexual sensation can be confusing and overstimulating for children.” (Donna Rice Hughes, "How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm) 

“The sexual excitement and eventual release obtained through pornography are mood altering. For example, if a young boy’s early stimulus was pornographic photographs, he can be conditioned to become aroused through photographs. Once this pairing is rewarded a number of times, it is likely to become permanent. (Jerry Bergman, Ph.D., “The Influence of Pornography on Sexual Development: Three Case Histories,” Family Therapy IX, no. 3 (1982): 265.) The result is that it becomes difficult for the individual to experience sexual satisfaction apart from pornographic images.” (Donna Rice Hughes, "How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm) 

“Most of us find it difficult to talk to our children about sex in general, let alone the harmful effects of pornography, as graphically described in this chapter. We want to protect the innocence and purity of childhood for as long as possible.” (Donna Rice Hughes, "How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)
“The Nature and Dynamics of Internet Pornography Exposure For Youth”

“We examined exposure to Internet pornography before the age of 18…Ninety-three percent of boys and 62% of girls were exposed to online pornography during adolescence.” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“Substantial numbers of youth Internet users are exposed to online pornography.” (Penn State Harrisburg, Middletown, Pennsylvania; Crimes Against Children Research Center, University of New Hampshire, Durham, New Hampshire) (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“72.8% of participants (93.2% of boys, 62.1% of girls) had seen online pornography before age 18. Most exposure began when youth were ages 14-17…” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“A small minority of participants, 12.0% of boys (n 20) and 18.7% of girls (n 37), said they had viewed online pornography before the age of 18 that had a strong effect on their attitudes or emotions (not shown in table). Asked about these strong reactions, boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls), while girls reported significantly more embarrassment (73% of girls, 25% of boys) and disgust (51% of girls, 20% of boys). Over two-thirds of both boys and girls with strong effect experiences described feeling shock or surprise (65% of boys, 78% of girls). Half of boys and about one-third of girls (32%) felt guilt or shame. About equal numbers of boys and girls said that as a result of the encounter they were less eager to seek sexual activity (20% of boys, 22% of girls with strong effect experiences), had unwanted thoughts about the experience (25% of girls, 24% of boys), or felt
unattractive or inadequate (15% of boys, 19% of girls).” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

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<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
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<tr>
<td>“Number of times spent viewing for more than 30 minutes”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Never</td>
<td>30.6%</td>
<td>76.8%</td>
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<tr>
<td>• Once</td>
<td>6.9</td>
<td>9.1</td>
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<tr>
<td>• Up to 10 times</td>
<td>27.8</td>
<td>11.4</td>
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<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
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<tr>
<td>“Reasons for viewing Internet pornography”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• “Wanted the sexual excitement”</td>
<td>69.3%</td>
<td>16.8%</td>
</tr>
<tr>
<td>• “Curious about different things people do sexually”</td>
<td>53.1</td>
<td>26.1</td>
</tr>
<tr>
<td>• “Wanted information about sex”</td>
<td>39.7</td>
<td>19.5</td>
</tr>
<tr>
<td>• “With friends who wanted to do it”</td>
<td>34.1</td>
<td>20.8</td>
</tr>
<tr>
<td>• “Never looked for pornography on purpose”</td>
<td>6.8</td>
<td>42.3</td>
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A Canberra (Australia)-based health unit working with abused and abusive children has recorded a significant rise in the number of children aged younger than 10 who are committing sexual offenses, including 'oral sex and forced intercourse,' against other children. ... 'We're not talking about kids playing mummies and daddies together,' [the unit manager
Annabel Wyndham said in a phone interview. 'We're talking about things like one child holding another child up by the neck ... and pulling their pants down and doing things to them.' Most of the children seen in this category came from troubled backgrounds, and 40 percent had been abused themselves. ... Nonetheless, the unit also recorded startling data relating to Internet use. Of the ... sexually-abusive children seen ... 90 percent admitted having seen sexually explicit material online, the report said. A full one-quarter deliberately sought out pornography online as their main use of the Internet, while about 40 percent said they used the Internet for other purposes as well as accessing pornography. ... Wyndham said her unit did not believe the rise in cases of children behaving in a sexually aggressive manner was merely a matter of increased recognition of a longstanding problem...The research paper was presented by the Canberra unit and a government-funded body called the National Child Protection Clearinghouse. One of its child protection experts, Dr. Janet Stanley, said...'We're suggesting there's an association between children's exposure to inappropriate material on the Internet . . . and their acting out in sexually aggressive behavior, experimenting and modeling what they are seeing.'” (‘Online Porn Driving Sexually Aggressive Children,’ CNSNews.com, 11/26/03) (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, http://www.freerepublic.com/focus/news/1218097/posts)

“Pornography: Young Children and Teens Who Send Sex Images Risk Mental Problems”


“The children are told if they do not co-operate their sexual images will be distributed to friends and to their parents – luring the frightened youngsters to produce highly sexual photographs and

“In Great Britain, The News Telegraph reported recent research by the Institute of Public Policy Research. A year-long study of 30 families and responses from pupils and teachers in 10 schools found ‘net porn seen by nine out of ten children’ in the UK, with roughly half solicited for by an adult for an apparent sexual meeting. As confirmed in similar research in the USA, the child who, using an innocent sounding word to search for information or pictures was instead guided to stealth ‘sex sites.’ Sonia Livingstone, a professor of social psychology at the LSE, who conducted the research, said that such experiences were common. ‘From my research, nearly all – 90 per cent - of the children had seen some kind of pornographic content. The numbers engaging in chat with people they had never met was about half.’” (The News Telegraph from the United Kingdom, November 25, 2001.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000, In Set Free Resources – Unavailable online)

“THE SCIENCE: WHAT HAPPENS TO THE TEENS BRAIN”


“Brain scans have also found the teenage brain is dominated by areas associated with pleasure and reward, and emotional response, perhaps explaining the emotional roller-coaster years associated with puberty.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

“Dopamine is a neurotransmitter that is central in our drive for personal reward. When teens take part in stimulating or potentially addictive habits, such as pornography, there is a flood of dopamine in

“Teen brains are the most sensitive to dopamine at around age 15 and react up to four times more strongly to images perceived as exciting.” ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


“Sexuality specifically increases DeltaFosB a protein that serves a role as a mediator in natural reward memory. This study also found that overexpression of DeltaFosB induced a hypersexual syndrome.” ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


“High risk factors that were taken into consideration for this study included impulsivity, hostility toward women, and promiscuity. Youth who had the same risk levels of aggressive behavior, but who consumed pornography ‘somewhat,’ ‘seldom,’ or ‘never’ did not show the same levels of sexual aggression.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“‘It is estimated that 2 million children worldwide have been offered on the web or depicted in sexualized violence. According to the annual report of ECPAT (End Child Prostitution, Pornography and Trafficking of children for
Sexual Purposes), in the European Union alone, several hundred thousand children are trafficked every year. Many thousands of children are abducted and never seen again. This traffic in children serves the Internet supply and demand.’’ (Michael O’Brien, “The pornography plague is stripping our humanity”, Lifesite News, April 8, 2015, https://www.lifesitenews.com/opinion/the-pornography-plague-is-stripping-our-humanity)

“Most people understand intuitively or from looking at research or clinical experience that there is a connection between using child pornography and the behavior of child rape. The images in child pornography are Permission-Giving for sexual behavior between adults and children. Child rapists tell me they “know” that kids like to have sex with adults because they have seen their smiling faces in the child pornography they access on the Internet.” (Mary Anne Layden, “Pornography and Crime: Reporting the presence of pornography connected to crime”, AFA-KSMO, February 2013, http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf)


“How Pornography Harms Children”


“Independent Parliamentary Inquiry Into Online Child Protection”


“…‘the whole history of human sexual perversion is only a few clicks away.’ …our children, with their natural curiosity and superior technological skills, are finding and viewing these images.” (“Independent
“...so called device-level filters – rather than blocking content at a network level. ... in tackling child abuse imagery by collectively ... with the IWF to block sites known to contain illegal abuse images.”


“Children spend increasing amounts of time online, are often more ‘tech savvy’ and knowledgeable than their parents and know how to circumvent or avoid device filters.”


“A network-level ‘Opt-In’ system, maintained by ISPs, that delivered a clean internet feed to customers as standard but allowed them to choose to receive adult content, would preserve consumer choice but provide an additional content barrier that protected children from accessing age inappropriate material. This model would emulate the system already used by most major UK mobile phone companies, where access to adult content is blocked until an age verification check is conducted by the network operator, and could use the filtering technology already operating in all schools and on some public Wi-Fi hubs.”


“Many parents report feeling left behind by the evolution of technology and that they lack the knowledge and skills to educate their children about internet safety. Parents are also concerned about many other forms of disturbing internet content including cyber bullying, extreme violence, self-harm, suicide and pro-anorexia websites.”


“...six out of ten children can access the internet without filters in their homes.”


“No filtering system will ever deliver total protection and parents will still need to remain engaged and active in helping their families stay safe online.”


Table 1 Characteristics of Exposure to Internet Pornography before Age 18

<table>
<thead>
<tr>
<th>Exposure to Internet Pornography</th>
<th>Boys n = 192</th>
<th>Girls n = 371</th>
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<tbody>
<tr>
<td>Yes, before 18</td>
<td>93.2%</td>
<td>62.1%</td>
</tr>
<tr>
<td>Yes after 18</td>
<td>4.2</td>
<td>20.6</td>
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Reasons for viewing Internet pornography before 18

<table>
<thead>
<tr>
<th>Reason</th>
<th>Boys</th>
<th>Girls</th>
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<tbody>
<tr>
<td>Sexual excitement</td>
<td>69.3%</td>
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“We know from the young people who contact ChildLine that viewing porn is a part of everyday life, and our poll shows that one in [20%] five 12 to 13-year-olds thinks that watching porn is normal behaviour.” (Patrick Howse, “Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

“Children May Be Too Clever for Our Internet Porn Filters, Minister Admits”

“The government’s plans to prevent children from accessing internet pornography may fail because young people are ‘smarter’ than adults when it comes to technology...” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“She said: ‘Whatever solutions are put in place, they will fail at times. Young people are smarter than we are at technology, they will find their way around it and they will find their way to this material. We must be absolutely realistic. In most cases we will never be able to solve this problem completely.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed.” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“She said if it was necessary, the government would ‘enshrine in law’ the ability to provide family friendly filters, which she said was ‘a vital tool for parents.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)


“Science tells us children define gender roles and sexual value patterns between age 2-5 and form more advanced views by age 10. As parents and leaders, we must recognize a warped definition of sexuality at age 9 will likely produce significant damage in a child’s ability to form healthy relationships as an adult.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)

“So, how can we protect our boys and set them up for a successful and healthy sex life with their spouse? How can we help these little gentlemen protect and respect women for more than their bodies?” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)
**“The Growing Epidemic”**

“‘Wait! I need to talk to you!’ a woman’s voice called out as I crossed the lobby following a church presentation. Her eyes revealed her distress, and she blurted out, ‘I just found out my 11-year-old daughter’s been watching online porn for months. What should I do?’ Many Christians assume that they are insulated from problems such as these. Sadly, this mother’s situation is far from unique. Parents call us regularly because they’ve discovered their children’s exposure to Internet pornography. Not the pornography of yesteryear; rather, the kind that exists today, a cornucopia of increasing depravity. The Internet offers a depth of degradation that wouldn’t have been available even in adult bookstores 20 years ago. Tragically, I received a call from parents after catching their 8-year-old watching bestiality videos on his iPod Touch.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

**“How Does My Viewing Pornography Affect My Children?”**

“Pornography causes a change in the way the user relates to others—especially to their children and spouse. The pornography user learns a simple, onesided sexual response which eliminates intimacy. The user actually loses his ability to emotionally connect with others. Instead of warmth, empathy, and compassion, the user interacts with family members with detachment and criticism. He is emotionally unavailable. This can be very damaging to children.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


Josh McDowell Ministry 2019
the pornography industry. (United States House of Representatives, testimony of Ernie Allen. Sexual exploitation of children over the Internet: What parents, kids, and congress need to know about child predators: Hearings before the Subcommittee on Oversight and Investigations, of the House Committee on Energy and Commerce, 109th Cong., 2d Sess. (2006)) As with most any business, the pornography industry has a vested interest in keeping 20% of its income intact. Research on male pornography users has found that 21% view child pornography as part of what they consume. These men are more likely than other men to be frequent viewers of pornography and to report that they enjoy new and exciting experiences. Not surprisingly, child pornography viewers are more likely than other pornography viewers to be interested in engaging in sexual behavior with an underage person. (Ray, J.V., Kimonis, E.R., & Seto, M.C. (2014). Correlates and Moderators of Child Pornography Consumption in a Community Sample. Sexual Abuse, 26 (6), 523-545.) Relatedly, when the sexual interests of child pornography offenders are assessed, they show more sexual arousal to children than to adults. (Seto, M.C. (2006). Child Pornography Offenses Are a Valid Diagnostic Indicator of Pedophilia. Journal of Abnormal Psychology, 155 (3), 610-615.)

“There is abundant evidence that for many pornography users, their interest in adult pornography gradually leads them into child pornography. (Wilcox, S.L., Redmond, S., and Hassan, A.M. (2014). Sexual functioning in military personnel: Preliminary estimates and predictors. Journal of Sexual Medicine, 11 (10), 2537-2545.) Perhaps it is the ever more popular genre of barely legal pornography and/or pornography featuring models who have (allegedly) recently turned 18 years old.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Of particular concern is that the young people depicted took no steps to conceal their identity or location, even in many cases using their real names,’ concluded the researchers.” (Michael Gryboski, “UK Study reveals growing trend in youth-produced child porn on the internet”, Christian Post, March 13, 2015, http://www.christianpost.com/news/uk-study-reveals-growing-trend-in-youth-produced-child-porn-on-the-internet-135575/)

“A split-second look at an image can convey more information than a split-second look at words. Words are often perceived as opinions while images are often perceived as events or facts.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)


“Learning is also better if we see role models perform a behavior.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)


“Pornography can offer all these elements—images, arousal, reinforcement, the example of others, and reward—so it is a potent teacher of both beliefs and behaviors. It provides the ideal conditions for learning.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography is an ideal teacher of these releaser beliefs. It can teach specific sexual behaviors and general attitudes toward women and children, teach what relationships are like and teach the nature of sexuality, and thus give permission for a wide range of actions.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)
“Pornography can teach what to do, with whom to do it, when and how often to do it, it’s okay to do it, and then stimulate the urge to do it now.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)


“Pornography also encourages physically risky behavior. In pornography no one is shown contracting and dying from AIDS, and no negative consequences are ever shown for having deviant kinds of sex.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)


“The Psychopharmacology Of Pornography: A ‘Clear And Present Danger’”

“…focuses on how the brain processes images--decodable by children and illiterates alike. New brain imaging and mapping technologies provide photographic neurological evidence that visual pornography exerts a ‘law of strength’ in which the brain commonly processes a stronger over a weaker stimulus. ‘The law of strength’ would explain the significant power of real, pseudo, or virtual pictorial pornography over…” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“As the brain is hard-wired to believe in a millisecond what the eyes see, the brain … the effects of sexually graphic images on public thought and conduct.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“What we’re saying here is that an event which lasts half a second within five to ten minutes has produced a structural change that is in some ways as profound as the structural changes one sees in [brain] damage.” (Neuroscientist, Dr. Gary Lynch, University of California at Irvine, discussing the brain's processing of sensory communication. In, the award winning program series The Brain: Learning and Memory, The Annenberg/CPB Collection, WNET, 1984) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“This research paper therefore focuses only on pornography’s place in the field of brain communication study that identifies the laws of mental life (psychonomics), dubbed by neurobiologist Candace Pert a ‘psychosomatic communications network.’” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Although most of the Mapplethorpe jury felt the selected Museum photographs were obscene, these average citizens ruled the images of urinary, rectal and graphic child sex exposure not ‘obscene.’ For, in numerous media interviews jury members reported they believed the art ‘experts’ claims that the five photographs were harmless, cutting-edge ‘art’ and thereby protected by the First Amendment.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)
“Medicine.Net.com reports that ‘Post Traumatic Stress Disorder’ (PTSD) in teenagers and children reveal that over 40% have endured at least one traumatic event, resulting in the development of PTSD....Up to 100% of children who have....endured sexual assault or abuse tend to develop PTSD.’ (http://www.medicinenet.com/posttraumatic_stress_disorder/article.htm, June 26, 2008.) Neuroscientists agree, ‘memories are stored in the amygdala as rough, wordless blueprints for emotional life. (Goleman, in Consciousness, Brain, States of Awareness, and Mysticism. ibid., at 22.) In his schematic (left) child trauma specialist, Bruce Perry, M.D., Ph.D., notes that child sexual abuse sets off alarm mechanisms in children that further compromise a child victim’s already immature cognitive and emotional development. It follows then from the data that a molested child, innocently browsing Spencer’s pornography, penises, picture books of sex positions, whips and handcuffs, etc., would often subconsciously re-experience the toxic ‘alarm’ that relives the original or ongoing ‘traumatic event’” (JAR) (Image and text taken from the National Institute of Mental Health No, 01-4929 at The Brain exhibit at the Smithsonian, December 29, 2001, co-sponsored by the NIMH and the Smithsonian. Of the millions of Spencer’s child employees and/or customers, roughly 25% of girls and 16% of boys enter and/or work in the store carrying a subconscious or conscious sexual abuse memory. In 1986 the American Medical Association reported one in four girls, and one in eight boys as sexually abused before the age of 18. Two years later, The Handbook on Sexual Abuse of Children, reported one in four girls, and one in six boys sexually abused by age 18.13 The National Institute of Health repeats that children’s brains are not firm. “Viewing emotional images...teens... activated the amygdala, a brain center that mediates fear and other “gut” reactions, more than the frontal lobe [rational, cognitive].”)

“When a child lives in a home where an adult is consuming pornography, he or she encounters the following four risks:"

1. “Decreased parental time and attention”
2. “Increased risk of encountering pornographic material”
3. “Increased risk of parental separation and divorce and”
4. “Increased risk of parental job loss and financial strain”

When a child or adolescent is directly exposed the following effects have been documented:

1. “Lasting negative or traumatic emotional responses,”
2. “Earlier onset of first sexual intercourse, thereby increasing the risk of STD’s over the lifespan,”
3. “The belief that superior sexual satisfaction is attainable without having affection for one’s partner, thereby reinforcing the commoditization of sex and the objectification of humans.”
4. “The belief that being married or having a family are unattractive prospects;”
5. “Increased risk for developing sexual compulsions and addictive behavior,”
6. “Increased risk of exposure to incorrect information about human sexuality long before a minor is able to contextualize this information in ways an adult brain could.”
7. “And, overestimating the prevalence of less common practices (e.g., group sex, bestiality, or sadomasochistic activity).”


“My own research indicates that the earlier young males are exposed to pornography the more likely they are to engage in non-consensual sex and the more pornography females use the more likely they are to be victims of non-consensual sex. Pornography is an equal opportunity toxin for both males and females.” (Dr. Mary Anne Layden, “Pornography and Crime, Reporting the presence of pornography connected to crime”, American Family Association of Kansas & Missouri, February, 2013, http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf)

“…boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls).” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

The Impact of Pornography on Children

“ABSTRACT: The availability and use of pornography has become almost ubiquitous among adults and adolescents. Consumption of pornography is associated with many negative emotional, psychological, and physical health outcomes. These include increased rates of depression, anxiety, acting out and violent behavior, younger age of sexual debut, sexual promiscuity, increased risk of teen pregnancy, and a distorted view of relationships between men and women. For adults, pornography results in an increased likelihood of divorce which is also harmful to children. The American College of Pediatricians urges healthcare professionals to communicate the risks of pornography use to patients and their families and to offer resources both to protect children from viewing pornography and to treat individuals suffering from its negative effects.”

“Pornography may be defined as “the depiction of erotic behavior (sexual display in pictures or writing) that is intended to cause sexual excitement” in the viewer.¹ Over the past decade there has been a large increase in the
pornographic material that is available to both adults and children. Mainstream pornography use has grown common because it is accessible, affordable, and anonymous. It is accessible because it is just a few keystrokes away on the Internet. It is affordable because many online sites offer free pornography to lure viewers to their web sites. Other sites simply post third party videos and do not charge the viewer for web traffic. It is anonymous because it can be viewed in the privacy of a person’s home. There is no longer a need to visit an adult book store or the local XXX theatre.”

“While the exact amount of revenue that the pornography industry generates in this country is unclear, the Internet filtering service Covenant Eyes estimates the 2012 U.S. revenue to be around $8 billion. It is estimated that since 2007, revenue has declined by 50%, but this decline is likely due to the availability of more free online pornography and not to a total decline in pornography usage. In 2008, the Internet and marketing firm Hitwise reported that globally 40,634 web sites distributed pornography.”

“How Consumes Pornography and Why Pediatricians Must Take Notice”

“A 2014 Barna Group survey revealed the following demographic data regarding pornography use by American adults.”

“Among males 18-30 years old, 79% viewed pornography once per month and 63% viewed pornography greater than once per week.”
“Among males 31-49 years old, 67% viewed pornography once per month and 38% viewed pornography greater than once per week.”
“Among males 50-68 years old, 49% viewed pornography once per month and 25% viewed pornography greater than once per week.”
“Among females 18-30 years old, 34% viewed pornography once per month and 19% viewed pornography more than once per week.”
“Among females 31-49 years old, 16% viewed pornography once per month and 8% viewed pornography greater than once per week.”
“Among females 50-68 years old, 5% viewed pornography once per month and 0% viewed pornography greater than once per week.”

“Demographic data is similar among younger age groups. A 2008 article in the Journal of Adolescent Research revealed that 67% of young men and 49% of young women found pornography acceptable. Pornography exposure for children and adolescents has become almost ubiquitous. In a 2010 survey of English students between 14 to 16 years old, almost one third claimed that their first exposure to Internet pornography was at 10 years old or younger. In a 2011 survey, 31% of adolescent boys admitted visiting web sites that were intended as Adult Only. A large survey of American young people revealed that 51% of males and 32% of females claimed to have viewed pornography for the first time before they were 13 years old. In a 2012 Australian study of pornography use, men who were frequent pornography users said that their first exposure was between the ages of 11 to 13 years old. Similar findings were recorded in a 2009 study in the Journal of Adolescent Health which found that 85% of adolescent males and 50% of adolescent females had been exposed to pornographic material. Clearly, pornography has become pervasive throughout modern American society. Research, however, is only beginning to delineate its impact upon children, adolescents, and adults.”

“Grade school children are sometimes exposed to pornography accidentally when they view material on the Internet. They may also come into contact with a parent’s or close adult’s pornographic material. Sexual predators have purposefully exposed young children to pornography for the purpose of grooming the children for sexual exploitation. Pornography exposure at these young ages often results in anxiety for the child. Children also report feelings of disgust, shock, embarrassment, anger, fear, and sadness after viewing pornography. These children can suffer all of the symptoms of anxiety and depression. They may become obsessed with acting out adult sexual acts that they have seen, and this can be very disruptive and disturbing to the child’s peers who witness or are victimized by this behavior. Children under twelve years old who have viewed pornography are statistically more
likely to sexually assault their peers. In sum, children exposed to pornographic material are at risk for a broad range of maladaptive behaviors and psychopathology.”

“Effects of Pornography Exposure and Use”
“The effects of pornography exposure upon older adolescents and young adults were recorded in a series of studies conducted by Dolf Zillman and Jennings Bryant in the 1980’s. There are several factors that make the Zillman/Bryant studies noteworthy. First, they were controlled randomized studies dealing with objective exposure to pornographic material, as opposed to convenience sample surveys about pornography exposure and attitudes. Second, they were conducted before the age of Internet pornography, so the participants would likely have had less exposure to pornography compared to the average young adult today. These studies involved recruiting college students and non-college students from the community. Subjects in the experimental group viewed pornographic material for a period of six weeks, while the control group was exposed to more common movie and television content over the same period of time. Afterwards, participants were asked a series of questions to evaluate their attitudes regarding relationship and family issues.”

“The following observations were noted regarding young adults exposed to pornography compared to the control group:”

1. “Male subjects demonstrated increased callousness toward women.”
2. “Subjects considered the crime of rape less serious.”
3. “Subjects were more accepting of non-marital sexual activity and non-coital sexual practices such as oral and anal sex.”
4. “Subjects became more interested in more extreme and deviant forms of pornography.”
5. “Subjects were more likely to say they were dissatisfied with their sexual partner.”
6. “Subjects were more accepting of sexual infidelity in a relationship.”

7. “Subjects valued marriage less and were twice as likely to believe marriage may become obsolete.”

8. “Men experienced a decreased desire for children, and women experienced a decreased desire to have a daughter.”

9. “Subjects showed a greater acceptance of female promiscuity.”

“There is evidence that society’s acceptance of pornography creates unique problems for women. The use of pornography can result in violent and sexually aggressive attitudes towards women. Men who consume pornography are more likely to adopt rape myth ideology, which is that women cause rape or actually enjoy rape or sexual assault. There is strong evidence that exposure to violent pornography is associated with sexually aggressive behaviors in both adolescent and adult males. It is common for pornographic movies to portray male vs. female verbal and physical aggression as well as sexual acts that are overtly degrading to women. For young people, viewing sexually explicit web sites increased the likelihood of having more than one sexual partner in the last three months and for using alcohol and drugs during sexual activity. The recent phenomenon of teenage sexting (the sending of sexually explicit photos, images, text messages or e-mails using a mobile device) has been linked with pornography exposure. For women, viewing pornography may result in sexual manipulation by a male partner. This is evident by the increased participation in anal sex by women who have viewed pornography despite the data that the majority of women consider anal sex unpleasant. Often the women who participate in pornography are coerced and forced to participate in sexual acts which they object to; so it is possible that the production of pornography can be considered a form of sex trafficking of women as defined by the United Nations Protocol to Prevent, Suppress, and Punish Trafficking in Persons. As pornography becomes more accepted in a society, that society becomes more hypersexualized and this can increase the demand for sex trafficked women and children.”
“Internet pornography addiction is an emerging issue that neuroscientists are just beginning to study. A recent primary research article in *JAMA Psychiatry* shows that pornography consumption is associated with decreased brain volume in the right striatum, decreased left striatum activation, and lower functional connectivity to the prefrontal cortex. The article showed that high pornography consumption is associated with smaller grey matter volume in the viewers, and is associated with downregulation of the brain’s response to erotic material. These neural changes in the brains of pornography users do not prove causation but they are similar to the changes seen in brains of individuals addicted to cocaine, alcohol, and methamphetamines, and this association is one more way regular pornography use mirrors the use of addictive drugs. This scientific data is consistent with the observed findings in a 2012 Australian study of pornography showing 20% of regular pornography users preferred the excitement of viewing pornography over being sexually intimate with a real person. The observation that male pornography users become addicted to their cyber-sexual activity and lose interest in actual women has obvious deleterious effects on relationships and society at large.”

“Pornography use by adolescents and young adults often leads to a distorted view of sexuality and its role in fostering healthy personal relationships. These distortions include the overestimation of the prevalence of sexual activity in the community, the belief that sexual promiscuity is normal, and the belief that sexual abstinence is unhealthy. These perspectives are likely to make it more difficult for young people to form lasting, meaningful relationships with the opposite sex, which will ultimately result in more anxiety, depression, and overall life dissatisfaction.”

“Pornography has a negative effect on marriage and long term cohabitating couples, making them more vulnerable to divorce or dissolution, and this in turn has negative health effects for the children involved. The use of pornography in the context of the marriage is largely confined to the husband; the wife being an occasional co-participant, reluctantly accepting the pornography use or being completely unaware of the husband’s
personal use of pornography. Women who have husbands or male partners who view pornography feel betrayed. Women see pornography as a form of sexual objectification of women. When women view the pornography their partners are viewing they can develop a lower self-esteem, feelings of inadequacy, and begin to feel sexually undesirable. The more a woman perceives her husband or boyfriend using pornography, the more negative the woman rates her relationship in general and the lower she rates her overall sexual satisfaction. This occurs because a significant percentage of male pornography viewers will develop a preference for the fantasy world of pornography over actual sexual activity with their partners. Pornography can reinforce the concept of physical domination of the man over the woman and can increase aggressive and violent behaviors against women. In 2002, the American Academy of Matrimonial Lawyers reported that 56% of all divorces involved one party having an obsessive interest in pornographic web sites. Men who use pornography and women who accept pornography are more likely to accept marital infidelity and cohabitation which ultimately destabilizes families.”

**Conclusion**

“Children suffer many negative effects due to modern society’s exposure to and acceptance of pornography. These negative effects include mental disturbance and unrest for the young school age child, including acting out and violent behavior. Because of its harmfulness to children, pornography must never be used as a tool to teach children human sexuality. For older adolescents and young adults, pornography teaches a false narrative regarding human sexuality and how men and women form healthy sexual relationships. This makes it more difficult for young men and women to form authentic, stable relationships. For parents, pornography is divisive resulting in a decreased quality of marriage and increasing the likelihood of divorce and separation which has been well documented to be harmful to children.”

“Pediatricians should be equipped to discuss with parents both how and why to prevent pornography exposure for both children and
parents. Because the Internet is the primary medium for pornography exposure, home computers should be located in public spaces (not in a child’s bedroom), and equipped with Internet filtering and monitoring software to reduce exposure. There are a variety of parental controls and filtering systems available to parents, and some current software vendors offer filtering and monitoring of smart phones which are now the primary technology used by adolescents to access the Internet. Also, there are software services which offer the ability to create accountability partnerships so as to increase the success of breaking free from pornography addiction. Pediatricians and pediatric healthcare providers should understand the negative impact that widespread use of pornography is having on today’s children and their parents and how they can help stop this destructive influence on the family.”

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“The American College of Pediatricians is a national medical association of licensed physicians and healthcare professionals who specialize in the care of infants, children, and adolescents. The mission of the College is to enable all children to reach their optimal physical and emotional health and well-being.”

Resources

- “Internet Filtering Software: Covenant Eyes, Mobicip, Net Nanny, Screen Retriever, and K9 Web protection”

- “Good Pictures Bad Pictures: Porn Proofing Today’s Young Kids by Kristen A. Jenson, MA and Gail Poyner, PhD.”

- “Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds by Kristen A. Jenson, MA and Gail Poyner, PhD, this book is intended for 3-6 year olds.”

- “integrityrestored.com”
○ “provenmen.org”

○ “bravehearts.net”

References

[13] Ibid.
[14] Ibid.
[15] Ibid.
[17] Ibid.
[19] Ibid.


[40] Manning, Jill. The Impact Internet Pornography on Marriage and the Family: A Review of the Research. *Sexual Addiction and*

"Porn poses unique risks beyond supernormal stimulation. First, it's easy to access, available 24/7, free and private. Second, most users start watching porn by puberty, when their brain's are at their peak of plasticity and most vulnerable to addiction and rewiring." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, p81)

"In the context of a culture that provides little information about sexuality through conventional socialization channels such as parents, schools, and religion but condones a media environment replete with sexual content, the media have become important sexual socialization agents. Zillmann, in fact, argued that, 'because consensually accepted programs of sexual education are lacking, erotica have come to serve as a primary agent of sexual socialization.'" (Zillmann, D. (2000). Influence of unrestrained access to erotica on adolescents' and young adults' dispositions toward sexuality. *Journal of Adolescent Health*, 27(S), 41-44)

"Although concern has been voiced about the possible negative effects of increased access that children and teens have to sexually explicit media, we know relatively little about recent use or effects of such content, especially in the United States. Recent studies in Taiwan, Sweden, and the Netherlands have documented ready access and frequent use, especially among adolescent boys, but none of these studies have been longitudinal or have assessed both attitudinal and behavioral effects of exposure.” (Lo, V., & Wei, R. (2005). Exposure to Internet pornography and Taiwanese adolescents' sexual attitudes and behavior. *Journal of Broadcasting & Electronic Media*, 49(2), 221-237) (Haggstrom-Nordin, E., Hansom, U., & Tyden, T. (2005). Associations between pornography consumption and sexual practices among adolescents in Sweden. International Journal of STDs & AIDS, 16, 102-107) (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet. *Communication Research*, 33(2), 178-204) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, [http://crx.sagepub.com/content/36/1/129.abstract](http://crx.sagepub.com/content/36/1/129.abstract)

“In this paper, patterns of sexually explicit media use among a demographically diverse panel of early adolescents in the United States are described and relationships between early exposure and sexual attitudes and behaviors two years later are investigated.” (Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“Al Cooper, a California psychologist: 'There's only so many naked women's breasts you can see until you get tired of it,' Cooper said. 'For sex sites to make money, they need to supply people with new material...something new and exciting'... 'We're seeing a tremendous increase in people looking for child porn online, then trying to solicit kids for sex,' Cooper said.” (‘Porn Spam: It's Getting Raunchier,’ Wired News, 9/30/02) (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, http://www.freerepublic.com/focus/news/1218097/posts)


“I recently read a disturbing article in the Journal of Human Rights and Civil Society, which is a publication of the Protection Project based at Johns Hopkins University. The title of the article is “The Slave and the Porn Star: Sexual Trafficking and Pornography.” The authors show various connections between pornography and sexual exploitation. Many of the individuals who appear in pornography are slaves. They have been trafficked, drugged, manipulated in some way, and are forced to be part of this wicked business.” (Ben Reaoch, “What Christians Do About Modern Day Slavery”, Desiring God, February 16, 2013, http://www.desiringgod.org/articles/what-christians-do-about-modern-day-slavery)
#10 GIRLS AND PORN

Natalie’s Story - “I grew up in a Christian home with amazing, loving parents. From a young age, I had a personal relationship with Christ. As a teenager, I was even given leadership roles in the church. My senior year of high school should have been an exciting time; I had been given solid roots in my upbringing and I had big dreams for the future. This was the point where I would begin to make decisions enabling me to live those dreams.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)


“The summer before, I had stumbled across erotic literature on the internet. My parents, as a safety measure, had installed filtering software on my laptop, but somehow the website got past. Afterwards, I told myself it was a one-time thing. But within weeks, I went back for more. I told myself it was okay. It wasn’t real porn; it was just stories. There was nothing wrong with what I was doing.” [Josh note: My child won’t look for porn] (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“Before long, though, I wasn’t just reading stories, but watching videos. Yet it was never enough. By winter, I would spend several hours every night watching and reading. When I had seen everything possible without hacking the filter on my laptop, I turned to my phone. By spring, I couldn’t stop. [Josh note: Addiction] Even if I was exhausted, I had to go one more story, one more video. I couldn’t have enough. Before, I had convinced myself that I wasn’t addicted, that I could stop anytime I wanted. Now, I wanted to stop, but I couldn’t. My life had no purpose. I felt like I had nowhere to go to for help. I was trapped.” [Josh note: 93% of churches have no program to help]
“As time drew near for me to leave for college, I began to get scared. How was I going to live out my dreams if I was chained to this monster called pornography? I realized that in the past year, I had not only become addicted to porn, but I had also grown further away from God than I ever had before.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“Two weeks before leaving for college, I begged God to forgive me and asked Him to help me break the addiction. I knew I could not possibly do it; He had to help me. For the next two weeks, I refused to take my laptop into my bedroom. I spent time praying and reading my Bible every day. Even though it was hard, life began to look hopeful again.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“My first night at college, God placed Christ-like friends around me who lifted me up and within a few weeks knew about my problem. They began to keep me accountable. [Josh note: One another] These relationships made it easy to say “no” to porn. Not only would they ask me how I was doing at resisting temptation, but they would also keep my laptop overnight, stop me from beating myself up when I messed up, and, most importantly, pray for me. I would not have been able to make it through fall quarter without depending on them.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“Over winter break, being away from my accountability, I slipped up several times. At first, I was mad at myself for returning to my old ways. Then, one of my friends showed me that I was still growing and God had forgiven me.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“I was able to find the courage to talk to my parents about the problem. Bringing it up with them was one of the hardest things I
have ever done, but also one of the most rewarding. Together, we decided that the Internet filter on my computer was not doing any good and decided to try Covenant Eyes. Now, knowing that my parents can see whatever I do online, resisting temptation is much easier.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“Before using Covenant Eyes, I did not think it was possible to have an open relationship with my parents. In the past, bringing up personal issues wasn’t easy. Now, I understand that they really do want the best that God has for me and don’t judge the decisions I make or condemn me when I mess up. Because I understand this now, it’s easy to come to them when I have problems in other areas. I can ask for their advice and respect it because they’ve demonstrated that they’re willing to do whatever it takes to see me succeed.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)


“15% of cell-owning teens (ages 12-17) say they have received sexually suggestive nude or nearly nude images of someone they know. This percentage steadily climbs the older youth get, (Amanda Lenhart, “Teens and Sexting,” Pew Internet and American Life Project, 2009) and is as high as 46% among young adults (ages 20-26).” (The National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com “Tech: Results from a Survey of Teens and Young Adults” 2008.) (“Pornography among Youth: Problems, Roadblocks and Solutions”, Covenant Eyes, 2011, http://www.covenanteyes.com/lemonade/wp-content/uploads/2011/10/pornography-among-youth.pdf)

“It was when a doctor in the group spoke up that the group was stunned into silence. According to Pearson:"

A GP, let’s call her Sue, said: ‘I’m afraid things are much worse than people suspect.’ In recent years, Sue had treated growing numbers of teenage girls with internal injuries caused by frequent anal sex; not, as Sue found out, because she wanted to, or because she enjoyed it – on the contrary – but because a boy expected her to. ‘I’ll spare you the gruesome details,’ said Sue, ‘but these girls are very young and slight and their bodies are simply not designed for that.’ (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site
Her patients were deeply ashamed at presenting with such injuries. They had lied to their mums about it and felt they couldn’t confide in anyone else, which only added to their distress. When Sue questioned them further, they said they were humiliated by the experience, but they had simply not felt they could say no. Anal sex was standard among teenagers now, even though the girls knew that it hurt.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“And where are these brutal expectations coming from? Every adult knew without asking: From pornography. Anal sex, especially of the violent variety, is now mainstream in porn, as the research of Dr. Gail Dines and others show us.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“This is resulting in a sharp upswing in emotional problems among girls, something I’ve seen time and time again when interacting with high school students as well. Researchers with the Journal of Adolescent Health, Pearson reports, have been shocked to see a 7% spike in emotional issues in a mere five years—and in girls between the ages of 11 to 13. In a culture saturated with pornography, girls especially feel the pressure to conform to the fantasy that has consumed the minds of the boys and spilled out to invade their reality.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“Take female insecurity, warp and magnify it in the internet Hall of Mirrors, add a longing to be ‘fit’ and popular, then stir into a ubiquitous porn culture, and you have a hellish recipe for sad, abused girls,’ Pearson writes. ‘It explains why more than four in 10 girls between the ages of 13 and 17 in England say they have been coerced into sex acts, according to one of the largest European polls on teenage sexual experience. Recent research by the Universities of Bristol and Central Lancashire found that a fifth of girls had suffered violence or intimidation from their teenage boyfriends, a high
proportion of whom regularly viewed pornography, with one in five boys harbouring ‘extremely negative attitudes towards women.’”

“… online pornography is much more appealing to boys than girls, in part because it eliminates narratives. ‘… Now it’s only about physical sexual contact.’” (Stuart Jeffries, “Psychologist Philip Zimbardo: ‘Boys Risk Becoming Addicted to Porn, Video Games and Ritalin’”, The Guardian, May 9, 2015, http://www.theguardian.com/lifeandstyle/2015/may/09/philip-zimbardo-boys-are-a-mess)


“In a qualitative study, teen girls reported that when they watch pornography, they feel their bodies are inferior in comparison with those they see; while boys reported worrying that they will not be able to perform as well as the male actors (Owens, Behun, Manning, & Reid, 2012).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)


“For girls, they report feeling that their bodies are not good enough compared with the women they see on film, in videos, and in pictures. Boys wonder whether they will be able to perform as well sexually as the male actors they watch in the fantasy world of pornography (Owens, Behun, Manning, & Reid, 2012).” (John D. Foubert and Ana J. Bridges, “Predicting Bystander Efficacy and Willingness to Intervene in College Men and Women: The Role of Exposure to Varying Levels of Violence in Pornography”, Sage Publishing, 2016, http://media.wix.com/ugd/9e4c55_3005afc5635d414188270d248dc9bac4.pdf)

“Young women who view pornography have found they have stronger attitudes that support acceptance of rape and stronger beliefs that they should succumb to sexual violence when compared with young women who avoid pornography (Davis et al., 2006; Norris et al., 2004).” (John D. Foubert and Ana J. Bridges, “Predicting Bystander Efficacy and Willingness to Intervene in College Men and Women: The Role of Exposure to Varying Levels of Violence in Pornography”, Sage Publishing, 2016, http://media.wix.com/ugd/9e4c55_3005afc5635d414188270d248dc9bac4.pdf)

P168 “A few small studies of U.S adolescents’ exposure to sexually explicit magazines and movies in the 1980s found that even then exposure was almost universal by the end of high school. The average age of first exposure to Playboy was 11 years for males and 12 for females; by 15 years old, most had also seen an X-rated film. Appetite for sexually explicit media has been a primary driver for the success of the Internet.” (Bryant, J., & Brown, D. (1989). Uses of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 25-55). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“…53% of males reported sexually explicit media use, while only 28% of females did … both male and female adolescents who had engaged in oral sex and sexual intercourse were much more likely to be using sexually explicit media than teens who had never engaged in these sexual behaviors.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“Experimental studies with young adults typically have found that males’ attitudes and behaviors are more affected than females’ after exposure to pornography, while females’ attitudes are more affected than males’ after exposure to sexual content on mainstream television.” (Zillmann, D. (1989). The


“Research has shown that when women are exposed to pornography before the age of 18, they are more likely to have attitudes supporting sexual violence as adults (Corne, Briere, & Esses, 1992).” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)
“According to research with first-year college students, the following effects and/or risks are associated with frequent exposure to erotica. These effects and/or risks are listed here because of the potential they have for shaping sexual development as well as future marital and familial relationships:” (Zillman, D. (2000). Influence of unrestrained access to erotica on adolescents’ and young adults’ dispositions toward sexuality. *Journal of Adolescent Health*, 27, 41–44.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)


“The paper, titled ‘Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations’ is based on a survey of 487 American college men aged 18-29. The survey found that use of pornography correlates with decreased enjoyment of sex with a real partner.” (Chyng Sun,

“A paper published last month in the scientific journal Archives of Sexual Behavior adds significant data to the growing body of research on pornography. The paper, titled ‘Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations’ is based on a survey of 487 American college men aged 18-29. The survey found that use of pornography correlates with decreased enjoyment of sex with a real partner. The younger the men were first exposed to pornography, the higher their current use of pornography, and those who reported high use of pornography were more likely to rely on pornography to achieve and maintain sexual excitement.” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/)

“In an interview with Pornharms.com, sociologist and therapist Dr. Jill Manning reported that a frequent question from the teenagers she works with is, ‘What’s the big deal about pornography?’ These young people, she reports, are surprised when she tells them what research has shown about pornography use; they often express dismay that no one has warned them about its dangers.” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/)


“In the United States about one in four sexually experienced teenagers acquires a sexually transmitted disease (STD) every year, resulting in three million cases of teenage STDs. Infectious syphilis rates have more than doubled among teenagers since the mid-1980s. More children contract sexually transmitted diseases each year than all the victims of polio in its eleven-year epidemic, 1942-1953.” (Tom Minnery, Pornography: A Human Tragedy (Wheaton: Tyndale House).) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“Research has shown that ‘males who are exposed to a great deal of erotica before the age of 14 are more sexually active and engage in more varied sexual behaviors as adults than is true for males not so exposed.’” (K.E. Davis and G.N. Braucht, Exposure to Pornography, Character and Sexual Deviance, Technical Reports of the Commission on Obscenity and Pornography (1970), 7.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“Other Effects of Pornography”

“Many adolescents who view pornography initially feel shame, diminished self-confidence, and sexual uncertainty, but these feelings quickly shift to unadulterated enjoyment with regular viewing.”

“The presence of sexually oriented businesses significantly harms the surrounding community, leading to increases in crime and decreases in property values.”


“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyoureennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


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“A study of youth between the ages of 10 and 17 concluded that there is a significant relationship between frequent porn use and feelings of loneliness and major depressions. (Michele L. Ybarra and Kimberly J.


“One 19-year-old college student writes: ‘It started seriously when I was about 14, I stumbled across some pictures while doing homework. Because all I had typed into Google was 'cream and sugar', I knew my parents wouldn't notice. I learnt all the ways round the parental controls, meticulously deleted my activities on the history and deleted the search engine entries every time.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, [http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography](http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography))

“No longer do teen boys have to pass around a purloined copy of their older brother’s Playboy to get a look at women’s bodies. Erotic and
pornographic content have gone mainstream as cable and satellite television present X-rated content that is readily accessible by the many adolescents who have televisions in their own bedrooms or video capability on their cell phones.” (Roberts, D., & Foehr, U. G. (2004). Kids & media in America. Cambridge, UK: Cambridge University Press) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

#12 YOUTH AND PORN


“According to the Journal of Adolescent Health, (Dolf Zillmann, “Influence of unrestrained Access to Erotica on Adolescents’ and Young Adults’ Dispositions toward Sexuality” Journal of Adolescent Health, Vol. 27, Iss. 2, Supp. 1, August 2000.) prolonged exposure to pornography leads to:” (“Pornography among Youth: Problems, Roadblocks and Solutions”, Covenant Eyes, 2011, http://www.covenanteyes.com/lemonade/wp-content/uploads/2011/10/pornography-among-youth.pdf) “Research into pornography in a dozen countries found that boy who are exposed to pornography found it more difficult to form successful relationships when older, while they were more likely to have casual sexual intercourse.”

“Previous research has found that six in 10 boys in Britain under 16 have watched pornography, either accidentally or deliberately. The average amount of time they watch porn on the internet is 90 minutes a week.”

“Michael Flood, who carried out the study at the Australian Research centre in Sex, Health and Society, said: ‘There is compelling evidence from around the world that pornography has negative effects on individuals and communities.”

“Porn is a very poor sex educator because it shows sex in unrealistic ways and fails to address intimacy, love, connection or romance. Often it is quite callous and hostile in its depictions of women.”

“It doesn’t mean that every young person is going out to rape somebody, but it does increase the likelihood that will happen.”
“John Carr, secretary of the Children’s Charities' Coalition on Internet Safety (CHIS), told The Sunday Times: We had a case in west London where a boy in the first year of primary school was bringing pictures to school and was acting them out in the playground during the break. When they did a home visit the dad was downloading it and it was all over the house.”

“It is not an argument for banning it but it is an argument for find better ways to make it harder for kids to get hold of it.”

“Petra Boynton, a psychologist, added: Children are not necessarily looking at porn for gratification. They are doing so because they are bored and not supervised. Often when children look at more extreme porn it is done for bravado so they can laugh and say how disgusting it is.”

“Last month scientists at the University of Montreal set out to research the effects of pornography only to abandon their study because they were unable to find any 20-year-old men who had not been exposed to it. They did however find that yound boys first watched pornography when they were just 10.”


“A Time Magazine cover story reported that porn causes erectile dysfunction in young men whose minds have marinated in X-rated clips from the time they were teenagers.”

“Pornography trains the user to seek more extreme sexual experiences to receive the same satisfying flood of dopamine. It’s what researchers call the Coolidge effect—the prospect of a new sexual partner excites males (and sometimes females) so much that normal sexual activity becomes boring by comparison.”

“Aside from the neurological consequences, science has unpacked a plethora of sociological effects. Pornography negatively shapes romantic relationships; one study found that women in relationships with men who
use porn report being less happy than those with men who abstain. Research in a dozen countries showed that men who viewed pornography when they were boys were less likely to form healthy relationships and more likely to think sexual harassment was acceptable.”

“At the same time that researchers are unearthing porn’s tolls, Americans have grown more tolerant of it. According to an extensive study conducted by Barna Group, only half of US adults and one-third of teens and young adults thought pornography was “wrong.” Teens and young adults believe not recycling is more immoral than using porn. Barna found porn use is up among Christians, too. Some 41 percent of Christian men ages 13–24 and 23 percent of Christian men ages 25 and up said they “frequently” used porn. (The figures were 5 percent and 13 percent for Christian women in those age groups.)”


“One of the major forces preventing young people from obeying the call of God into vocational Christian service is defeat in the area of lust.” (John Piper, “Missions and Masturbation”, Desiring God, September 10, 1984, http://www.desiringgod.org/articles/missions-and-masturbation)


“Both girls and boys who watch pornography report earlier involvement in sexual activities than underage individuals who do not view pornography (Brown & L’Engle, 2009).” (John D. Foubert and Ana J. Bridges, “Predicting Bystander Efficacy and Willingness to Intervene in College Men and
“For boys, there is more violent behavior that results from watching pornography when compared with what girls learn. Underage boys who (illegally) watch pornography, particularly that which is more violent, report a higher likelihood of committing sexual harassment and sexual aggression, have more conduct problems in school, and have more legal trouble than boys who do not watch (Owens et al., 2012). This same effect is not evident in girls. Instead, studies of young women who view pornography have found they have stronger attitudes that support acceptance of rape and stronger beliefs that they should succumb to sexual violence when compared with young women who avoid pornography (Davis et al., 2006; Norris et al., 2004).” (John D. Foubert and Ana J. Bridges, “Predicting Bystander Efficacy and Willingness to Intervene in College Men and Women: The Role of Exposure to Varying Levels of Violence in Pornography”, Sage Publishing, 2016, http://media.wix.com/ugd/9e4c55_3005afc5635d414188270d248dc9bac4.pdf)

“Three separate studies that focused on adolescents and pornography use specifically found that for males and females there was a strong association between pornography consumption and engaging in oral and anal sex (Rogala & Tydén, 2003; Tydén & Rogala, 2004; Häggström & Nordin, et al, 2005) even though the majority of females described anal intercourse as a negative experience (Rogala & Tydén, 2003).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“For years, like since I was 11-years old, I have been looking at porn and masturbating. I just can’t resist it and I do it too much now. I wanna stop it now. I’m 15 years old and wanna stop it because I think it’s affecting my social life, relationships and school grades. How do I stop?” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“The result? That is what Pearson’s doctor friend deals with, the medical treatment of young girls who got treated like porn stars—brutally abused and coerced into things they didn’t want to do. ‘Young girls—children,
really—who abase themselves to pass for normal in a grim, pornified culture,’ says Pearson. ‘Another study of British teenagers found that most youngsters’ first experience of anal sex occurred within a relationship, but it was ‘rarely under circumstances of mutual exploration of sexual pleasure.’ Instead, it was the boys who pushed the girls to try it, with boys reporting that they felt ‘expected’ to take that role.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“To suppose that boys in general, even boys from good families, are not exposed to pornography in some form or another is naïve. [Headmaster of Private Secular School, October 13, 2014]…Porn is inescapable because it is immediately accessible. It is always just a click away, and hence it is everywhere.” (Sean Fitzpatrick, “Boys, Porn and Education”, Crisis Magazine, October 31, 2014, http://www.crisismagazine.com/2014/boys-porn-education)

“Your Brain on Porn”

“Inability to control use and use that interferes with one’s life are two cardinal signs of addiction. Priorities have shifted due to changes in the brain that we’ll look at later. In effect, life’s natural rewards, such as friendship, exercise and accomplishment, can no longer compete. Your brain now believes that IT – in this case internet porn use – is an important goal, and equates it with your survival.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p39)

“Adolescents wire together experiences and arousal much faster and more easily than young adults will just a few years later. The brain actually shrinks after age 12 as billions of nerve connections are pruned and reorganized. The use-it-or-lose-it principle governs which nerve connections survive.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)

“Watching porn could shrink a part of the brain linked to pleasure, according to a study from 2014. Researchers at the Max Planck Institute in Berlin looked at the brains of more than 60 men while they looked at pornographic images, and quizzed them on their porn-watching habits.”

“The found that the striatum, a part of the brain that makes up the reward system, was smaller in those who watched a lot of porn -meaning they
might require more graphic material to get aroused. But the researchers couldn’t conclude if respondents with smaller striatum’s were driven to watch more porn, or if their frequent porn-watching had caused it to shrink – although they ‘assume’ the latter is the case.” (Jessica Brown, BBC Future, September 26, 2017, “Is porn harmful? The evidence, the myths and the unknowns,” http://www.bbc.com/future/story/20170926-is-porn-harmful-the-evidence-the-myths-and-the-unknowns)

“Once new connections form, teen brains hold tightly to these associations. In fact, research shows that our most powerful and lasting memories arise from adolescence – along with our worst habits.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p87)

“For hundreds of years, young people have turned to sexually explicit materials to satisfy their curiosity about sexual bodies, how sex is performed, and to arouse themselves sexually.” (Brown, D., & Bryant, J. (1989). The manifest content of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 3-24). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“A few small studies of U.S adolescents’ exposure to sexually explicit magazines and movies in the 1980s found that even then exposure was almost universal by the end of high school. The average age of first exposure to Playboy was 11 years for males and 12 for females; by 15 years old, most had also seen an X-rated film. Appetite for sexually explicit media has been a primary driver for the success of the Internet.” (Bryant, J., & Brown, D. (1989). Uses of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 25-55). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“Much of the concern over increasing accessibility of explicit sexual content is based on the assumption that young people may develop unrealistic ideas about and/or undesirable patterns of sexual behavior from exposure.” (Nathan, D. (2007). Pornography. Toronto, Canada: Groundwork Books)(Jane D. Brown, Kelly L. L’Engle,
“X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract

“Sexual socialization theory suggests that frequent exposure to consistent themes about gender and sexual behavior can affect a young person’s developing sense of what is expected sexually for males and females and may affect subsequent behavior as well. Although only recently applied to sexual content, the cognitive information-processing model helps explain how exposure to sexually explicit media may affect young people’s attitudes and behavior.” (Aubrey, J., Harrison, K., Kramer, L., & Yellin, J. (2003). Variety vs. timing: Gender differences in college students’ sexual expectations as predicted by exposure to sexually oriented television. Communication Research, 30(4), 432-460) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“…53% of males reported sexually explicit media use, while only 28% of females did … both male and female adolescents who had engaged in oral sex and sexual intercourse were much more likely to be using sexually explicit media than teens who had never engaged in these sexual behaviors.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)
“For males, exposure to sexually explicit media in early adolescence (12 to 14 years old) was related to more permissive sexual norms, more frequent sexual harassment, and having had oral sex and intercourse by middle adolescence (14 to 16 years old).” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“One of the most troubling findings in this study is that exposure was related to not only early oral sex and sexual intercourse for both males and females but also perpetration of sexual harassment by adolescent males.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“By the age of 18, for instance, 39% of boys and 23% of girls have seen acts of sex involving bondage online.” (Chiara Sabina, Janis Wolak, and David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”

“Porn has lasting consequences that will not only impact them but their future relationships as well, with consequences (Dolf Zillmann, “Influence of unrestrained access to erotica on adolescents’ and young adults’ dispositions toward sexuality,”Journal of Adolescent Health 27 (Aug. 2000): 41-44.) including:

- “A belief that promiscuity is the natural state.”
- “A belief that marriage is sexually confining.”
- “The abandonment of hope of sexual monogamy.”
- “A belief that sexual inactivity and abstinence are unhealthy.”
- “Diminished trust between intimate couples.”

(Julia Feeser, YouthWorker, “We Have To Talk About Porn”, Site Accessed February 21, 2018, https://www.youthworker.com/articles/we-have-to-talk-about-porn/)

“What are the effects of pornography in children and teens?”

“Research has associated the following outcomes with the use of pornography by children and teens.”

- “An exaggerated perception of sexual activity in society… the belief that ‘everyone’s doing it’ and “this must be normal.”
- “The abandonment of the hope of remaining sexually monogamous.”
• “Belief that sexual promiscuity is natural and normal.”
• “Belief that sexual abstinence and sexual inactivity are abnormal and unhealthy.”
• “Belief that marriage is sexually confining.”
• “A lack of attraction to family and child-rearing.”
• “Negative and/or traumatic emotional responses.”
• “Earlier onset of first sexual intercourse.”
• “The commodification of sex and the sexual objectification of persons.”
• “Increased acceptance of sexual perversions (bestiality, group sex, bondage, etc.) as normal.”
• “Belief that all women should act and be treated as porn stars, including screaming in ecstasy when touched by a man, and willingly receiving/enjoying aggressive and violent sexual perversions.”

#13 SEXUAL AGGRESSION AND PORN

“Many porn viewers find themselves getting aroused by things that used to disgust them or things that they might have previously considered to be inappropriate or unethical. As viewers consume more extreme and dangerous sex acts, they gradually begin to feel that those behaviors are more common and acceptable than they really are.”

(Site accessed 8.2.17; Article updated May 4, 2017, http://fightthenewdrug.org/how-porn-affects-your-sexual-tastes/)

“Once consumers start viewing extreme and dangerous sex acts, things that they thought were disgusting or shameful can start to seem normal, acceptable, and more common than they really are. [14] One study found that people exposed to significant amounts of porn thought things like sex with animals and violent sex were twice as common as what those not exposed to porn thought. [15] And when people believe a behavior is normal, they’re more likely to try it.” [16]

“Research has also found that watching pornography affects attitudes and beliefs toward sex, women, and relationships.[17] Porn consumers are more likely to express attitudes supporting violence against women, [18] and studies have shown a strong correlation between men’s porn consumption and their likelihood to victimize women. [19] In fact, a 2015 peer-reviewed research study that analyzed 22 different studies from 7 different countries concluded that there is “little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes [supporting] sexual aggression and engage in actual acts of sexual aggression.” [20] (See How Watching Porn Can Lead to Violence.)”

“Obviously not everyone who looks at porn is going to turn into a rapist, but the reality is that even casual pornography consumption has the power to change ideas and attitudes. [21]"


“How Porn Kills Love”

“In porn, finding a “partner” is effortless. He or she is always ready, willing, and longing for your attention. This partner has nothing else to do with their time but wait for the consumer, breathless and perpetually aroused. He or she is young, attractive, sexually adventurous, and anxious to please. This partner will never get bored or annoyed, never have an “off” day or need a listening ear. In fact, all he or she will ever want is wild, ecstatic orgasms that look real! And if this porn-partner ever fails to keep the consumer entertained, they can simply be exchanged with the click of a computer mouse.”A

“…limitless novelty, on-demand accessibility, and easy escalation to more extreme material…”

“…In porn, mistakes are edited out and flaws are Photoshopped away.”

“Regardless of how a consumer’s romantic relationship is being impacted by porn, as human beings, we interact with different people daily, in a number of ways. One of the dangers of porn is that it can distort the way a consumer sees people, causing him or her to see friends, family members, coworkers, or strangers on the street only as a sum of body parts, discarding their humanity. B Essentially, porn tells consumers that people are objects with the sole purpose of providing sexual satisfaction, and that’s unhealthy for relationships, romantic or otherwise.”C

“Not long ago, Princeton psychologists performed a study showing a group of men pictures of men and women, some barely clothed and some not. The psychologists monitored their medial prefrontal cortex (mPFC), which is involved in recognizing human faces and distinguishing one person from another. For the most part, the mPFC was activated with each picture. However, when the subjects of the study were shown the pictures of scantily clothed people, it was not activated. D Basically, the automatic reaction in their brains suggested that they didn’t perceive the sexualized people as fully human. Just as a body, a sum of parts.”
“Obviously, porn is not the best representation of how real men and women look or how real sex and intimacy work in a real-life relationship. And yet, whether they realize it or not, porn consumers are affected by the portrayals they see in porn even after the browser window is closed.”

“As a porn consumer finds himself or herself further down this cycle, an isolating porn habit can lead consumers to skip out on interacting with friends, trying new hobbies or participating in old ones, and ultimately connecting with the people in their lives. This is all because consumers’ brains have become so reliant on porn that it can start to make them think they will be happier watching porn than participating in those real-life experiences.”

“I can see beauty in so many different forms now... real forms. I'm back at composing music, studying, my grades have boosted, have way more energy... I take more care of myself, exercise... When I meet a girl now, sex is not my goal. There's no goal. The present is the only goal, so a cool conversation, or maybe just a flirty smile can make my day.”

23 YEAR OLD MALE AFTER 2 MONTHS OF QUITTING PORN CONSUMPTION


Dr. Neil Malamuth, a social psychologist at UCLA, conducted a classic study connecting pornography and sexual violence. Dr. Malamuth found for men who are at high risk for committing sexual violence, violent pornography activates something evil within them. Two characteristics of men that are strongly associated with committing sexual assault are hostile masculinity and a preference for impersonal sex. For men with hostile masculinity and a preference for impersonal sex, pornography exposure can trigger their aggressive response. Unlike other men, these high-risk men see sexually violent media and are then motivated to be sexually aggressive, and sometimes, commit rape. (Malamuth N. (1981). Rape fantasies as a function of exposure to violent-sexual stimuli. Archives of Sexual Behavior, 10, 33-47.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“So in the last two decades, we have conducted a vast experiment on the social consequences of such material. If the supporters of censorship were right, we should be seeing an unparalleled epidemic of sexual assault. But all the evidence indicates they were wrong. As raunch has waxed, rape has waned.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)
“This study showed that men who viewed pornography, particularly rape and sadomasochistic pornography, report a greater likelihood of raping, committing sexual assault, higher rape myth acceptance, lower willingness to intervene in a sexual assault situation, and lower efficacy to intervene in a sexual assault situation.” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“In recent years, porn has been accused of becoming increasingly violent. A veteran porn star said in a recent documentary about porn that, in the 1990s, it constituted ‘making love on a bed,’ and having ‘lovey dovey sex.’ But in 2010, researchers analyzed more than 300 porn scenes and found that 88% contained physical aggression. Most of the perpetrators were male, and their targets female, and the latter’s most common response to aggression was to show pleasure or respond neutrally.”

“Neil Malamuth at the University of California, Los Angeles has carried out numerous studies examining porn and sexual violence, including one involving 300 men, and concluded that men who are already sexually aggressive and consume a lot of sexually aggressive pornography are more likely to commit a sexually aggressive act. But he argues that porn isn’t the cause of sexual violence. In 2013, he told BBC Radio 4 that porn consumption can be compared to alcohol, suggesting that it isn’t inherently dangerous, but can be for those who have other risk factors.” (Jessica Brown, BBC Future, September 26, 2017, “Is porn harmful? The evidence, the myths and the unknowns,” http://www.bbc.com/future/story/20170926-is-porn-harmful-the-evidence-the-myths-and-the-unknowns)

“Watching pornography also conditioned participants to trivialize rape. Participants were asked to read about a legal case where a man raped a female hitchhiker and then recommend a length for the rapist’s prison sentence. Males in the No Exposure Group said 94 months; the Massive Exposure Group cut this by nearly half, recommending only 50 months.” (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, http://www.covenanteyes.com/brain-ebook/)

“Once consumers start viewing extreme and dangerous sex acts, things that they thought were disgusting or shameful can start to seem normal,
acceptable, and more common than they really are. [14] One study found that people exposed to significant amounts of porn thought things like sex with animals and violent sex were twice as common as what those not exposed to porn thought. [15] And when people believe a behavior is normal, they’re more likely to try it.” [16]

“A 2015 peer-reviewed research study that analyzed 22 different studies from 7 different countries concluded that there is “little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes [supporting] sexual aggression and engage in actual acts of sexual aggression.” [20]

(Site accessed 8.2.17; Article updated May 4, 2017, http://fightthenewdrug.org/how-porn-affects-your-sexual-tastes/)


“Over the past few decades, experimental and correlational research has focused on variables associated with pornography exposure. The most prominent of these is sexual aggression. In their review of more than 50 experimental studies and meta-analyses, Malamuth, Addison, and Koss (2000) conclude pornography exposure has a causal but complicated relationship with aggressive behavior; the link between pornography and sexual aggression is much stronger in men with predisposing risk factors such as high rape myth acceptance and low empathy. The associations between pornography and sexual aggression are also present in women. In
experimental studies with women, violent pornography exposure, especially in combination with alcohol intoxication, is associated with increased ratings of blame for rape victims, decreased assignment of responsibility to male sexual assault perpetrators, and the belief that victims should accept sexual victimization (Davis, Norris, George, Martell, & Heiman, 2006; Norris, Davis, George, Martell, & Heiman, 2004). Moreover, both men’s and women’s use of pornography has been associated with a decreased self-reported likelihood that they will intervene to prevent sexual assault (Brosi, Foubert, Bannon, & Yandell, 2011; Foubert, Brosi, & Bannon, 2011). Taken together, results support decades-old assertions that pornographic media contribute to a culture of sexual callousness, especially toward violence against women (Zillmann & Bryant, 1982).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“…boys’ use of violent pornography is correlated with histories of more severe levels of sexually aggressive behavior, more conduct problems, more juvenile delinquency, and higher levels of depression than boys who avoid violent pornography (Owens et al., 2012).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“If in fact pornographic media create a cultural climate that permits violence against women (Krafka et al., 1997), then perhaps reducing pornography use would help reduce the acceptability of sexual violence against women, just as experimental evidence suggests reducing use increases commitment to a romantic partner (Lambert, Negash, Stillman, Olmstead, & Fincham, 2012).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“Notably, research has shown when women in popular mainstream pornographic movies experience physical aggression by a male, 95% of the time they respond with either a response of pleasure or no response at all. Today’s mainstream pornography reinforces the
notion that violence against women in sexual situations is acceptable and the belief that women enjoy the violence (Bridges et al., 2010).” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

“The script of mainstream pornography is one of men being violent toward women. How do we know? The leading researcher about the content of today’s pornography is Dr. Ana Bridges, a professor of psychology at the University of Arkansas. Dr. Bridges is an author of one of the most prominent studies of pornography ever undertaken. She and her research team purchased the most popular pornography videos in the mid 2000’s. They methodically watched each one, coding the behavior that occurred in every scene of every movie. They found critically important implications for our understanding of pornography.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Each pornography movie had several scenes – perhaps a dozen or more. In 88% of the scenes – not just the movies, but the scenes in these movies, there was verbal or physical aggression, usually toward a woman. What is even more interesting is the result of this violence, as scripted by the pornography industry. When there is aggressive talk or behavior toward someone in porn, 95% of the time, the target expresses pleasure or has no response at all. This teaches viewers that people enjoy being hit. It also teaches viewers that if they are hit during a sexual encounter, they should like it, or at least not object. Think about how an 11-year-old boy, or girl, would interpret what they see. If a woman is hit, she likes it. Pornography teaches boys to hit girls, and shows girls that they should like it. That is why pornography is a recipe for sexual violence.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Director of the Psychopathology program at the University of Pennsylvania, Dr. Mary Anne Layden, she noted that critics of the
pornography research say things like “well these are correlational studies and correlation does not imply causality.” Her response to this criticism is telling.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Oh dear, I guess you don’t actually believe that cigarette smoking causes cancer since all that research is correlational and we don’t have any experimental studies on cigarette smoking! So I guess you tell your children go ahead and smoke cigarettes because we don’t have anything that says cigarettes causes cancer or all the other things they cause. So if you do think cigarettes cause cancer, are you aware that there are only correlational studies, that it would be unethical to do experimental studies with cigarettes. Like we got 2 groups of 3rd graders and we are going to make one group smoke and one not and see how long it takes to kill them? We won’t be doing that! Or you don’t actually believe that drunk driving causes accidents, because all of that research is correlational as well.” (John D. Foubert, “How Pornography Harms, Life Rich Publishing, 2017, https://www.amazon.com/How-Pornography-Harms-John-Foubert/dp/148971023X)

“The types of sexual violence committed by high risk boys was studied by a team of researchers including Dr. Eileen Alexy and Dr. Ann Burgess from Boston College and Dr. Robert Prentky from Farleigh Dickinson University. They studied children and adolescents who have a predisposition to sexually aggressive behavior. The researchers found that children and adolescents predisposed to sexual aggression who also use pornography are more likely to commit rape and are also more likely to have sex with animals than are similar juveniles who were not pornography consumers. Pornography consumers were also more likely to commit theft and arson.” (Alexy, E. M., Burgess, A. W., & Prentky, R. A. (2009). Pornography use as a risk marker for an aggressive pattern of behavior among sexually reactive children and adolescents. Journal of the American Psychiatric Nurses Association, 42, 442–453.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“…frequent pornography use by itself is not a singular, direct cause for sexual assault. However, if a man has other risk factors for committing sexual violence, for example hostile masculinity or a preference for

“This is part of a broad decrease in criminal mayhem. Since 1993, violent crime in America has dropped by 58 percent. But the progress in this one realm has been especially dramatic. Rape is down 72 percent and other sexual assaults have fallen by 68 percent. Even in the last two years, when the FBI reported upticks in violent crime, the number of rapes continued to fall.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)

“Nor can the decline be dismissed as the result of underreporting. Many sexual assaults do go unreported, but there is no reason to think there is less reporting today than in the past. In fact, given everything that has been done to educate people about the problem and to prosecute offenders, victims are probably more willing to come forward than they used to be.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)

“No one would say the current level of violence against women is acceptable. But the enormous progress in recent years is one of the most gratifying successes imaginable.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)


“In a paper presented at Stanford Law School last year, he reported that, after adjusting for other differences, states where Internet access expanded the fastest saw rape decline the most. A 10 percent increase in Internet access, Kendall found, typically meant a 7.3 percent reduction in the number of reported rapes. For other types of crime, he found no correlation with Web use. What this research
suggests is that sexual urges play a big role in the incidence of rape - - and that pornographic Web sites provide a harmless way for potential predators to satisfy those desires.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)

“That, of course, is only a theory, and the evidence he cites is not conclusive. States that were quicker to adopt the Internet may be different in ways that also serve to prevent rape. It's not hard to think of other explanations why sexual assaults have diminished so rapidly -- such as DNA analysis, which has been an invaluable tool in catching and convicting offenders.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)

“Changing social attitudes doubtless have also played a role. Both young men and young women are more aware today of the boundaries between consensual and coercive sex. Kim Gandy, president of the National Organization for Women, thinks the credit for progress against rape should go to federal funding under the Violence Against Women Act and to education efforts stressing that ‘no means no.”’ (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)

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“One study of Australian men found no relationship between men’s frequency of viewing pornography and their attitudes toward women (McKee, 2007). Instead of choosing established and available measures of the attitudes toward women construct, the researcher used a self designed survey where only 7% of respondents replied by
mail. The definition of attitudes toward women used related to many political issues that may not be relevant to what are commonly conceptualized in the literature as attitudes toward women (McKee, 2007). Early nonexperimental studies suggested that there might not be an association between pornography and rape supportive attitudes. For example two meta-analyses (Allen, D'Alessio, & Brezgel, 1995; Allen, Emmers, Gebhardt, & Giery, 1995) yielded findings of no association between pornography and rape supportive attitudes. However, these findings were conclusively reversed by a recent meta analysis that clarified that there is, in fact, a strong link between these variables when one takes into account the manner in which pornography is defined and moderating variables are taken into consideration (Hald, Malamuth, & Yuen, 2010). In addition, the same study found that pornography consumption was particularly inducing of violence for men who showed risk for committing sexual aggression. The recent highlighting of moderator variables emphasizes that pornography may not impact every viewer in the same way; rather, some men may experience greater impacts than others (Kingston, Malmuth, Fedoroff, & Marshall, 2009).” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“Researchers assessing the most popular pornography videos today found that 88% of the scenes included physical aggression toward women such as spanking, open-hand slapping, hair pulling, choking, and bondage. Among the most recent trends in 41% of the most popular mainstream pornography movies today are scenes in which a man puts his penis in a woman’s anus followed immediately by placing it in her mouth so that she can taste her own excrement, known as ass to mouth or ATM (Bridges, Wosnitzer, Scharrer, Sun, & Liberman, 2010). Another tactic of increasing popularity involves scenes of shoving a penis so forcefully down a woman’s throat that it causes gagging and vomiting (Malarek, 2009). Does watching this level of violence in pornography have any effect on men’s attitudes or behavior?” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“Sexual Assault Bystander Intervention Bystander behavior has been the topic of much research in the area of sexual assault prevention during the last decade (Banyard, Moynihan, & Plante, 2007; Banyard, Plante, & Moynihan, 2004; Foubert, LanghinrichsenRohling, Brasfield, & Hill, 2010; Katz, 2006). Researchers who study bystander intervention have explored the factors that lead people to intervene to help others who are in distress, rather than stand by and ignore and/or otherwise not act (Banyard, Plante, & Moynihan). Several factors have been shown to increase the likelihood people will intervene as bystanders. These include being aware of a situation in which someone is being victimized, making a prior commitment to help, having a sense of partial responsibility for helping, believing that the victim has not caused the situation to occur, having a sense of self-efficacy in possessing the skills to do something, and having seen others modeling such pro-social behavior (Latane & Darley, 1968; Banyard, Plante, & Moynihan).” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, [https://works.bepress.com/john_foubert/8/](https://works.bepress.com/john_foubert/8/)

“Of the 304 scenes analyzed, 88.2% contained physical aggression, principally spanking, gagging, and slapping, while 48.7% of scenes contained verbal aggression, primarily name–calling. Perpetrators of aggression were usually male, whereas targets of aggression were overwhelmingly female.” ([24] Ana Bridges, et al., “Violence Against Women,” Sage 16, no. 10 (October 2010): 1065–1085. This current study analyzes the content of popular pornographic videos with the objectives of updating depictions of aggression, degradation, and sexual practices and comparing the study’s results to previous content analysis studies. Findings indicate high levels of aggression in pornography in both verbal and physical forms.) (“Pornography”, Enough is Enough, Accessed 3.20.2017, [http://www.enough.org/stats_porn_industry](http://www.enough.org/stats_porn_industry))


“The result? That is what Pearson’s doctor friend deals with, the medical treatment of young girls who got treated like porn stars—brutally abused and coerced into things they didn’t want to do. ‘Young girls—children, really—who abase themselves to pass for normal in a grim, pornified culture,’ says Pearson. ‘Another study of British teenagers found that most youngsters’ first experience of anal sex occurred within a relationship, but it
was ‘rarely under circumstances of mutual exploration of sexual pleasure.’ Instead, it was the boys who pushed the girls to try it, with boys reporting that they felt ‘expected’ to take that role.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“One of the most troubling findings in this study is that exposure was related to not only early oral sex and sexual intercourse for both males and females but also perpetration of sexual harassment by adolescent males.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“A massive analysis spanning seven countries has found that people who view pornography are more likely to be physically or verbally aggressive than those who do not.” (Ben Johnson, “Porn viewers more likely to rape, sexually harass, use threats to ‘obtain sex’: massive study”, Life Site News, January 7, 2016, https://www.lifesitenews.com/news/pornography-viewers-more-likely-to-be-sexually-aggressive-study-finds)

“Consumption of pornography was associated with an increased likelihood of committing actual acts of sexual aggression,’ according to the report, which was published in the Journal of Communication on December 29.” (Ben Johnson, “Porn viewers more likely to rape, sexually harass, use threats to ‘obtain sex’: massive study”, Life Site News, January 7, 2016, https://www.lifesitenews.com/news/pornography-viewers-more-likely-to-be-sexually-aggressive-study-finds)

“Leading sexual violence researchers Neil Malamuth, Ed Donnerstein, and Dolf Zillman state that, in general, ‘Pornography desensitizes. Exposure to these materials, whether violent or nonviolent, coercive or noncoercive, experimentally increases male aggressive behavior against women, and decreases both male and female sensitivity to rape and the plight of the rape victim. Both males and females, after viewing this material, judge the female rape victim to be less injured, less worthy, and more responsible for her own plight.’” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“High risk factors that were taken into consideration for this study included impulsivity, hostility toward women, and promiscuity. Youth who had the same risk levels of aggressive behavior, but who consumed pornography ‘somewhat,’ ‘seldom,’ or ‘never’ did not show the same levels of sexual aggression.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A
“While correlation does not prove causation, and it therefore cannot be concluded from these studies that it was the consumption of the pornography that was responsible for the males' higher acceptance of violence against women, their findings are consistent with a theory that a causal connection exists.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreq.spkrs/wcf.reg.uk.carmouche.htm)

“Bridges, Wosnitzer, Scharrer, Sun, and Liberman (2010) found that violence against women is now commonplace in today’s most popular pornography films. When adolescents view this combination of violence and sex, they may develop sexual scripts that infuse the two (Wright, 2011).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“Rape Proclivity”


“Psychoticism exacerbates the influence of pornography on men’s rape proclivity. Psychotic men are strongly affected, whereas men with minimal psychotic inclination are not.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Pornography is dangerous because it is becoming a new ideology of sex, in which women are objects to be abused and consumed and men are sexual aggressors, using the girls and women to physically extract as much so-called ‘pleasure’ as possible.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“…repeatedly told the Panel of the changes that they are witnessing in terms of body image, sexual behaviour and relationship difficulties. Overuse of pornographic material has been shown to desensitise children and young people to violent or sexually aggressive acts, diminish sympathy for victims of sexual assault and reduce children’s own inhibitions, making them more vulnerable to abuse and exploitation. Moreover, a vicious circle of behaviour can develop where exposure to porn leads to early sexual involvement and an increased consumption of sexual media.” (NSPCC written submission to the Parliamentary Inquiry) ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)
#14 RELATIONSHIPS AND PORN

“When pornography use becomes excessive, romantic relationships can suffer. Destin Stewart, PhD, and Dawn Szymanski, PhD, at the University of Tennessee, Knoxville, surveyed female college students and found that those who perceived their boyfriends’ porn use to be problematic experienced lower self-esteem, poorer relationship quality and lower sexual satisfaction (Sex Roles, 2012).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Abstract: A brief survey was completed by 91 women and 3 men, aged 24-27, who had experienced serious adverse consequences of their partner’s cybersex involvement. In 60.6% of cases the sexual activities were limited to cybersex and did not include offline sex. Although not specifically asked about this, 31% of partners volunteered that the cybersex activities were a continuation of pre-existing compulsive sexual behaviors. Open-ended questions yielded the following conclusions:

1. “In response to learning about their partner’s online sexual activities, the survey respondents felt hurt, betrayal, rejection, abandonment, devastation, loneliness, shame, isolation, humiliation, jealousy, and anger, as well as loss of self-esteem. Being lied to repeatedly was a major cause of distress.”
2. “Cybersex addiction was a major contributing factor to separation and divorce of couples in this survey: 22.3% of the respondents were separated or divorced, and several others were seriously contemplating leaving.”
3. “Among 68% of the couples one or both had lost interest in relational sex: 52.1% of addicts had decreased interest in sex with spouse, as did 34% of partners. Some couples had had no relational sex in months or years.”
4. “Partners compared themselves unfavorably with the online women (or men) and pictures, and felt hopeless about being able to compete with them.”
5. “Partners overwhelmingly felt that cyber affairs were as emotionally painful to them as live or offline affairs, and many believed that virtual affairs were just as much adultery or ‘cheating’ as live affairs.”

6. “Adverse effects on the children included (1) exposure to cyberporn and to objectification of women, (2) involvement in parental conflicts, (3) lack of attention because of one parent’s involvement with the computer and the other parent’s preoccupation with the cybersex addict, (4) breakup of the marriage.”

7. “In response to their spouses’ cybersex addiction, partners went through a sequence of pre-recovery phases which consisted of a) ignorance/denial, b) shock/discovery of cybersex activities, and c) problem-solving attempts. When their attempts failed and they realized how unmanageable their lives had become, they entered the crisis stage and began their own recovery.”

“Most SOs described some combination of devastation, hurt, betrayal, loss of self-esteem, mistrust, suspicion, fear, and a lack of intimacy in their relationship. Other responses were: extreme anger or rage, and two became physically abusive to their husbands; feeling sexually inadequate or feeling unattractive and even ugly; doubting one’s judgement and even sanity; severe depression, and, in two cases hospitalization for suicidality.”

“He put the porn and masturbation as a priority to sexual relations with me. I felt totally degraded, not much of a woman, not ‘good enough’ for him. I felt betrayed, that he conned me into marrying him. He knew his actions were destroying our marriage, yet he lied to me continually. After I moved out, he swore to me that he would never ‘do porn again,’ only to continue it within a week of my returning. Without a doubt, the lies have been the worst. The second worst was seeing it happen. [41 year old woman, still married]”

“This behavior has left me feeling alone, isolated, rejected, and less than. Masturbation hangs a sign on the door that says ‘You are not needed, I can take care of myself, thank you very much.’ I have threatened, manipulated, tried to control, cried, gave him the cold shoulder, yelled, tried to be understanding, and even tried to ignore it.
Denial and codependence are my character defects. [55 year old woman, married 36 years]"

“Trust was a major casualty of the secrecy of cybersex addiction. Many SOs felt that this was at least as harmful to the relationship as the sexual activities themselves. Partners reported losing all trust in their mate and in anything he/she told them. Many reported that despite the addict’s promises, ‘behavior has continued, but he has learned to be much more secretive about it.’ With each discovery, trust is further eroded. ‘Every time I walk into our ‘office’ area, I am fearful of what might appear on the screen.’ A common theme was, ‘The lies he told me concerning his whereabouts, while he looked me straight in the eye, have hurt worse than his having sex with them.’”

“A 34-year old woman who had learned of her husband’s cybersex involvement only weeks earlier, described the effects on the couple’s sexual relationship:

“I realize now that many of the things he most liked and requested when we made love were re-creations of downloaded images. He is unable to be intimate, he objectifies me, he objectifies women and girls on the streets, he fantasizes when we’re together. I feel humiliated, used, and betrayed, as well as lied to and misled. It’s almost impossible for me to let him touch me without feeling really yucky and/or crying. I tried to continue being sexual with him initially (and in fact, being ‘more’ sexual, trying to fix it by being sexier, better than the porn girls), and I couldn’t do it. We have now been consensually abstinent for 3 weeks.”

“Two-thirds of respondents (68.1%) described sexual problems in the couple relationship, which were generally related to the cybersex addict’s sexual activities. In some cases these problems had resulted in decreased interest by the cybersex user in relational sex. In others it was the SO who had lost interest, and in some cases both partners had a decreased interest.”
“When asked about the effect of cybersex on their sexual relationship, fully half of the 94 respondents (49, or 52.1%) said that their husbands were not interested, or hardly interested in sex with them.”

“Cybersex addict alone has lost interest in couple sex. Thirty-two respondents (34%) reported that although they still wanted a sexual relationship, the cybersex addict had withdrawn his sexual (and general) attention from the partner and family and devoted his (or her) time and energy instead to computer sex. Recurrent themes here were:

- “The partner felt hurt, angry, sexually rejected, inadequate, and unable to compete with cyberimages and sexy online women (or men) who were willing to do anything.”
- “The addict made excuses to avoid sex with partner (not in the mood, too tired, working too hard, has already climaxed and doesn’t want sex, the children might hear, his back hurts too much).”
- “During relational sex, the addict appeared distant, emotionally detached, and interested only in his/her own pleasure.”
- “The partner ended up doing most or all of the initiating, either to get her/his own needs met, or else in an attempt to get the addict to decrease the online activities.”
- “The addict blamed the partner for their sexual problems.”
- “The addict wanted the partner to participate in sexual activities which she/he found objectionable.”


“Currently we have sex once every three months, usually only after I blow my stack and I suppose he feels obligated. Although I know that I am bright and attractive, emotionally I feel ugly, worthless, and unwanted by him or anybody else. For me the issue has not been the difference between him having email sex or actual physical contact, it is that someone else is receiving his attention and I am not. I do many mental gymnastics in order to cope with this. In order to prevent
becoming irritated with my partner because he rejects my sexual advances, I masturbate daily with the hope that it will prevent me from becoming ‘horny.’ Sometimes it works. I would not care at all if he masturbated online with a host of others, as long as I was an active part of his sex life. [33 year old gay male]”

“Since my husband was living in a fantasy world of internet porn, I was the only one who initiated sex. I thought if I didn’t we would never have sex and this would cause him to go elsewhere. He would respond but always seemed to be in another world during sex. When confronted with why he was not interested in sex, he said that ‘it was not as important to him as it is to other men.’ [28 year old woman, married 8 years]”

“He’s not interested in sex with me and blames me. He told me it’s his way or no way. He wanted me to participate with him on the net. He is up all night on the net and then is tired and unavailable. I feel like I’m making love to a corpse – he doesn’t really participate. [34 year old woman, married 10 years]”

“Partner increases sexual activities to combat the problem. Some partners attempted a sexual solution to the cybersex addiction problem, typically either increasing the frequency of sexual activities with the addict, or else joining with the addict in his preferred activities:

“I tried to initiate a variety of things I have seen in Penthouse. I feel ashamed of the things I’ve suggested, which I thought would change his behavior. I have to remind myself every day that that wasn’t my normal behavior, and am trying to forgive myself. It’s extremely difficult. [39 year old woman, married 8 years, now divorced]”

“My husband is a minister who was stationed overseas for a year. We chatted daily, but never sexually. Then I learned about his cybersex activities, and felt cheated. Why wouldn’t he ask me to have cybersex? I wasn’t comfortable with this, but I thought I could ‘rescue’
him. So we began a cybersex relationship. But much to my horror, he never quit with all the anonymous partners. So he lumped me together with all the online whores. When he returned, he continued his cybersex even though we were reunited. [34 year old woman, still in a long-term marriage]"

“What’s the big deal about online sex? This is the most common question that is asked by persons who focus on the absence of skin-to-skin contact during cybersex activities, and cannot understand why marriages actually break up over this issue.” (Jennifer P. Schneider, “Effects of cybersex addiction on the family: Results of a survey”, site accessed 9.21.17, http://www.jenniferschneider.com/articles/cybersex_family.html)

“Concern about escalation. Tolerance – the need to do more to get the same results – is a common feature of addictive disorders. Online viewing which begins as harmless recreation can become an all-consuming activity, and it can also lead to real sexual encounters, either with sexual partners met online, or escalation of the sex addiction in general. Even when the sex involves only the computer, there is often escalation of conflict in the relationship.”

“It’s still cheating/a mental affair/adultery because it involves lying, and emotional unavailability. Thirty respondents explained why they consider online sex activities the same as adultery. The most important reasons were

1. “Having interactive sex with another person is adultery, whether or not they have skin-to-skin contact.”

2. “Cybersex results in lying, hiding one’s activities, and covering up, and the lies are often the most painful part of an affair.”

3. “The spouse feels betrayed, devalued, deceived, ‘less than,’ abandoned ---same as with a real affair.”

4. “Cybersex takes away from the sexual relationship of the couple. As one woman wrote, ‘I may not be getting a disease from him, but I’m not getting anything else either!’"
5. “A real-life person cannot compete with fantasy. The cybersex addict loses interest in his spouse because he has ‘ideal’ relationships where there is no hassle.”

6. “Cybersex takes the addict away from his partner – in terms of time and emotions. It results in emotional detachment from the marriage. ‘I care more about what is going on in my mate’s mind than any physical action!’ wrote one wife.”

“The addict is using sexual energy that should be used with his wife/partner. The person on the other end of that computer is live and is participating in a sexual activity. It is one thing to masturbate to a 2-dimensional image in a magazine. But to engage in an interactive sexual encounter in real time means that you are being sexual with another person. I believe that is cheating.”

“He did have affairs, although not physically. He had affairs of the mind and that to me is as much a violation as if he actually had a physical affair with someone. Due to my religious beliefs, he committed adultery just the same as if he had another partner. Moreover, in one sense I feel that having an affair of the mind is worse than having an actual partner: My husband can, at any time, have an ‘affair’ without leaving the house or seeing another human being. [woman, 39, married 14 years]”

“Effect on self-esteem. The reason some respondents gave for why cybersex is so destructive is the adverse effect on their self-esteem.”

“True, you don’t have the risk of the diseases, but it is still an emotional thing. It’s hard to think that the sex addict wants to do it without the actual touch—how can it be better for them? Especially since they have to do all the work themselves!! Plus, when the sex addict is with you, they are not really there emotionally. They are thinking about and picturing the ‘others’ that they were with, what they were saying to them, etc. So: the sex addict is getting off on
something that has nothing to do with you. It really hurts your self-esteem, and most of us don’t have a very good self-esteem as it is.
[37-year old woman, married 17 years”]

“I can’t compete with fantasy/can’t measure up/comparison with. Cybersex taps into partners’ deepest insecurities about their ability to measure up. The need to compete with interactive sex online pressures them into unwanted sexual activities. “Sex with the fantasy leaves practically nothing left to be desired when compared with the all too human and flawed spouse,’ explained one woman.”

“Another wondered, ‘When he closes his eyes when we are together, what is he thinking of? The babe on the screen? Is he happy with my body? Is he grossed out?’

“He does not have an actual human mistress from the internet, but the internet pornography is the ‘mistress’ that is coming between us. The idealized images of perfect women make me feel inadequate. Conversely, the kinky and perverted behaviors shown all over the internet fuel his beliefs and give him ammunition to say that I am the ‘weird one’ for not wanting anal sex – ‘See all of the women out there on the internet who are just crazy about it!’ [31 year old woman married 3 years]”

“On the internet it is possible to find groups of people who are interested in all kinds of unusual or even deviant sexual practices. Interacting with these people desensitizes the user to these activities and ‘normalizes’ them. Some cybersex users eventually come to blame their partners for being unwilling to engage in these behaviors.”

“It has adversely affected our relationship. Some SOs focused not on the adultery aspect of cybersex, but rather on the overall effect on the couple relationship:

“What’s the fuss? I tell them that not everyone who looks at pornography is an addict, that some are merely curious. But when the addict never admits to viewing pornography, when he goes to great
lengths to hide it, when he lies about his whereabouts and what he’s doing, when he lies about his use of pornography to the marriage counselor he’s agreed to go to because he wants to save his marriage, that’s when it becomes a problem. I tell them I knew something was wrong in our intimate relationship and I always wondered who he was making love to, because it never was me. [39-year old woman, divorced after an 8-year marriage].”

“Partners who have experienced both. Several partners who had dealt with both cyberaffairs and live affairs said they hurt the same:

“They should try it for themselves one time, and see how it feels to be less important to their partner than a picture on a computer screen! They should see what it feels like to lie in bed and know their partner is on the computer and what he is doing with it. It’s not going to do much for the self-esteem. My husband has actually cheated on me and it FEELS NO DIFFERENT. The online ‘safe’ cheating has just as dirty, filthy, a feel to it as does the ‘real-life’ cheating. [38-year old woman, married 18 year]” (Jennifer P. Schneider, “Effects of cybersex addiction on the family: Results of a survey”, site accessed 9.21.17, http://www.jenniferschneider.com/articles/cybersex_family.html)

“Men’s pornography viewing has been shown to be associated with unhealthy, less stable relationships. The bulk of these effects center around disconnecting intimacy and intercourse, whereby emotional attachment is separated from sexual behavior. For example, viewing pornography has been associated with (a) a decrease of interest in relational sexual intimacy (Bergner & Bridges, 2002; Schneider, 2000); (b) an increase in egocentric sexual practices aimed at personal pleasure and with little regard to the pleasure of the engaging partner (Manning, 2006; Schneider, 2000; Tyden, Olsson, & Haggstrom-Nordin, 2001); (c) an increase in the belief that sexual satisfaction can be obtained without affection or emotional attachment (Manning, 2006); (d) an increase in the belief that relationships are sexually confining (Zillman, 2000); and, (e) a decrease of interest in monogamy and child rearing (Schneider, 2000). Furthermore, men who frequently view pornography express a greater dissatisfaction with their partner’s physical appearance, sexual performance, and sexual curiosity
(Manning, 2006), which manifests in greater attention towards excitatory variables of sexual behavior and greater number of requests for sexual practices that partners often find objectionable or demeaning (Schneider, 2000; Tyden et al., 2001)” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“Dr. Bridges is part of a research team that has recently conducted several studies about how pornography use affects romantic relationships. The others who worked with her were Dr. Chyng Sun from New York University, Dr. Matt Ezzel from James Madison University, and Dr. Jennifer Johnson from Virginia Commonwealth University. At the time this book went to press, not all of their research had been published, so what I report here can be considered preliminary results and a preview of research that will be released soon after this book is published.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“They found different impacts for men and women, regarding their relationships. They found that the more pornography men viewed, the less satisfied they were with their partner. This effect seems likely due to comparing the physical attractiveness of their partner with women in pornography. In addition, men who used porn very frequently had less satisfaction with their partner in general and in the sexual aspect of their relationship. If their partner viewed pornography, men’s satisfaction with their partner was higher.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Dr. Bridges’ confirmed the results of several earlier studies. In one study published in the Journal of Social and Clinical Psychology, a research team found that when people use pornography more frequently, their satisfaction in their couple relationship declined.” (Lambert, N. M., Negash, S., Stillman, T. F., Olmstead, S. B., & Fincham, F. D. (2012). A love that doesn't last: Pornography consumption and weakened commitment to one's romantic partner. Journal of Social & Clinical Psychology, 31(4), 410-438. doi:10.1521/jscp.2012.31.4.410) Pornography users were also less
committed to their romantic partner and were more likely to have sex with another person while still in the relationship with their partner. Similarly, another research team found that the more men use pornography, the less they, and their wives or partners, are satisfied with their sexual relationship. (Poulsen, F. O., Busby, D. M., & Galovan, A. M. (2013). Pornography use: Who uses it and how it is associated with couple outcomes. *Journal of Sex Research, 50*(1), 72-83. doi:10.1080/00224499.2011.648027) (John D. Foubert, "How Pornography Harms", John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“But it's not always that simple. In a 2013 study, researchers at Brigham Young University and the University of Missouri surveyed heterosexual couples who were married or living together and found that men's use of porn was associated with lower sexual quality for both men and their partners. Female use of porn, however, was associated with improved sexual quality for women (*Journal of Sex Research, 2013.*)” (Kirsten Weir, "Is Pornography Addictive", American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Bridges and Patricia Morokoff, PhD, reported similar findings: When men used porn, they tended to report lower levels of sexual intimacy in their real-life relationships. When women used porn, however, intimacy increased (*Personal Relationships, 2011.*)” (Kirsten Weir, "Is Pornography Addictive", American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Bridges points to two possible explanations for the finding. First, she says, while men tend to view pornography solo, women are more likely to watch it with their partners in a shared sexual experience. ‘This was something that they incorporated into their lovemaking ritual,’ she says.” (Kirsten Weir, "Is Pornography Addictive", American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Also, men and women typically use different types of porn. Men are more often drawn to videos showing sex acts absent of context. ‘You might not even see anybody’s face,’ she says. Women, though, tend to watch ‘couples porn,’ with story lines and softer angles. ‘When partners use porn together, they tend to watch things where both people are more egalitarian participants in a sexual act,’ Bridges says.” (Kirsten Weir, "Is Pornography Addictive", American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)
“Although some couples seem to benefit from pornography, that's not the case for everyone. When one partner uses porn at a high frequency — typically the men in the heterosexual couples Bridges has studied — there can be a tendency to withdraw emotionally from the relationship. Those men report ‘increased secrecy, less intimacy and also more depression,’ she says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“It's not clear, however, whether pornography is the proverbial chicken or the egg. Does a person turn to pornography because he's already in an unsatisfying relationship? Or do women pull away and lose interest in sex when they discover their partner is spending quality time with adult film stars?” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Bridges says both scenarios are probably true, based on the couples she's interviewed. And indeed, the two scenarios tend to feed off each other. If a couple goes through a dry spell, the man may watch more porn to fill the void. Some women may feel threatened or confused by that response. They often report feeling less attractive, like they could never measure up to the X-rated actresses. The result: even less sex, even more porn and a relationship that continues to faltter.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

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“Addicted to love?”


“Drs. John and Julie Gottman, world-renowned researchers and clinical psychologists, wrote an Open Letter on Porn to discuss the corroding effect of pornography for romantic couples. In their letter the Gottmans stated: ‘We are led to unconditionally conclude that for many reasons, pornography poses a serious threat to couple intimacy and relationship harmony.’” (“New Research Shows Pornography Use Decreases Satisfaction”, National Center on Sexual Exploitation, March 14, 2017, http://endsexualexploitation.org/articles/new-research-shows-pornography-use-decreases-satisfaction/)

“The meta-analysis included more than 50,000 participants from 10 countries, used sound methodology, and found clear and consistent results, which starkly contradicts the widely reported article *Porn Sex Versus Real Sex: How Sexually Explicit Material Shapes Our Understanding of Sexual Anatomy, Physiology, and Behaviour.*”

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“Specifically, pornography was linked to significant ‘lower sexual and relational satisfaction’ among male viewers.” (“New Research Shows Pornography Use Decreases Satisfaction”, National Center on Sexual Exploitation, March 14, 2017, http://endsexualexploitation.org/articles/new-research-shows-pornography-use-decreases-satisfaction/)


1. P111 “People who watch porn have lower levels of relational commitment”
   “The Journal of Social and Clinical Psychology released the result of several studies about the impact of porn on relationships. In one experiment, half of a group gave up porn for three weeks, and the other half gave up their favorite food, but were allowed to watch porn. Interestingly, those who quit porn showed increased commitment to their romantic relationship at the end of the three weeks.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

2. P112 “People who watch porn have higher levels of negative communication with their partner”
   “According to a study published in the Archives of Sexual Behavior, compared to those who watch porn alone or watch porn with their partner, those who don’t view any porn have lower levels of negative communication with their romantic partner.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)


“Porn disconnects sex from love and respect—this especially has been shown to lead to aggression and violence toward women (many point to a “rape culture” on college campuses that some say is the result of resulting from the widespread usage of pornography among male students).” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)


“How does viewing pornography affect me and my relationships?”

“Pornography use destroys trust and respect and can make the user emotionally and physically unavailable to his partner. Pornography becomes a counterfeit attachment, drawing attention and time away from other relationships such as with a spouse or girlfriend. Additionally, addicts turn to pornography to satiate emotional needs and numb uncomfortable or painful emotions. This progressive behavior chokes the life out of healthy emotional, sexual, and spiritual intimacy between individuals.” ("Safety Net – Resources to Protect Your Family from Pornography." Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Due to their secretive behavior, porn addicts tend to isolate themselves from others and have little to no motivation to go out and interact with others. It leads to a decline in quality of almost every area of life. This leads to increased depression, feelings of disgust, and a lack of desire to do anything to put an end to their porn addiction.” (http://www.conversantlife.com/morality/the-social-costs-of-pornography) ("Is it bad to watch porn? – The Impact of Pornography Addiction", The Social Costs of Pornography, Accessed 4.24.2017, http://www.socialcostofpornography.org/)
“87% said that their partner’s online cheating (by porn or other means on the internet) had a negative affect on their relationship. 41% called their partner’s online cheating significant, while 35% said it caused an end to the relationship.” (Huffpost, January 7, 2015)

“What about the mess that he chose and I didn’t, and yet I am mired in it? What about the broken heart that I have, and the damage that he’s done to our relationship? I suspect she didn’t tell you that when this secret in their family became unveiled, that she felt a little like an albatross was placed around her neck, and it was squeezing her, and she couldn’t breathe.”

“‘Porn has controlled me for more than half my life.’ ‘I can’t look at anyone without thinking sexual thoughts.’” – Student Quotes (Nate Herbst, “Beating Pornography” Sermon, Sermon Central, https://www.sermoncentral.com/sermons/beating-pornography-nate-herbst-sermon-on-pornography-131769)


“Doring provides a comprehensive review and cautions that studies such as the two aforementioned cannot be interpreted in a causal way: individuals with such proclivities may be more likely to turn to pornography

“5 Ways Watching Porn Is Terrible For Your Romantic Relationships”

“Two weeks ago I was invited to speak at Sex Week (there is such a thing on most campuses) at the University of Maryland. Amidst such talks as, ‘BDSM on a Budget,’ and, ‘Deconstructing Gender in Families and Relationships,’ there I was, speaking about the negative effects of pornography (watch a similar talk of mine here). At the end of my talk a young lady raised her hand and asked my opinion on the claim that porn can enhance romantic intimacy within a relationship. I, as you might have guessed, shared why I thought the claim false.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“The fact is that many studies show that porn doesn’t compliment sexual intimacy with one’s partner, it competes with it. In this post, then, I’d like to suggest five ways—all of which are based on scientific data—in which porn is detrimental to a romantic relationship.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“Skeptics may be quick to ask, ‘But do any of these studies show causation?’ That’s a fair question, but somewhat beside the point of this article. While most of these studies only show correlations between watching porn and problems in relationships, this should hardly matter to the porn consumer. No matter how you slice it, if porn makes you a bad lover, or if porn is just the symptom of being a bad lover, or if porn viewing and being a bad lover are both symptoms of the same problem, the verdict about porn is decisively

“People who watch porn have lower levels of sexual satisfaction with their partner”
“Drs. Dolf Zillman and Jennings Bryant, in their now-famous porn experiments back in the 1980s, found the more video porn one watches, the more dissatisfied someone is with their partner’s physical appearance and sexual performance.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“A study published in the Journal of Sex and Marital Therapy reports similar findings. After being exposed to centerfold models from Playboy or Penthouse, subjects had significantly lower judgments about the attractiveness of ‘average’ people.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

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“According to a study published in the Archives of Sexual Behavior, compared to those who watch porn alone or watch porn with their partner, those who don’t view any porn have lower levels of negative communication with their romantic partner.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)
“People who watch porn are more likely to cheat”

“Some men have thought—or even said out loud to their partner—’At least I go to porn to get my needs met. I don’t sleep around.’ This hardly serves as a vote of confidence, does it? He’s essentially saying, ‘If I didn’t have the ability to get off to virtual women, who knows what I would do to real women?’ Hmmm, right. #StayClassyExBoyfriend” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“In one study, for those who don’t watch any porn, their rate of infidelity is at least half of those who had watched porn either alone or with their partners.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“Another study found, regardless of how satisfied one feels in their own relationship, watching porn heightens a person’s perceptions that ‘the grass is greener’ somewhere else, and they are more likely to flirt with others and cheat on their partner.”

#15 LEARNING EXPERIENCES AND PORN

“Pornography can offer all these elements—images, arousal, reinforcement, the example of others, and reward—so it is a potent teacher of both beliefs and behaviors. It provides the ideal conditions for learning.”

“Pornography is an ideal teacher of these releaser beliefs. It can teach specific sexual behaviors and general attitudes toward women and children, teach what relationships are like and teach the nature of sexuality, and thus give permission for a wide range of actions.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography can teach what to do, with whom to do it, when and how often to do it, it’s okay to do it, and then stimulate the urge to do it now.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)


“Learning is also better if we see role models perform a behavior.”

“Researchers Chyng Sun, Ana Bridges, Jennifer Johnson and Matt Ezzell explain in their abstract: ‘The more a user watches a particular media script, the more embedded those codes of behavior become in their worldview and the more likely they are to use those scripts to act upon real life experiences. We argue pornography creates a sexual script that then guides sexual experiences.’” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/)
#16 CHILD SEX TRAFFICKING AND PORN

“According to Dr. Janice Crouse, a researcher for Concerned Women for America, it is estimated that 600,000-800,000 women, men and children are trafficked internationally each year with another 2 to 4 million trafficked within countries. Women make up 80 percent of humans trafficked and 70 percent of these women are used for sexual purposes (e.g., prostitution). The U.S. government estimates that 14,500 – 17,500 people are trafficked into the U.S. each year.”

“Boeringer (1994) found that men exposed to violent pornography were 6 times more likely to report rape behavior than a low-exposure sample, and Crossman (1995) found pornography use was the strongest correlate of sexual aggression. Furthermore, Cramer and McFarlane (1994) surveyed a sample of women who had been battered and found that: (a) 75 percent of the women had been shown pornography and sked or forced to perform similar sex acts; (b) 64 percent had had pornography described to them and sked or forced to perform similar sex acts; (c) 31 percent had been asked to participate in pornographic photographs; and (d) 81 percent had reported rape.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“In the last few years, although pornography is becoming more endemic (or ‘normalized’) in society, we are finally hearing reports that show a connection between the production and usage of pornography and the explosion of commercial sex enterprises, like prostitution and sex trafficking. Covenant Eyes, a ministry offering accountability software for computers and mobile devices, has a few excellent articles on its website (covenanteyes.com) that show the link between pornography and sex trafficking. One article, “The Connections between Pornography and Sex Trafficking,” refers to a report that states, ‘Pornography is the primary gateway to the purchase of humans for commercial sex.’ In a compelling Newsweek article that describes how pornography usage increases men’s aggression and fuels the demand for commercial sex enterprises” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)
“Nowhere do we see more of the destructive and dehumanizing effects that pornography spawns than in prostitution and sex trafficking. The image of the happy hooker (Julia Robert’s *Pretty Woman*) is a Hollywood lie. The vast majority enter prostitution (and other commercial sex enterprises, like strip clubs, erotic massage, escort services, the production of porn movies, etc.) because of complex social, emotional, and economic reasons. Divorce, abandonment, abuse, drugs, mental illness and poverty have long been the broken social fabric that propels women into such activities. And sex trafficking is even more damaging, where through the use of manipulation or force a person (frequently a minor) is trafficked for sex, oftentimes kidnapped and transported for such acts far from their home environment.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“True, not everyone goes from viewing pornography to buying sex. But we must see the deeper connections that viewing pornography facilitates. Participating in the ‘business’ of just looking at pornography keeps the industry going. Whether the pornography is free, paid, professional or amateur, *people* are being used. As prostitution was once erroneously called ‘a victimless crime,’ pornography is equally not a victimless activity. Somewhere along the line, somewhere in the complex web of sexual distortions that pornography weaves among its viewers, the dignity of men and women made in the image of God is increasingly defaced. Viewing it, engaging in it, contributes to the entire ‘system’ of broken sexuality throughout the world. Those looking at porn are “served” through the oppression of many.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“Pornography's Relationship to Child Molestation”

“In a study of convicted child molesters, 77 percent of those who molested boys and 87 percent of those who molested girls admitted to the habitual use of pornography in the commission of their crimes. (*Take Action Manual* (Washington, D.C.: Enough is Enough, 1995-96), 9.) Besides stimulating the perpetrator, pornography facilitates child molestation in several ways. For
example, pedophiles use pornographic photos to demonstrate to their victims what they want them to do. They also use them to arouse a child or to lower a child’s inhibitions and communicate to the unsuspecting child that a particular sexual activity is okay: ‘This person is enjoying it; so will you.’” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“I've had this sick and disturbing fact confirmed by expert after expert. When I talked to Dr. Mary Anne Layden of the University of Pennsylvania, she explained to me that the sexual exploitation industries teach men something very simple: If you can buy something, you can steal it. And in ten years of working with sexual trauma victims, she’s discovered that pornography played a part in every single situation. Dr. Paul Jensen of the University of Texas told me that when he speaks to men, he just asks them a simple question: Does porn help you become the man you want to be? Men know instinctively, he says, that pornography does something dark and awful to them.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)


“Moreover, FBI’s Joseph Campbell says ‘the level of pedophilia is unprecedented right now.’ A ‘survey of high school graduates’ found 13.5% had sex with a teacher.” (Judith Gelernter Reisman and Mary E. McAlister, “The Sexual Revolution’ Gave Us ‘The Rape Culture,” Breitbart.com, January 1, 2016, http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/)


“...researchers have had trouble finding men who haven’t looked at internet porn to compare what their brains or lives are like compared to men who do look at porn.” (“Men and Porn, An Introduction,” The Art of Manliness, October 6, 2014, http://www.artofmanliness.com/2014/10/06/men-and-porn-an-introduction/)

“Pornography fuels sex slavery — real people held against their will and raped repeatedly — all over the world, even in the United States, even in your city or the major city near you.” (Marshall Segal, “Never Harmless, Never Private, Never Safe”, Desiring God.Org, October 26, 2016, http://www.desiringgod.org/articles/never-harmless-never-private-never-safe)

#17 VIDEO GAMES AND PORN

“PORN AND VIDEO GAME ADDICTS RISK ‘MASCULINITY CRISIS’, SAYS STANFORD PROFESSOR”

“For those who think online video games and porn are passive online activities that have no real consequences in the real world, take heed.”


“Phillip Zimbardo, 82, is a psychologist and a professor emeritus at Stanford University. He is perhaps best known for his 1971 experiment in which students were asked to play the roles of 'guards' and 'prisoners' in a mock prison. Intended to continue for two weeks, the experiment was aborted in less than a week as the initially normal 'guards' eventually became sadistic and the 'prisoners' became submissive and depressed. Zimbardo has also written introductory psychology books, textbooks for college students, and other notable works, including The Lucifer Effect and the The Time Cure. Zimbardo is the founder and president of the Heroic Imagination Project.”


“Psychologist Philip Zimbardo interviewed 20,000 young people in the United States, 75 percent of them male, and found that excessive, solitary playing of video games and watching porn is seriously damaging the social development of young men.”


“Our focus is on young men who play video games to excess, and do it in social isolation - they are alone in their room,’ Zimbardo, who just released a book on the subject, entitled 'Man (Dis)Connected,' told the BBC in an interview.”


“Now, with freely available pornography - which is unique in history - they are combining playing video games, and as a break, watching on average, two hours of pornography a week.”

(“Porn and video game
Zimbardo says ‘excessive’ use of video games and pornography is not necessarily a matter of specific time, but rather the psychological change in mindset that such isolated activities produce, where the individual begins to feel he’d rather be doing that particular activity than anything else.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“When I'm in class, I'll wish I was playing World of Warcraft. When I'm with a girl, I'll wish I was watching pornography, because I'll never get rejected,” he explained. The brains of young men are actually becoming ‘digitally rewired’ by these new pastimes.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“Zimbardo says that one of the consequences is the so-called ‘porn-induced erectile dysfunction,’ or PIED, where young men who should be sexually active are ‘having a problem getting an erection.’” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“The same process that rewired those rats’ preferences—connecting the pleasure they felt during sex to the stench of death—is triggered in our brains by porn. Porn consumers may think they’re just being entertained, but their brains are busy at work building connections between their feelings of arousal and whatever’s happening on their screen. [8] And since consumers of porn typically become accustomed to the porn they’ve already seen and have to constantly move on to more extreme forms of pornography to get aroused, [9] the kind of porn consumed usually changes over time. [10] (See Porn is an Escalating Behavior.)”


“‘You have this paradox - they’re watching exciting videos that should be turning them on, and they can’t get turned on.’” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“While playing video games and watching pornography are not necessarily bad activities, they can begin to have a negative effect on the social development of individuals if used in excess, the psychologist said.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor", RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)


**Porn Videos**

“The pornographers use a variety of methods to make female performers look much younger than 18. In place of the usually large-breasted, heavily made-up women that populate much of Internet porn, teen porn sites are filled with young-looking females with petite bodies, small breasts, makeup-free faces with hair in braids or pony tails, surrounded by such childhood props as stuffed animals, bed sheets with flowers, and backpacks with cartoon-character motifs. It is not uncommon for the females to wear school uniforms, have braces on their teeth, and knee-high socks as they engage in hardcore sex.” (Gail Dines, David Levey, “A Rare Defeat for Corporate Lobbyists”, Counter Punch, August 1, 2013, [http://www.counterpunch.org/2013/08/01/a-rare-defeat-for-corporate-lobbyists/]


“Researchers Chyng Sun, Ana Bridges, Jennifer Johnson and Matt Ezzell explain in their abstract: ‘The more a user watches a particular media script, the more embedded those codes of behavior become in their worldview and the more likely they are to use those scripts to act upon real life experiences. We argue pornography creates a sexual script that then guides sexual experiences.’” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/)

“Exposure to Pornography Frequently Results in Sexual Illnesses, Unplanned Pregnancies, and Sexual Addiction”

“As more and more children are exposed not only to soft-core pornography, but also to explicit deviant sexual material, they are learning an extremely dangerous message from pornographers: Sex without responsibility is acceptable and desirable. Because pornography encourages sexual expression without responsibility, it endangers children's health.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“5 Ways Pornography Devastates Lives”


“Pornography has always been evil. Whether it is just suggestive pictures of women in their underwear, or a graphic video, pornography stirs up lust in the viewer. That is its purpose. Pornography is addictive.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)
“God has a beautiful plan for nudity and sex—between a husband and wife. Sex outside marriage is sin and so is lust. God commands women to dress modestly so that they will not stir up lust in the men around them.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“In contrast, we are surrounded with so much pornography that we do not even realize it as pornography. We watch opening scenes of favorite shows that show women dressed immodestly and pole dancing. Popular movies show nudity and sex scenes without shame. Does all of this harm us?” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)


“Sex Is Removed from Love and Commitment”

“Our Creator designed sex as an expression of love inside a committed relationship. Instead of desire stirring up toward his wife, a man is aroused by watching a girl he doesn't know. Sex is no longer something sacred and beautiful.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“God's plan involves a man cherishing and providing for his wife, not just having sex with her. He must put forth effort to win her heart and work hard to provide for his family. Pornography requires no effort or work.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Women Lose Their Value”

“Women Try to Be Pornography”

“As women lose their value in our culture, the only way young girls believe they can get attention from boys is to be pornography. As a
result, young girls and older ladies wear skimpy, tight clothing designed to stir up lust in guys. However, God’s word mentions modesty and propriety.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“In like manner also, that women clothe themselves in modest clothing, with decency and self-control, not with braided hair, gold, pearls, or expensive clothing (1 Tim. 2:9).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Pornography Is Addiction”

“Once you start looking at pornography, it is hard to stop because pornography is addictive. Like drugs, pornography gives temporary pleasure and, for many, freedom from the pain of their dismal life. Unfortunately, as all addicts know, it eventually takes more and more to achieve the same effect.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Ask anyone who is trying to stop indulging in pornography and he/she will tell you of his/her struggles. It seems that there is a force that tries to keep someone involved in this addiction. Well, that’s because there is. Often times, pornography opens the addict up to demonic influence. Then, it is beyond just a matter of resisting temptation to a matter of fighting spiritual darkness too.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Pornography Changes You”


“I have a friend who, after a long struggle, is finally free from pornography. Do you know what I noticed right away? He is so much nicer, more pleasant to be around. He cares more about other people and treats them with kindness. When he was addicted to
pornography, he was so selfish and mean. Was pornography the cause of his mean personality? I believe so. Freedom definitely brought a personality change; back to the person we used to know.”

“Pornography stirs up selfishness, anger and all kinds of evil desires. Pornography addicts don't even realize the darkness that fills their life. If you are addicted to pornography, you may be keeping it a secret vice, but others notice the change in your personality.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Good News About Pornography Addiction”


“Pornography is harmful to everyone.

“Eighteen separate studies have shown pornography desensitizes all viewers, and may lead to extremely violent behavior.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, http://www.tldm.org/News6/purity2.htm)


“Why is pornography so dangerous?”

“While some people feel there is nothing wrong with pornography, evidence shows that there can be very real and dangerous effects on both individuals and society as a whole. Research indicates that pornography can be extremely addictive. Pornography conditions a person to respond
emotionally and sexually to a self-centered, artificial world. Many online relationships are similar to pornography in that they are not based in reality: what individuals ‘read and see about people, relationships, and sex is distorted.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Research demonstrates that repeated exposure to pornography results in…”


“Today's porn users are regularly diagnosed with – and prescribed medication for – social anxiety, low self-esteem, concentration problems, lack of motivation, depression, performance anxiety (even when they also can't achieve an erection or climax on their own – unless they use porn), and so forth.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p35)

“‘We're being flooded by an immense amount of very hard-core pornography, and it's a question [what effect it has],’ Plaud said. ‘I think it may have very large implications in the future.’” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)


“Negative self-perceptions in terms of physical appearance and sexual functioning.” (“How Pornography Addiction Affects the Teenage Brain –

“Inability to control use and use that interferes with one's life are two cardinal signs of addiction. Priorities have shifted due to changes in the brain that we'll look at later. In effect, life's natural rewards, such as friendship, exercise and accomplishment, can no longer compete. Your brain now believes that IT – in this case internet porn use – is an important goal, and equates it with your survival.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p39)

“Existing studies do find that frequency of porn viewing correlates with…”


“Within a couple’s intimate relationship, pornography can have negative impacts in the following ways:”


“The crimes that are connected to these Permission-Giving Beliefs which are spread in pornography are not just incest and child rape. They are adult rape, sexual harassment, adult and child prostitution, adult and child sex trafficking and domestic violence combined with sexual assault. All of these connections with pornography have been found in both clinical experience and in research.” (Dr. Mary Anne Layden, “Pornography and Crime, Reporting the presence of pornography connected to crime”, American Family Association of Kansas & Missouri, February, 2013, http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf)

“My own research indicates that the earlier young males are exposed to pornography the more likely they are to engage in non-consensual sex and the more pornography females use the more likely they are to be victims of non-consensual sex. Pornography is an equal opportunity toxin for both males and females.” (Dr. Mary Anne Layden, “Pornography and Crime, Reporting the presence of pornography connected to crime”, American Family Association of Kansas & Missouri, February, 2013, http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf)

“What we're saying here is that an event which lasts half a second within five to ten minutes has produced a structural change that is in some ways as profound as the structural changes one sees in [brain] damage.” (Neuroscientist, Dr. Gary Lynch, University of California at Irvine, discussing the brain's processing of sensory communication. In, the award winning program series The Brain: Learning and Memory, The Annenberg/CPB Collection, WNET, 1984) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Thus what has been free will increasingly move to being pay per view. And a single company is apparently moving to establish a monopoly on free pornography, in a seeming attempt to increase advertising rates on pornography sites – all for a profit that would make Bill Gates envious.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

Porn is about sex without human dignity—today, perversity knows no bounds when it comes to pornography.”

“People who watch porn have consistently lower views of women” “In the Zillman-Bryant experiments, those who watched more porn showed a radical decrease in support of women’s rights, compared to a control group. Those who watched more porn were also more likely to believe that real women in society should fit the stereotypes of the women they see in porn.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your
"What Does Porn Do To Us?...An Infographic..." — (Walt Mueller, CPYU, August 18, 2015, "What Does Porn Do To Us?...An Infographic...", https://cpyu.org/2015/08/18/what-does-porn-do-to-us-an-infographic/)
RUIN RELATIONSHIPS

- 56% OF DIVORCES
  - Porn decreases your interest in a real relationship and increases your appetite for more porn.
- INFIDELITY
  - Pornography use increases the marital infidelity rate by more than 300%.
  - More than 50% of people involved in cybersex eventually lost interest in sex with a loved one.

LIMIT SUCCESS

- 58% of addicts suffer major financial loss.
- 1/3 of addicts lose their jobs.

CHANGE BELIEFS

- LESS TRUST IN RELATIONSHIP COUPLES
- EXAGGERATED PERCEPTION OF SEXUAL ACTIVITY IN SOCIETY
- THINKING THAT ABSTINENCE & SEXUAL INACTIVITY ARE UNHEALTHY
- P prolonged exposure to pornography can lead to:
  - LOSS OF HOPE FOR MONOGAMY
  - CYNICISM about love
  - PROMISCUITY IS NORMAL

WHY RISK IT? IT'S JUST NOT WORTH IT.

GO VISIT WWW.FIGHTTHENEWDUG.ORG TO SEE SOURCES AND LEARN MORE
#19 CRIMINAL BEHAVIOR AND PORN


“Example: Ted Bundy killed as many as 75 women.”
“Here are a few excerpts from the Dobson-Bundy interview – “I led a normal life except for this one small but very potent and very destructive segment of it that I kept very secret, very close to myself… I’ve met a lot of men who were motivated to commit violence just like me; without exception every single one of them was deeply involved in pornography, deeply influenced and consumed by an addiction to pornography… It reached out and snatched me 20 or 30 years ago… Certain feelings and ideas developed in me to the point where I began to act out on them; certain very violent and very destructive feelings.”

“Since I was aware of an FBI study of 36 serial killers conducted in the 1980s, which revealed that 29 of these killers were attracted to pornography and incorporated it into their criminal sexual activity, including serial rape-murder…” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Republic, September 16, 2004, http://http://www.freerepublic.com/...)

“…the perpetrator was a user of pornography? I've investigated somewhere between 750 and a thousand cases, but was I looking for it all the time? No, I wasn't. But my estimation would be that pornography is expected by the police in those cases. It's expected that they [the suspects] read pornographic literature and magazines. Anywhere between 60 and 80 percent of the cases, if I were looking for it, I would have found it. But realistically, well over 80 percent.”

“…observed a frequent connection between pornography (including stripping) and sexual crimes…” (Robert Peters, “The Link Between Pornography and...”)
“For this paper, Zillman and Bryant’s (1984 and 1988) work is used to give a general overview of the kinds of effects with which pornography has been associated and those that have fueled debate. Zillman and Bryant found the effects of repeated exposure to standard, nonviolent, and commonly available pornography included.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Pornography and Criminal Behavior and Attitudes Research Results”

“Using simple logistic regression, they find that pornography users are less likely to attend church, more likely to involve themselves in other deviant sexual behavior such as adultery and prostitution, and less likely to be involved in self-described happy marriages. By contrast, Kendall (2007) uses state-level variation in availability of the Internet in its formative years to argue that accessibility of pornography via the Internet is associated with a decline in the incidence of rape.” (The effect is particularly strong for teenagers, who cannot easily access non web-based pornography) (Kendall, Todd D. (2007). Pornography, Rape and the Internet. Online. http://obu-investigators.com/xuk/porn/clemson/kendall.pdf) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)

“Pornography increases crime in dangerous offenders. More than 65 studies have shown that dangerous offenders (child molesters, killers, rapists, incest fathers) are not only more likely to commit their crimes if they employ pornography, they are likely to precede their violent acts with the extended use of deviant materials. Male sex offenders soon begin to display addictive and compulsive behavior when using porn. Their mechanisms for relieving stress soon all become related to deviant sex. They offend more and more often.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“Sceptics sometimes claim that people who experiment with quitting must be motivated by religious reasons. Yet all of the forums named above are secular. The largest of these new forums, and likely youngest in terms of average age, conducted a self-poll a couple of years ago. Only 7% had joined for religious reasons.” (NoFap Survey, www.reddit.com/r/NoFap, March, 2014,
Results of Recovery

“But many users see a wide range of diverse improvements. For example, this ex-user wrote:” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p37)


“FBI findings. The Federal Bureau of Investigation found that eighty percent (29 of 36) of recent mass murderers used pornography extensively and used it as an integral part of their murderous sexual activity, which often included serial rape-murders.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“Other researchers have confirmed that 64 percent of all homosexual child molesters and 86 percent of all rapists used pornography at or immediately before the time of their crimes.”
“Depending on the level of graphic, hardcore porn the addict has viewed in order to spiral to the acting out level, some escalate to the deviant sexual behaviors and perversions of rape, child molestation, incest and even murder. Pornography could be considered a gateway drug to severe criminal behaviors.” (Susan Knight, The Five Stages of Pornography Addiction”, News OK, April 6, 2016, http://newsok.com/article/5407775)

“In Ted Bundy’s final interview on the day of his execution, James Dobson uncovered the knowledge that the impetus of this serial killer’s criminal rampage began with an addiction to pornography which escalated to acting out.” (Susan Knight, The Five Stages of Pornography Addiction”, News OK, April 6, 2016, http://newsok.com/article/5407775)

“Ted Bundy. Ted Bundy, an infamous serial killer responsible for the murder of as many as 36 to 50 young women and girls, granted an interview with Dr. James Dobson on January 24, 1988, the day before he was executed. Ted Bundy stated in this interview, ‘In the beginning, it [pornography] fuels this kind of thought process ... Like an addiction, you keep craving something that is harder, harder, something which gives you a greater sense of excitement--until you reach a point where the pornography only goes so far, you reach that jumping-off point where you begin to wonder if maybe actually doing it would give you that which is beyond just reading or looking at it.’”

(FBI findings. The Federal Bureau of Investigation found that eighty percent (29 of 36) of recent mass murderers used pornography extensively and used it as an integral part of their murderous sexual activity, which often included serial rape-murders.” (Pornography: one of the greatest enemies of the family today”, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

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“Further, many years before the creation of the Internet, J. Edgar Hoover, former director of the FBI, described pornography’s influence on sex crimes: “What we do know is that an overwhelmingly large number of cases of sex crimes is associated with pornography. We know that sex criminals read it and are clearly influenced by it … I believe pornography is a major source of sex violence…” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)


“Porn users are 400% more likely to visit a prostitute.” (The Daily Reporter, November 7, 2011)

“Those who view more porn are more likely to trivialize sex crimes, such as rape.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Since the 50s, as pornography became mainstreamed and pushed the envelope of normal sexual conduct, law enforcement reported that sex crimes mimicking comparable acts were being inflicted on women and children.” (See OJJDP study) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“It stimulates within the porn addict a distorted view of sexuality that can lead to the desire for riskier, perverse and even criminal sexual behaviors.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“From University of Virginia’s Assistant Dean, Michael Morris downloading infant anal rape to Kirk Nesset, creative writing professor at Allegheny College with over 500,000 videos/images including rape of infants. Professors and staff are involved in child sex trafficking....Since 2015 August, at least two professors per week have been arrested, arraigned or sentenced.” (Judith Reisman and Mary E. McAlister, “‘The Sexual Revolution’ Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/)


“Equate violence towards women and children with sex and pain with pleasure” (Catherine A. Simmons, Peter Lehmann, & Shannon Collier-Tennison, Linking Male Use of the Sex Industry to Controlling Behaviors in Violent Relationships: An Exploratory Analysis, 14


“Considerable numbers of boys and girls had seen images of paraphilic or criminal sexual activity, including child pornography and sexual violence, at least once before the age of 18. Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys, p 0.001) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“According to Jean Rosenberg [Rosenberg, Jean. 1989. Two New Books on Pornography Effects. 2(2) Sexual Assault Report, p. 31.], 65% of

“CATALYST (CRIME RATE)”

“And there is most definitely appears to be a correlation between the availability of pornography and crime.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Austin, TX - 1986 - in four study areas with sexually orientated businesses, sexually related crimes were 177% to 482% higher than the city’s average. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Indianapolis, IN - 1984-1986 - Between 1978-1982, crime in study areas was 46% higher than for the city as a whole. Sex related crimes were four times greater when sexually orientated businesses were located near residential areas vs. commercial areas. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)


“Oklahoma City: During the years 1984 to 1989, Oklahoma City closed 150 out of 163 sexually oriented businesses. During the same period, reported rapes declined 27% in Oklahoma City while rising 19% in the remainder of the state. Law officers were aware of no other likely cause of the difference.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Numerous studies have found strong evidence of a direct relationship between the circulation rates of sex magazines and rape rates within the given state.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Various studies by a researcher, John Court, led him to the following conclusion of what happens on a national level when constraints against the distribution of pornography are lifted: ‘As the constraints on the availability of pornography were lifted... the rates of rape in those countries increased. For example, in two Australian states between 1964 and 1977, when South Australia liberalized its laws on pornography and Queensland maintained its conservative policy... over the thirteen-year period, the number of rapes in Queensland remained at the same low level while South Australia’s showed a six-fold increase.’” (John Court, Criminal Neglect: Why Sex Offenders Go Free (Toronto: Doubleday, p.141) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“In 1969, Denmark lifted restrictions against pornography and although many reported that rape went down, according to Court: ‘The trend since 1969 indicates that there has been a new level higher than anything in the previous decade.’“ (International Journal of Criminology & Penology, 5, p. 129, John H. Court) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Prolonged exposure to pornography trivializes rape as a criminal offense. [Rape trivialization was ascertained in the lenient sentencing of convicted rapists. After prolonged exposure to pornography, men and unexpectedly also women, deemed rape a lesser offense.]” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Prolonged exposure to pornography trivializes nonviolent forms of the sexual abuse of children. [Effects were again measured in the lenient treatment of convicted perpetrators. Whereas all minor abuses, such as
genital fondling and sexual cooperation in the absence of vigorous objection, were met with greater leniency, the brutal rape of children was not.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)


“The frequency of pornography consumption has been shown to predict various negative outcome measures in humans. A representative Swedish study on adolescent boys has shown that boys with daily consumption showed more interest in deviant and illegal types of pornography and more frequently reported the wish to actualize what was seen in real life. In partnerships a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption. A longitudinal study following Internet users has found that accessing pornography online was predictive of compulsive computer use after 1 year. Taken together, the aforementioned findings support the assumption that pornography has an impact on the behavior and social cognition of its consumers. Therefore, we assume that pornography consumption, even on a nonaddicted level, may have an impact on brain structure and function. However, to our knowledge, the brain correlates associated with frequent pornography consumption have not been investigated so far.”
“Previous studies on Internet addiction have reported decreased in prefrontal cortical thickness,\textsuperscript{55} decreases in functional,\textsuperscript{56} as well as structural, connectivity\textsuperscript{57} of the frontostriatal network; and decreased striatal dopamine transporter levels in the striatum measured with single photon emission -computed tomography.”

#20 PIED: PORN INDUCED ERECTILE DYSFUNCTION

According to a PLOS ONE study, 58% of subjects with compulsive sexual behavior had a problem achieving erections with a real partner. Those same subjects had no problem achieving erections with porn.” (Luke Gibbons, “6 things the porn industry doesn't want you to find out”, Premier Christianity, September 13, 2017, https://www.premierchristianity.com/Blog/6-things-the-porn-industry-doesn-t-want-you-to-find-out)

“In 2014, a Canadian sexologists' study showed that problems in sexual functioning are curiously higher in adolescent males than in adult males (which are already rising). Said researchers:”


“The recent Cambridge study by addiction neuroscientists found that almost 60% of the addicts they examined, ‘experienced diminished libido or erectile function specifically in physical relationships with women (although not in relationship to the sexually explicit material)’ as a result of excessive porn use.” (Valerie Voon, et al., "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours", PLOS One (2014): DOI: 10.1371/journal.pone.0102419) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp44-45)

“‘Young Japanese men are growing indifferent or even averse to sex, while married couples are starting to have it even less,’ reported the Japan Times, citing a 2010 poll that revealed a striking trend. More than 36% of men aged 16 to 19 had no interest in sex, more than double the 17.5 % from 2008. Men between 20 and 24 showed a similar trend, jumping from 11.8 % to 21.5 %, while men between 45 and 49 leaped from 8.7 % to 22.1 %.” (Yuri Tomikawa, “No Sex, Please, We're Young Japanese Men,” The Wall Street Journal, January 13, 2011) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p58)

“Japan isn't alone. In France, a 2008 survey found that 20 percent of younger French men had no interest in sex. Something peculiar is afoot.” (Henry Samuel, "French women 'are the sexual predators now'," The Telegraph, March 7, 2008) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p58)


““The problem isn’t below the belt””

“Wilson said he’s heard similar sentiments echoed by people struggling with porn addiction ‘thousands of times over the years.’ Erectile dysfunction and low libido rates in men under 40 have skyrocketed. There are few studies looking at ED in younger men before 2000. A 1999 cross-sectional study found that only 5 percent of men ages 18-59 were affected by ED, concluding that it was mostly an issue for older men. Since 2012, studies looking at ED in younger men have said the rates are between 27 and 33 percent for men under 40, according to Wilson’s site. Of all recent studies, only the Cambridge study published last year linked porn as a potential cause for ED, finding that more than half of the participants with compulsive sexual behavior reported such problems. When the sexual enhancement drugs aren’t working for the younger guys, the problem could be addiction-related, Wilson said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“...The problem isn’t below the belt, where Viagra works, nor is the problem really psychological,’ he said in his TEDx Talk. ‘It’s due to physical changes in the brain, those addiction-related changes. Their numb brains are sending weaker and weaker signals to their [penises].’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)
“Mike Middleton’s problem, however, wasn’t getting an erection, it was finishing. The 30-year-old Wicker Park resident was ensnared in a failing marriage, and his addictive tendencies didn’t help. Rather than therapy, he turned to alcohol, pot, cocaine, hash, pills. He had no sex drive, and he and his wife only had sex twice in the last year and a half of their two-and-a-half year marriage. Eventually porn became another vice, with him watching once or twice a day. Even after his wife left him, he was afraid of getting intimate with anyone else, nervous he couldn’t perform. ‘I would find myself going crazy in my mind trying to find something to think of that could trigger me,’ Middleton said in an email.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“The 1999 study also found that low sexual desire affected about 5 percent of men ages 18-59, and most were older. However, researchers around the world are making shocking discoveries. The Cambridge study found that more than half of the guys with compulsive sexual behavior said they’ve had issues getting turned on in physical relationships but not by watching porn. These men also first started watching porn at an earlier age (about 14) than the guys without compulsive sexual behavior did (about 17). A Canadian study published last year in the Journal of Sexual Medicine reported that 53.5 percent of males 16-21 have some symptom related to sexual problems, including ED (26 percent), low sexual desire (24 percent) and issues orgasming (11 percent). These rates were much higher in males than in females, unlike in earlier studies.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)


“This is a concern, says Stone because studies have shown that seeing a vast amount of pornography long before becoming sexually active can have damaging effects due to the amount of sexual conditioning that occurs in adolescence.” (Peter Kenny, “Study finds adult concern at US teens and young adults use of porn, Barna finds”, Ecumenical News, January 29, 2016, http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm)


“Erectile dysfunction (or lack of orgasmic responsiveness in both sexes) is powerful motivation to change one’s habits. But only if one clearly understands how over-stimulation can desensitize the brain. Without this information, most users chart their course by short-term results, and conclude that the solution to erectile dysfunction is hotter and hotter porn, and then sexual enhancement drugs, or both.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)

“Erotic and non-erotic’ films were shown to healthy and impotent male volunteers. Testosterone supplements restored erections to erotica. It appears to be a major discovery that low testosterone levels contribute to impotence. However, pornography arousal would eventually increase impotence by reducing access to reality, cognitive power and thus informed consent.”

(Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain” http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
“For Gabe Deem, 28, porn was as much a part of adolescence as homework or acne. "It was normal and it was everywhere," he says. He grew up in an era when what used to be considered X-rated was becoming mainstream, and he and his friends used to watch explicit videos constantly, he says, even during class, on their school-issued laptops. "It wasn't something we were ashamed of." Deem, who lives in Irving, Texas, is the founder of Reboot Nation, a forum and online video channel that offers advice and support for young people who believe they are addicted to pornography, have sexual dysfunctions as a result and wish to quit.”

“He's a little different from many of the porn activists, because he was sexually active at a young age and consumed porn only as a side dish. But it came to dominate his diet, and some years after high school, "I got with a gorgeous girl and we went to have sex and my body had no response at all," he says. "I was freaked because I was young and fit and I was super attracted to the girl." He went to his doctor. "I said, I might have low T," Deem says, using slang for a testosterone deficiency. "He laughed."

“In April 2015, Alexander Rhodes left a good job with Google to develop counseling and community-support sites for those who are struggling with a porn habit. He had started the NoFap subreddit--a list of posts on one subject--on the popular website Reddit and a companion website called NoFap.com in 2011, but it's now a full-time endeavor. (The name derives from fap, Internet-speak for masturbation.) The 26-year-old says his first exposure to porn was a pop-up ad--no, really, he swears!--when he was about 11. His father was a software engineer in Pennsylvania, and he had been encouraged to play with computers since he was a 3-year-old. "For as long as there had been an Internet, I had relatively unfiltered access," says Rhodes. The ad was for a site that showed rape, but he says he only understood there was a naked lady. Pretty soon he was printing out thumbnails of his image-search results for "women's tummies" or "pretty girls' boobies." By the time he was 14, he says, he was pleasuring himself to porn 10 times a day. "That's not an exaggeration," he insists. "That, and play video games, was all I did."
“In his late teens, when he got a girlfriend, things did not go well. "I really hurt her [emotionally]," says Rhodes. "I thought it was normal to fantasize about porn while having sex with another person." If he stopped thinking about porn to focus on the girl, his body lost interest, he says. He quit porn a couple of times before finally swearing off it for good in late 2013. His two sites have about 200,000 members, and he says they get about a million unique users a month.”

“Do their claims of porn-induced ED have any merit? Recent statistics suggest some correlation. In 1992, about 5% of men experienced ED at age 40, according to the U.S. National Institutes of Health (NIH). A study in the July 2013 Journal of Sexual Medicine found that 26% of adult men seeking help for ED were under 40. In a 2014 study of 367 U.S. military personnel younger than 40, a third reported ED. And a 2012 Swiss study found the condition among a third of even younger men: 18 to 25.” (Belinda Luscombe, March 31, 2016, Time, “Porn and the Threat to Virility”, http://time.com/4277510/porn-and-the-threat-to-virility/)

**Porn Induced Erectile Dysfunction (PIED)**


“Erectile Dysfunction - This rewiring of the brain leads to several other ill effects. The most disturbing to many men is erectile dysfunction, specifically, the inability to obtain and maintain an erection. Many men who become addicted to pornography experience both erectile dysfunction and decreased attraction to live partners. In fact over half of porn addicts have one or the other of these two experiences. (Wilson, G. (2014). Your brain on porn: Internet pornography and the emerging science of addiction. Commonwealth Publishing, United Kingdom.) Building on this research, another set of neurologists found that if a man’s use of porn is ‘compulsive,’ there is a greater than 50% chance he will have difficulty achieving an erection with a real partner, but will have no trouble having erections with porn.” (Voon V, Mole TB, Banca P, Porter L, Morris L, et al. (2014). Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors. PLoS ONE 9(7): e102419. doi:10.1371/journal.pone.0102419)


“For example, a study of adolescents found that 26% had experienced erectile dysfunction. (O’Sullivan, L.F., Brotto, L.A., Byers, E.S., Majerovich, J.A., Weust, J.A. (2014). Prevalence and characteristics of sexual

In the same timeframe, in a study of men age 21-40 who were in the military, 33% had experienced erectile dysfunction. (Wilcox, S.L., Redmond, S., and Hassan, A.M. (2014). Sexual functioning in military personnel: Preliminary estimates and predictors. *Journal of Sexual Medicine, 11* (10), 2537-2545.) In the military study, researchers noted that the rate of ED more than doubled in the military from 2004-2013. (Armed Forces Health Surveillance Center (2014). Erectile dysfunction among male active component service members, U.S. Armed Forces, 2004-2013. *Monthly Surveillance Monthly Report, 21*(9), 13-16.) Thus, over time, ED for young men went from about 2%, to about 8%, to about 30%. This has all coincided with increased access to pornography.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, [http://www.johnfoubert.com/how-porn-harms](http://www.johnfoubert.com/how-porn-harms))

“When I lost my virginity it really did not feel that good. I was bored actually. I lost the erection after maybe ten minutes. She wanted more sex, but I was done. The next time I tried to have sex with a woman was a disaster. I had an erection at first, but I lost it before I ever penetrated. Condom use was out of the question—not a hard enough erection.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, [http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner](http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner))

“Usually guys like him started with heavy Internet porn use at age 11 or so, and didn't try to have sex with a partner for another decade. They've wired to super-high octane fuel in the form of ever-novel Internet porn, and it's possible that their brains pruned back some of their under-used ‘mating’ circuitry as they reached adulthood.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, [http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner](http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner))

“For a while after they switch to real mates (regular fuel), they ping along and occasionally stall out. Some have to make a concerted effort to spend time around real potential mates, and be patient as their brains catch up with their new direction. They sometimes need 4 months or more to respond normally to potential partners. A cuddle

“In contrast, guys who wired to real mates before highspeed Internet still have those well-developed ‘real-partner pathways’ in place. Most didn't notice performance problems until they overwhelmed their brains with synthetic via broadband. When they lay off the porn, their reward circuitry bounces back. Potential mates automatically start to look hot again. Most need about two months, but one 50-year old recently reported that, after three years of porn-related erectile dysfunction, he needed only 8 days porn-free to get back in the saddle.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“If porn is the only way you can climax, it means you've wired your brain to the wrong target. It's not that real giggles and wiggles aren't appealing. They are. But while your reward circuitry is desensitized to normal pleasures, your gut-level (actually, brain-level) response to real potential mates is...meh. The only reason the porn signals still do the job is because you've created a neural sledgehammer powerful enough to get a rise out of your numbed reward circuitry—at least while you're actually viewing porn.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“Real sex is flirting, touching, being touched, smells, pheromones, connecting and interacting with a person. Internet porn is 2D voyeurism, clicking a mouse, searching, multiple tabs, isolation, constant novelty, a harem, and interacting only with your hand.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“To use a sports analogy, which event has your brain been training for? If you want to shoot hoops like a pro, you don't spend your time swinging a golf club. Have years of Internet porn use created a mismatch between what your brain expects and what actually happens during real mating? Time to rewire.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)
“If we compare recent research to earlier studies, young men today are experiencing anywhere from a 600% to 3000% increase in ED since the advent of the internet. No, that is not a misprint. Erectile dysfunction rates ranged from 27 to 33%, while rates for low libido (hypo-sexuality) ranged from 24% to 37%. The lower ranges are taken from studies involving men 25 and under, while the higher ranges are from studies involving men 40 and under.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“In the 1940s, the Kinsey report concluded that the prevalence of ED was less than 1% in men younger than 30 years, less than 3% in those 30–45.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“A 1999 cross-sectional study published by the Journal of the American Medical Association reported erectile dysfunction rates of only 5%, and low sexual desire in 5%. In that study, the ages of the men surveyed ranged from 18 to 59, so a third of them were over 40.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“ERECTILE DYSFUNCTION & PORN (PART 1)

“No longer aroused by static porn, or previously seen porn. Often guys need to escalate to more extreme material just to get aroused – which is a sign of addiction.” (“Erectile Dysfunction & Porn (Part 1),” Your Brain on Porn, accessed November 8, 2013, http://yourbrainonporn.com/print/book/export/html/539)


“Zimbardo says that one of the consequences is the so-called ‘porn-induced erectile dysfunction,’ or PIED, where young men who should be sexually active are ‘having a problem getting an erection.’” (“Porn and video game
“Zimbardo says that one of the consequences is the so-called 'porn-induced erectile dysfunction,' or PIED, where young men who should be sexually active are 'having a problem getting an erection.'”

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“Erectile dysfunction rates ranged from 27% to 30%, low libido (hypo-sexuality) ranged from 24% to 37%”

“… as a result of excessive use of sexually explicit materials…..experienced diminished libido or erectile function specifically in physical relationships with women (although not in relationship to the sexually explicit material)…”

“The average age was 25, yet 11 out of the 19 subjects experienced erectile dysfunction and diminished libido with partners, but not with porn.”


“…her forum on sexual relationships had been overrun by men seeking clues about their porn-related problems: loss of attraction to real partners, delayed ejaculation or complete inability to orgasm during sex, alarming new sexual tastes as they escalated through porn fetishes, even unaccustomed premature ejaculation.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p28)

“Any of the following may precede or accompany delayed ejaculation and erectile dysfunction:”

“Earlier genres of porn are no longer exciting” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)


“Porn use is more sexually exciting than a partner” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)


“Porn fantasy is necessary to maintain erection or interest with partner” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)
#21 SEXUAL ORIENTATION AND PORN

“Men have long believed that what arouses them to orgasm is ironclad evidence of their sexual orientation. Therefore, it can be especially distressing to escalate through shifting porn fetishes that ultimately cast doubt on sexual orientation. Yet such escalation to unexpected tastes is surprisingly common today, especially among young people who grew up dabbling in ‘anything-goes’ tube sites from an early age.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p55)
#22 A PUBLIC HEALTH CRISIS AND PORN

“Public Health Approach”


“The greatest hope in the U.S. for stemming the porn industry is the public health approach. I would like to see violent porn basically restricted to such a degree that it would be very difficult to get ahold of. I’d like to see restrictions to the production side as well because there is terrible violence toward women in it. In the USA, the best model we’ve come up with is the public health model. It gets traction, it makes sense, it gets to the root of the problem.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


“Pornography is contributing to:


Pornography “often times:”


“Treats women and children as objects” (APA Report, THE SEXUALIZATION OF GIRLS, (2010); Jochen Peter & Patti Valkenburg, Adolescents’ Exposure to a Sexualized Media Environment and Their Notions of Women as Sex Objects, 56 SEX ROLES 381–395 (2007); Elizabeth Oddone Paolucci, Mark Genuis & Claudio Violato, A Meta-Analysis of the Published Research on the Effects of...
Pornography “has potential detrimental effect on the user such as:”


“Is potentially biologically addictive which means the user requires more novelty, which is often more shocking material, in order to be satisfied.”


“Pornography has led to:”
- Increasing themes of risky sexual behaviors
- Extreme degradation
- Violence
- Child sexual abuse image / child pornography


“Pornography use has a detrimental effect on the family as it is linked to:”


“Those who claim pornography is harmless entertainment, benign sexual expression or a marital aid, have clearly never sat in a therapist’s office with individual, couples or families who are reeling from the devastating effects of this material.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“No mass social disorder has ever come under control just by treating the individual.” (John Stonestreet, Life Site News, August 7, 2015, “We need to treat porn like what it is: a public health hazard”, https://www.lifesitenews.com/opinion/we-need-to-treat-porn-like-what-it-is-a-public-health-hazard)
Introduction

Pornography is a social toxin that destroys relationships, steals innocence, erodes compassion, breeds violence, and kills love. The issue of pornography is ground zero for all those concerned for the sexual health and wellbeing of our loved ones, communities, and society as a whole. As the following points illustrate, the breadth and depth of pornography’s influence on popular culture has created an intolerable situation that impinges on the freedoms and wellbeing of countless individuals.

- **Young Age of First Exposure:** A study of university students found that 93% of boys and 62% of girls had seen Internet pornography during adolescence. The researchers reported that the degree of exposure to paraphilic and deviant sexual activity before age 18 was of “particular concern.”¹ Another sample has shown that among college males, nearly 45% first encountered pornography before age 13.²

- **Pervasive Use:** A nationally representative survey found that 64% of young people, ages 13–24, actively seek out pornography weekly or more often.³ A popular tube site reports that in 2016, people watched 4.6 billion hours of pornography on its site alone; 4 61% of visits occurred via smartphone.⁵ Eleven pornography sites are among the world’s top 300 most popular Internet sites. The most popular such site, at number 18, outranks the likes of eBay, MSN, and Netflix.⁶

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⁵ Ibid.
• **Infringement on Individual Rights:** The pornification of culture (i.e. softcore, hypersexualized imagery) is widespread and evident everywhere, from the grocery store checkout lane to advertising, popular entertainment, unsolicited email, and beyond. It’s becoming increasingly difficult—if not impossible—to live a porn-free life.

• **Both Genders:** While hardcore pornography users are typically male, use among younger females use is increasing. Teenage girls and young women are significantly more likely to actively seek out porn than women 25 years old and above.7

• **Unmanageable at the Individual Level:** The pervasive depictions of softcore and hardcore pornography in popular culture, and their easy accessibility via streaming and mobile devices, produce problems and significant risks outside the ability of individuals and families to manage on their own.

• **Private Behavior with Public Consequences/Porn Users Shape Culture:** The large-scale private use of hardcore pornography by millions of people has public ramifications. The attitudes, beliefs, and behaviors shaped by pornography use have a profound impact on not only users’ private relationships, but also their professional and social relationships. Pornography use, to varying degrees, shapes the lens by which users view, interact, and construct the world.

• **Pornography is Prostitution for Mass Consumption:** The medium by which the prostitution is conveyed—photographs, magazines, books, videos, and the Internet—allows for masses of individuals to derive sexual stimulation and gratification from the acts of prostitution that they portray.

Drawing from recent, peer-reviewed, research literature, as well as the latest reports and surveys, the research summary below presents evidence supporting the view that pornography constitutes a public health crisis. While independently these studies do not prove that pornography causes harm, taken in totality, the converging evidence overwhelming suggests that pornography is correlated with a broad array of harms that adversely impact the public health of the nation. These include higher incidence of STIs.

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increased verbal and physical sexual aggression, acceptance of rape myths, risky sexual behaviors among adolescents, reduced impulse control and reckless decision making, increased sexual dysfunction, and more.

Like the tobacco industry, the pornography industry has created a public health crisis. However, despite tobacco’s former widespread use and acceptance in American culture, once its harms became apparent, society took action and adopted dramatic new policies to limit the harmful effects of smoking. Similarly we believe that people need to be protected from pornography exposure and made aware of the risks associated with its use.

In light of the mounting evidence of harm documented below, we call on the general public, educators, health professionals, corporate executives, and elected officials to recognize pornography as a public health crisis.
Research Summary

Impact on Sexual Violence and Exploitation

- **Hardcore Pornography Portrays Paraphilic Disorders and Extreme Sex:** Since the 1950s, the distribution and availability of pornography has become increasingly normalized. Pornography exposure among college males is now almost universal. Boys and men are consuming hardcore pornography, which may include depictions of sex with persons who look like children or teens, scenarios portraying incest, and other paraphilic interests such as sex with animals (i.e. zoophilia), excretory activities (i.e. coprophilia/urophilia), and violence against women, including rape (i.e. biastophilia) and torture (i.e. algolalia). Today “...mainstream commercial pornography has coalesced around a relatively homogenous script involving violence and female degradation.”

- **Teaches Users that Women Enjoy Sexual Violence and Degradation:** Analysis of the 50 most popular pornographic videos (those bought and rented most often) found that 88% of scenes contained physical violence, and 49% contained verbal aggression. Eighty-seven percent of aggressive acts were perpetrated against women, and 95% of their responses were either neutral or expressions of pleasure. In a separate content analysis of free, Internet pornography, researchers found that nearly half of all videos in which two or more persons were present ended with the act of ejaculation on the face or mouth of a female by one or more males.

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11 Sun, ibid.
13 Ibid.
14 Stacy Gorman, Elizabeth Monk-Turner, and Jennifer N. Fish, “Free Adult Internet Web Sites: How Prevalent
• **Committing Sexual Offenses and Accepting Rape Myths:** A meta-analysis of 46 studies reported that the effects of exposure to pornographic material are “clear and consistent,” and that pornography use puts people at increased risk for committing sexual offenses and accepting rape myths.\(^{15}\)

• **Increased Verbal and Physical Aggression:** A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike.\(^{16}\)

• **Increased Female Sexual Victimization:** A study of 14- to 19-year-olds found that females who watched pornographic videos were at significantly greater likelihood of being victims of sexual harassment or sexual assault.\(^{17}\)

• **Increased Likelihood of Selling and Buying Sex:** A Swedish study of 18-year-old males found that frequent users of pornography were significantly more likely to have sold and bought sex than other boys of the same age.\(^{18}\)

• **Fuels Demand for Sexual Exploitation:** Some pornography consumers use pornography to build sexual excitement in advance of purchasing sex from prostituted persons; others seek to reenact pornographic scenes on prostituted persons.\(^{19}\) An analysis of 101 sex buyers, compared to 100 men who did not buy sex, found that sex buyers masturbate to pornography more often than non-sex buyers.


masturbate to more types of pornography, and reported that their sexual preferences changed so that they sought more sadomasochistic and anal sex.\textsuperscript{20} Other research also demonstrates an association between purchase of commercial sex acts and pornography use.\textsuperscript{21}

- **Interconnectivity of Mainstream, Deviant, and Child Sexual Abuse Images:** A survey from a general population of Internet pornography users found that users of pornography depicting sexual abuse of children also consume both hardcore pornography (featuring ostensibly adult performers), as well as animal pornography. There were no consumers of child sexual abuse images who only collected child sexual abuse images.\textsuperscript{22}

A separate study examining 231 Swiss men charged in a 2002 case for possession of child sexual abuse images (i.e. child pornography), found that 60\% percent also used pornography that depicted sexual acts with animals, excrement, or brutality; 33\% consumed at least three or more types of deviant pornography. Researchers also found that those convicted for possessing child sexual abuse images were more likely to subscribe to commercial websites containing legal (according to Swiss law) pornographic material (19\% vs. 4\%).\textsuperscript{23}

- **Intent to Rape:** Fraternity men who consumed mainstream pornography expressed a greater intent to commit rape if they knew they would not be caught than those who did not consume pornography. Those who consumed sadomasochistic pornography expressed significantly less willingness to intervene in situations of sexual violence, greater belief in rape myths, and greater intent to commit rape.


\textsuperscript{23}Endrass et al., “The Consumption of Internet Child Pornography and Violent and Sex Offending,” BMC Psychiatry 9, no. 43 (2009).
Among those who consumed rape-themed pornography, the researchers described “serious effects” including less bystander willingness to intervene, greater belief in rape myth, and greater intent to commit rape. In other words, there was no type of pornography that did not result in a greater intent to commit rape by a user if they knew they would not be caught.24

- Pornography as a Form of Sexual Exploitation: “Pornography may meet the legal definition of trafficking to the extent that the pornographer recruits, entices, or obtains the people depicted in pornography for the purpose of photographing commercial sex acts.”25

Impact on Adolescents

- Harm to Young Brains: A survey of 813 U.S. teens and young adults (13–25), found that 26% of adolescents aged 13–17 actively seek out pornography weekly or more often.26 Research has demonstrated that children are more susceptible than adults to addictions and to developmental effects on the brain.27

- Emotional Bond with Caregivers: A nationally representative survey of youth ages 9–17 reported that online pornography users were significantly more likely to report a poor emotional bond with their caregiver than adolescents who viewed pornography offline or not at all.28

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24Foubert, ibid.
Women as Sex Objects: Internet pornography is shown to normalize the notion that women are sex objects among both adolescent boys and girls.\(^\text{29}\)

Sexual Uncertainty and Casual Sexual Exploration: More frequent use of sexually explicit Internet material is shown to foster greater sexual uncertainty in the formation of sexual beliefs and values, as well as a shift away from sexual permissiveness with affection to attitudes supportive of uncommitted sexual exploration.\(^\text{30}\)

Sending Sexually Explicit Images: A survey of 4,564 adolescents aged 14–17 in five European countries found that viewing Internet pornography is significantly associated with an increased probability of having sent sexual images and messages (sexting) among boys.\(^\text{31}\) A separate survey of 617 college freshman found that 30% of participants sent nude pictures at some time during high school; 45% had received nude pictures on their cell phones. The most important motivation for sexting was coercion such as blackmail or threats. About half of all sexting may be coercive.\(^\text{32}\)

In a systematic review and meta-analysis of 14 cross-sectional studies about young people aged 10-24 years, sexting was strongly correlated with having had sexual intercourse, recent sexual activity, alcohol and other drug use before sexual intercourse, as well as having multiple recent sexual partners.\(^\text{33}\)

Risky Sexual Behaviors: Internet pornography use is linked to increases in problematic sexual activity at younger ages, and a greater likelihood of engaging in


risky sexual behavior, such as hookups, multiple sex partners, anal sex, group sex, and using substances during sex as young adolescents. A recent UK survey found that 44% of males aged 11–16 who viewed pornography reported that online pornography gave them ideas about the type of sex they wanted to try.

- **Physical and Sexual Victimization:** A nationally representative survey of pornography use among youth aged 9–17 found that those with increased exposure to Internet pornography were significantly more likely to report physical and sexual victimization.

- **Associated with Adolescent Delinquency and Criminal Behavior:** In a meta-analysis of eight studies, male adolescent sex offenders reported more exposure to sex or pornography than non-sex offenders. A study of sexually reactive children and adolescents (SRCAs) found that those who used pornography compared to those who did not use pornography were more likely to engage in a prominent pattern of lying, a persistent pattern of theft/theft, to be truant, to frequently con/manipulate others, to engage in arson/fire setting behaviors, to engage in coerced vaginal penetration and forced sexual acts such as oral or digital penetration, to express sexually aggressive remarks (obscenities), and to engage in sex with animals. Other research also demonstrates an association between pornography consumption and adolescent delinquent behavior.

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36 Ybarra, ibid.


39 Ybarra, ibid.
• **Higher Usage Rates:** Research has found that among males the younger their age of first exposure to pornography, the higher their current consumption of pornography, as well as their greater integration of pornography into sexual activity, and less enjoyment of partnered sex.\(^{40}\)

• **Future Use of Deviant Pornography:** A 2013 survey of a general population of Internet pornography users revealed that those who intentionally sought pornography at a younger age were significantly more likely to be users of pornography exhibiting the sexual abuse of animals and children.\(^{41}\)

• **Sex with Younger Adolescents:** In a cross-sectional study of 710 Norwegian 18- to 19-year-olds, 19.1% of males who indicated some likelihood of having sex with a 13-to 14-year old also reported more high-frequency use of pornography and having more friends with an interest in child pornography and violent pornography.\(^{42}\)

• **Sexual Satisfaction:** In a longitudinal study of 1,052 Dutch adolescents aged 13-20, research revealed that exposure to sexually explicit Internet material consistently reduced adolescents’ satisfaction with their sexual lives. The negative influence of sexually explicit Internet material was equally strong among both males and females.\(^{43}\)

**Impact on Females**

• **Negative Body Image and Pressure to Perform Pornographic Acts:** As a result of viewing pornography, women reported lowered body image, criticism from their partners regarding their bodies, increased pressure to perform acts seen in pornographic films, and less actual sex. Men reported being more critical of their partner’s body and less interest in actual sex.\(^{44}\)

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\(^{40}\) Sun, ibid.

\(^{41}\) Seigfried-Spellar, ibid.


\(^{43}\) Peter, ibid.

• **Acceptance of Rape Myths:** Women who were exposed to pornography as children were more likely to accept rape myths and to have sexual fantasies that involved rape.\(^{45}\)

• **Domestic Violence & Sexual Abuse:** The use of pornography by batterers significantly increased a battered woman’s odds of being sexually abused. Pornography use alone increased the odds by a factor of almost 2, and the combination of pornography and alcohol increased the odds of sexual abuse by a factor of 3.\(^{46}\) Other research has found that pornography use by batters is associated with learning about sex through pornography, imitation of behaviors seen in pornography, comparison of women to pornography performers, introduction of other sexual partners, filming sexual acts without consent, and the broader culture of pornography (e.g., fetishes).\(^{47}\)

• **Increased Marital Rape:** Males who use pornography and go to strip clubs were found to engage in more sexual abuse, stalking, and marital rape than abusers who did not use pornography and go to strip clubs.\(^{48}\)

• **Soft-core Pornography:** In a cross-sectional study of 200 sexually active married women, women who did not watch soft-core pornography were more satisfied with their sexual life when compared to their counterparts. Researchers also found that soft-core pornography affects the sex lives of females by increasing sexual boredom in both men and women, causing relational difficulties.\(^{49}\)

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Impact on Males

- **Lower Sexual Satisfaction and Sexual Dysfunction:** A 2015 study of online sexual activities among males found 20.3% reported that “one motive for their porn use was to maintain arousal with their partner.” It also found that pornography use was linked to higher sexual desire, but lower overall sexual satisfaction, and lower erectile function.\(^{30}\) Other research has correlated pornography use with “negative effects on partnered sex, decreased enjoyment of sexual intimacy, less sexual and relationship satisfaction.”\(^{31}\)

- **Negative Body Image:** A 2015 study found that men’s frequency of pornography use is positively linked to body image insecurity regarding musculature and body fat, and to increased anxiety in romantic relationships.\(^{32}\)

- **Pornography Induced Dysfunction:** Historically, erectile dysfunction (ED) has been viewed as an age-dependent problem, with rates in men ages 18–59 as low as 2–5%.\(^{33}\) In the early 2000s, the Global Study of Sexual Attitudes and Behavior (GSSAB) reported that the ED rate among men aged 40–80 was approximately 13%.\(^{34}\) In 2011, among males aged 18–40 the GSSAB found ED rates of 14–28%.\(^{35}\) This dramatic increase in ED rates among young men coincides with the sharp increase in the availability and accessibility of Internet pornography tube sites.

A 2-year longitudinal study of sexually active young males aged 16–21 published in 2016, found:

- low sexual satisfaction (47.9%)

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\(^{32}\) Wéry, ibid.

\(^{33}\) Park, ibid.


- low desire (46.2%)
- problems in erectile function (45.3%)\textsuperscript{56}

Another study reported that one in four patients seeking medical help for new onset ED were under 40, with severe ED rates being 10% higher than those in men over 40.\textsuperscript{57}

A study on men (mean age 36) seeking help for excessive sexual behavior—frequent use of pornography and masturbation—found that ED combined with low desire for partnered sex is a common observation in clinical practice.\textsuperscript{58}

An investigation examining subgroups of men struggling with sexual compulsivity, found that among those who reported seven or more hours of pornography viewing (or seven episodes of masturbation) per week, 71% reported sexual dysfunctions, and 33% reported delayed ejaculation.\textsuperscript{59}

A Cambridge University study that was evenly divided between men with compulsive sexual behavior (CSB) and those without, found that 60% of those with CSB experienced diminished libido or erectile function in physical relationships with women.\textsuperscript{60}

In a study of gay men recruited from bathhouses, bars, and STI clinics, 50% of the men (average age 29) reported erectile dysfunction with video pornography. The men spent considerable amounts of time in environments where pornography was omnipresent and continuously playing. The men explained that high exposure to sexually explicit media resulted in a lower responsivity to "vanilla sex" media and an


\textsuperscript{60} Valerie Voon et al., "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors," \textit{PLOS ONE} 9, no. 7 (2014): 1–10.
increased need for novelty and variation. This is evidence of tolerance, a key indicator of addiction. Researchers revised the experiment allowing the men to choose many more varieties of pornography. In the new experiment, 25% of men still could not become aroused to the pornography of their choice.  

In a clinical study of 35 men with erectile dysfunction or anorgasmia, a French psychiatrist found that addictive masturbation is often associated with cyber-pornography. Most of the men viewed pornography, and some were addicted to it, with the study pointing to it as a key player in these problems. With treatment, which included the removal of pornography, participants saw a reduction of symptoms and were able to enjoy satisfactory sexual activity.

- **Correlated to Male Sexual Objectification of Women and Attitudes Supporting Violence against Women:** Among collegiate men, frequency of exposure to men’s lifestyle magazines, reality TV programs that objectify women, and pornography, predicted more objectified cognitions about women and stronger attitudes supportive of violence against women.  

- **Risky Behaviors and Other Harms:** For males, increased pornography use is correlated with more sex partners, more alcohol use, more binge drinking, greater acceptance of sex outside of marriage for married individuals, greater acceptance of sex before marriage, and less child centeredness during marriage.

- **Pornography as Sex Ed:** A study of male high school seniors in Sweden found that nearly 70% of those who frequently used pornography reported that pornography made them want to try out what they had seen compared to 42% of boys in a reference group. Frequent users of pornography viewed all forms of pornography more often, especially advanced or more deviant forms of pornography including violence and sexual abuse of children and animals.

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65 Svedin, ibid.
66 Ibid.
- **Sexual Harassment and Coercion:** A study of 804 Italian males and females aged 14 to 19, found that males who viewed pornography were significantly more likely to report having sexually harassed a peer or forcing someone to have sex.\(^{67}\)

- **Psychological Symptoms:** An online survey of 71 homosexual males showed strong correlations between cybersex addiction symptoms and indicators of coping by sexual behaviors and psychological symptoms. These psychological symptoms included emotional avoidance, loss of control/time management, and social problems.\(^{68}\)

- **Addiction:** In a study of 360 undergraduate students in the United States, researchers discovered a significant correlation between being male and being clinically addicted to cybersex, with 19% of men in the sample scoring in the clinical range.\(^{69}\)

  A study analyzing the brainwaves of 52 men aged 18-30 found that pornography use may downregulate sexual arousal—i.e., cause habituation or desensitization. These symptoms are signs of addiction.\(^{70}\)

- **Interpersonal Satisfaction:** In a meta-analysis of fifty studies encompassing cross-sectional and longitudinal surveys, as well as experimental research methods, pornography consumption was associated with lower interpersonal outcomes. The meta-analysis, which collectively included more than 50,000 participants from 10 countries, revealed a significant negative association between pornography consumption and interpersonal satisfaction. Specifically, male viewers of pornography reported significantly lower sexual and relational satisfaction.\(^{71}\)

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\(^{67}\) Bonino, ibid.


• **Impulsivity/Discounting Long-term Consequences:** In a study of 122 undergraduate students, male participants exposed to pictures of “sexy” women were more likely to discount the future (i.e., a tendency to prefer smaller, immediate gains to larger, future ones) and were more inclined to make cyber-delinquent choices (e.g., cyberbullying, cyber fraud, cyber theft, and illegal downloading), compared with those exposed to less sexy opposite-sex pictures. In a second experiment within the same study of 72 males, participants exposed to sexual primes showed a greater willingness to purchase a wide range of counterfeit rather than authentic products online and experienced a higher likelihood of logging into the other person’s Facebook webpage (i.e., invading online privacy). These sexual primes may engender a “short-sighted” self-state in men, which leads to them yielding to short-term gains while failing to consider the long-term costs of delinquent behavior.⁷²

**Impact on Mental Health**

• **Loneliness:** The results of a study revealed that the association between loneliness and viewing pornography was positive and significant. Survey data of 1,247 participants seeking help for pornography use, revealed that those who viewed pornography were more likely to experience loneliness, and that those who were experiencing loneliness were more likely to view pornography.

The researchers explained:

> Conceptualizing the potential for pornography viewing and the sexual response to be employed as a maladaptive coping strategy fits the behavioral and psychological contours of addiction. The sexual response cycle, with its twin aspects of intense, preoccupying physical pleasure during the arousal phase, followed by comforting, soothing experience during the resolution phase, mediated by the brain’s dopaminergic reward structure in part by oxytocin, allows for the possibility of a two-stage drug-like experience providing both euphoric and narcotic brain effects, permitting temporary escape into “fantasy” and/or “obliviousness” to real-world concerns and stressors. A person may experience

palliative relief from distressing experience through the preoccupying, distracting euphoria or fantasy accompanying pornography and sexual arousal. Pornography use readily becomes a tightly integrated component of that recurring compulsive, addictive pattern. In this manner, pornography may provide a self-soothing, autoerotic narcosis from real life circumstances, an experience that mirrors a drug-like intoxication...

Emotional attachment, and other demands of relational pair-bond sexuality help ground sexual expression and can help circumvent (though not entirely) it being formed and fitted to maladaptive purpose and addictive use...

Pornography use that is only temporarily palliative while failing to address root causes of loneliness, and which in turn intensifies triggering conditions qualifies as a maladaptive coping strategy.73

- **Depressive Symptoms/Lower Self-Worth:** In a cross-sectional study of 792 emerging adults from college campuses, researchers observed that higher pornography use was significantly associated with less self-worth and more depressive symptoms. This was consistent after controlling for age, religiosity, impulsivity, race, and parent’s marital status.74

**Impact on the Brain/Evidence of Addiction**

- **Detrimental Impacts on the Brain:** Since 2011, there have been 30 peer-reviewed studies which reveal pornography use has negative and detrimental impacts on the brain.75

- **Similarity to Substance or Behavioral Addictions:** A functional MRI (fMRI) study of men seeking clinical treatment for problematic pornography use (PPU) found that those with pornography addictions share similar brain reactions to other behavioral

addictions such as gambling or substance abuse. PPU is often accompanied by excessive masturbation and is a form of compulsive sexual behavior. Researchers also extrapolated that, when compared to those addicted to gambling or drugs, problematic pornography users experience more powerful and faster conditioning to anything associated with their use (computer, being alone, pop-ups, etc.).

In a fMRI study of 23 men with problematic hypersexual behavior (PHB) and 22 men without PHB, researchers found alterations and activation patterns in the prefrontal cortex which matched those observed in drug addicts. They had greater cue-reactivity (i.e. physiological and subjective reactions to presentations of addiction-related stimuli) to sexual images, yet inhibited response to other normal stimuli.

In a study of 20 men with compulsive sexual behavior (CSB) and 20 men without CSB, the neural correlates of appetitive conditioning and neural connectivity were altered in the CSB group. According to the researchers, the first alteration—heightened amygdala activation—might reflect facilitated conditioning (greater "wiring" to previously neutral cues predicting porn images). The second alteration—decreased connectivity between the ventral striatum and the prefrontal cortex—could be a marker for impaired ability to control impulses. The findings of greater amygdalar activation to cues (sensitization) and decreased connectivity between the reward center and the prefrontal cortex (hypofrontality) are two of the major brain changes seen in substance addiction.

- Decreased Brain Matter in the Right Caudate of the Caudate Nucleus: A 2014 study of the brain scans of 64 pornography users found that increased pornography use (i.e. pornography dosage) is linked to decreased brain matter in the areas of the brain associated with motivation and decision-making, and contributed to impaired impulse control and desensitization to sexual reward. Thus the study

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demonstrated that pornography use can produce physical, anatomic change in the brain—a hallmark of addiction.80

- **Enlargement of the Amygdala:** Structural MRI data comparing healthy adult males to those with compulsive sexual behaviors (CSB) concluded that there was increased volume of amygdala gray matter in the brains of those with CSB. The amygdala is the reward center and plays a key role in processing emotions. Because of constant stimulation, the amygdala is put under stress and enlarges. This impairs the connectivity of the frontal lobe to the amygdala and distorts decision making. This is characteristic of addictions to controlled substances.81

- **Hijacks the Brain's Reward System:** Motivation and reward are regulated by the mesolimbic system. There is ample evidence that the mesolimbic system is activated in response to both substance abuse and natural rewards such as sex.82 Addiction occurs when the pleasure/rewards pathways of the brain are hijacked by drugs such as cocaine or by natural process vital to survival such as eating and sex.83 The constant novelty of Internet pornography, as well as properties such as violation of expectations, anticipation of reward, and the act of seeking (i.e. surfing) stimulate mesolimbic dopamine activity.84

Growing evidence suggests that pornography use hijacks the brain’s reward system in the same way that drug use does. For instance, a study of 19 men with compulsive sexual behavior (CSB) and 19 men without CSB, the same brain activity pattern in pornography addicts (CSB subjects) was seen as in drug addicts and alcoholics. The study also identified a dissociation between desiring or wanting but not liking sexually explicit materials—a finding consistent with theories of incentive motivation underlying drug addiction.85

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83 Hilton, ibid.
84 Park, ibid.
85 Voon, ibid.
• **Interference and Desensitization:** A study of sexually active individuals found that higher sexual compulsivity scores correlated with greater interference (increased distraction) during a task. Additionally, more years of “compulsive sexual activity” lead to greater habituation or a general numbing of the pleasure response (desensitization).\(^{86}\)

• **The Addiction Gets Worse:** Using functional MRI, a 2015 study from Cambridge found that compulsive sexual behavior is characterized by novelty-seeking, conditioning, and habituation to sexual stimuli in males—meaning users need more extreme content over time in order achieve the same level of arousal.\(^{87}\)

• **Addictive Potential:** Longitudinal research has found that among Internet activities, searching for pornography has the most addictive potential and should be regarded as the most important risk factor for the development of Compulsive Internet Use (also referred to as Internet addiction).\(^{88}\)

• **Working Memory Performance:** In a study of 28 healthy, heterosexual men, researchers found that viewing pornographic pictures significantly negatively affected working memory (WM) performance. WM performance was not significantly impacted by neutral pictures (e.g. unmoved faces, people at work, walking in a street), negative pictures (e.g. a mugging, a person with a weapon, harassment), nor positive pictures (e.g. laughing people, a bride, sport awards). WM is responsible for the short-term holding, processing, and manipulation of information. It is essential for understanding, reasoning, problem solving, learning and development of speech, and decision making.\(^{89}\)

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\(^{87}\) Voon, ibid.


Impact on Sexually Transmitted Infections

- **Pornography and STI’s**: Pornography use among adult males in America is associated with increased engagement in sexual behaviors that increase the risk of STIs. Internet pornography consumption has been positively associated with having sex with multiple partners, engaging in paid sex, and having had extramarital sex.  

- **Increased STI’s Among Adolescent Minority Females**: Exposure to X-rated movies among Black females 14 to 18 years old was associated with being more likely to have negative attitudes toward using condoms, to have multiple sex partners, to have sex more frequently, to have not used contraception during the last intercourse, to have not used contraception in the past 6 months, to have a strong desire to conceive, and to test positive for chlamydia.  

- **Condom Use**: In a systematic review and meta-analysis of cross-sectional studies about young people aged 10-24 years, exposure to sexually explicit websites was correlated with condomless sexual intercourse.

Impact on Relationships and Sexual Behaviors

- **Earlier Sexual Debut, Multiple Partners, and Risky Sexual Practices**: Pornography consumption is linked to initiating sex at an earlier age, multiple sexual partners, more frequent practice of anal sex, use of psychoactive substances, and lack of protection against STIs. Bulot, Leurent, and Collier (2015) report that, “All the work done in this area is in fact unanimous in concluding that pornography is a pervasive influence on young people.”

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92 Smith, ibid.
94 Bulot, Leurent, and Collier, ibid.
• **Casual Sexual Behavior:** Longitudinal research has found that pornography exposure was associated with a nearly twofold increase in the odds of casual sexual behavior. This association was found even after controlling for age, ethnicity, religiosity, education, and gender. Casual sex increases the risk of undesirable outcomes such as physical and sexual aggression, STIs, and unwanted pregnancies.  


• **Dissatisfaction with Partners:** Research has demonstrated that the more pornography a man watches, the more likely he is to deliberately conjure images of pornography during sex to maintain arousal, and to experience decreased enjoyment of intimate behaviors with a partner.

96. 

A separate cross-sectional study of 405 sexually active men and women who had viewed pornography, frequency of pornography consumption was directly related to a relative preference for pornographic rather than partnered sexual excitement. This preference, as well as devaluing sexual communication, was associated with less sexual satisfaction for both men and women.

97. 

• **Negative Impact on Marriage Formation:** Researchers report that declining rates of marriage formation bring demographic and socio-economic changes that negatively impact society, while marriage formation creates substantial socio-economic improvements. Pornography has been shown to significantly negatively impact marriage formation, and in light robust controls, the effect is likely causal.

98. 

• **Negative Impact on Marital Quality:** A longitudinal study of married couples found that those who used pornography more often reported lower satisfaction with their sex-life and decision-making as a couple. Pornography use was strongly and negatively related to marital quality over time. “The findings provide qualified support for the notion that more frequent pornography viewing—rather than
simply being a proxy for the participants’ dissatisfaction with sex-life or marital decision-making—may negatively influence marital quality over time."^{99}

- **Extramarital Affairs:** A study found that persons who have had an extramarital affair were more than 3 times more apt to have used Internet pornography than ones who had lacked affairs.\textsuperscript{100} Other research affirms that pornography consumption is associated with more positive attitudes towards extramarital affairs.\textsuperscript{101}

- **Romantic Breakups:** A longitudinal study of Americans found those who viewed pornography at all in 2006 were nearly twice as likely as those who never viewed pornography to report experiencing a romantic breakup by 2012. Additionally, a statistically significant relationship was found between frequently viewing pornography and experiencing a breakup. Researchers also extrapolated that earlier pornography use significantly predicts relational instability, particularly for men.\textsuperscript{102}

- **Divorce Rates:** In a nationally representative longitudinal study, researchers found the probability of divorce roughly doubles for men and women who begin viewing pornography. Conversely, women who quit using pornography were significantly less likely to get divorced.\textsuperscript{103}

- **Sexual Dissatisfaction:** In a study of 832 French men and women, researchers discovered that, even when controlling for perceived addiction to cyberpornography and overall sexual functioning, cyberpornography use was directly associated with sexual dissatisfaction. Additionally, cyberpornography use


had a significant negative indirect effect on sexual satisfaction through increased sexual dysfunction and sexual avoidance. Sexual dysfunction encompassed the quality of sex drive, arousal, vaginal lubrication/penile erection, ability to reach orgasm, satisfaction from orgasm, and pain during sex.104

In a study of 15,246 Americans, a symmetrical relationship was revealed between men and women as a result of viewing pornography. Women reported more negative consequences, including: lowered body image; that their partner was more critical of their body; increased pressure to perform acts seen in pornography; and less actual sex. Meanwhile, men reported being more critical of their partners’ bodies and less interest in actual sex. The findings also suggest that males are more likely to use Internet pornography as a solitary, autoerotic activity. 105

105 Albright. Ibid.
Works Cited


“As a psychiatrist specializing in teens and young adults, I bear witness to an alarming and insidious toxin that has increased in potency over the 15 years of my practice: online pornography. Though often dismissed as harmless, pornography has had a devastating impact on the well – being of many of my patients, and it can affect a person’s mental, physical and social health.” (Shimi Kang, M.D., Contributor, January 16, 2017, U.S. News, “Why Parents Need to Talk to Their Kids About Porn”, http://www.drshimikang.com/2017/01/16/why-parents-need-to-talk-to-their-kids-about-porn-2/)

“Physical, Mental and Social Consequences of Porn”

“Learning about sex from pornography, including potentially degrading and violent depictions, is reason for concern. Viewing pornography is not just a moral issue, but has been shown to be harmful to physical and sexual

“Multiple studies have linked porn use or porn addiction to erectile dysfunction, delayed ejaculation, anorgasmia – which a person has difficulty achieving an orgasm – low libido and less brain activation in response to sexual stimuli. In a 2014 brain-scan study, researchers at Germany’s Max Plack Institute for Human Development found several brain changes that correlated with the amount of porn consumed. More time spent viewing porn correlated with a reduction in gray matter in sections of the brain’s reward circuitry, or dorsal striatum, involved in motivation and decision – making. Porn use was also found to be associated with weakened connections at the frontal cortex, suggesting porn may impair willpower.” (Shimi Kang, M.D., Contributor, January 16, 2017, U.S. News, “Why Parents Need to Talk to Their Kids About Porn”, http://www.drshimikang.com/2017/01/16/why-parents-need-to-talk-to-their-kids-about-porn-2/)

“In the Middlesex study, those who had viewed porn reported a mixture of emotions, including curiosity, shock and confusion. Younger children were more likely to report feeling disturbed and depressed by what they had seen. If a person is consuming more and more pornography, the brain connects being aroused with porn’s graphic and fanciful content. It then becomes more difficult for that individual to be aroused by a real person or a real relationship. These addiction-related brain changes result in many users feeling like something’s wrong with them; they are left feeling empty and depressed.” (Shimi Kang, M.D., Contributor, January 16, 2017, U.S. News, “Why Parents Need to Talk to Their Kids About Porn”, http://www.drshimikang.com/2017/01/16/why-parents-need-to-talk-to-their-kids-about-porn-2/)

“Exposure to pornography has implications for adolescent sexual relationships, including an increase in having multiple partners and substance use during sex. Adolescents who frequently visit erotic and sexually explicit websites are more likely to hold sexually permissive attitudes and accepting views on casual sex. In addition, some youth use pornography as an instructional resource – or a way to learn how to have
sex – imitate what they view, or ask a partner to perform what they saw.”
#23 WOMEN AND PORN

“The Internet era, however, has fostered a level-playing field of sorts and more and more women are producing, viewing and interacting with the sex industry than ever before. Some greet this cultural shift enthusiastically, claiming that it helps women own and express their sexuality. In my office, and the offices of many of my colleagues, however, there appears to be increased insecurity, body image issues, sexual anxieties and relationship difficulties for female consumers of pornography.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“A committed Christian, she first came across porn at the age of 11 in a magazine that belonged to her brother, and was addicted for eight years before she got her wake-up call when she arranged an anonymous hook-up with a man she met over the net. Renaud recalls: ‘I had no friends. No passions. I had one mission and purpose in my life: pornography. Any way I could find it, I would. It didn't matter where I was or what I was doing. Home, school, my friend's houses, summer camp and yes, even church: my addiction came too.’”

“Almost half of the women (49 percent) agreed that viewing pornography is acceptable (vs. 67 percent for men) (Carroll et al., 2008) The findings regarding female acceptance are of particular importance because they reveal that the females surveyed were more accepting of pornography than their fathers were just one generation ago (Carroll et al., 2008).”

“Generally speaking, North American women are socialized to seek after, if not expect, marital and intimate relationships that foster equality between partners and which are founded upon mutual respect, honesty, shared power and romantic love. In start contrast, pornography promotes and eroticizes power imbalances, discrimination, disrespect, abuse, voyeurism, objectification, and detachment – all of which represent antitheses of relational and marital ideals for Western women. Consequently, when a North American, married woman discovers her husband has been secretly consuming pornography, it is not only devastating to her sense of self and trust, but it often threatens the very foundation upon which she has
constructed and framed her relational world. She is suddenly confronted with how psychologically, spiritually and sexually split her supposedly ‘modern man’ really is. It is not uncommon for women in this situation to say things like, ‘I have no idea who he really is anymore,’ ‘I feel like I have lived a lie the entire time I have been married,’ or ‘I thought we had a good marriage until this was revealed.’ To add insult to injury, many wives are directly or indirectly blamed for their partner’s pornography use with stinging insinuations that: (a) the marriage relationship must be dissatisfying, (b) she has ‘let herself go’ and is no longer as physically attractive as she once was, (c) she is closed minded to new sexual experiences, or (d) she is overly focused on her children and not attending to her husband’s needs. Too often the woman’s experience of the marital relationship and the historical context of his pornography habit become conveniently dismissed as irrelevant. Consequently, the husband’s pornography use is justified and the effects of pornography use are unchallenged.”

“Over and above the intense emotional distress and upheaval, it is critical to acknowledge that women who are married to a pornography consumer can experience a range of very serious risks and impacts that often get dismissed amidst the minimizing, cultural mantra that ‘porn is harmless entertainment’ or ‘just something guys do’. Some of the most significant impacts on women (and society) include: (a) increased risk of marital distress, separation and divorce, (b) increased risk for contacting a sexually transmitted disease from their spouse, (c) increased isolation, and (d) increased risk for abuse.”


“In a study of self-identified female ‘cybersex’ addicts, women reported that they preferred engaging in ‘cybersex’ within the context of a relationship (via email or chat room) rather than accessing pornographic images.”
“The significant difference one study found in the proportion of women who have real-life sexual encounters with their online companions compared to men. It found that 80 percent of women who engaged in these online sexual activities also had real-life sexual encounters with their online partners, compared to the much lower proportion of 33 percent for men. In another study, this time of men who flirted in Internet chat rooms, 78 percent reported they had at least one face-to-face sexual experience with someone they had met through a chat room in the past year.”

Self reports also reveal that the tendency to explore new behaviors in ‘offline’ relationships increases with increased online sexual activity.”


**Pornography’s Impact on Marriage and Relationships**

“Research has shown that men’s use of pornography poses a particular threat to women who are either married to or are in committed relationships with men. For women who seek relationships with men that are respectful, honest, monogamous, and based in romantic love, research on Internet pornography shows that what is depicted is the opposite: lack of respect, abuse, multiple partners, and sexual contact without emotional attachment (Eberstadt & Layden, 2010). Married individuals who report seeing a pornographic movie in the last year are significantly more likely to divorce, to have an affair, and to be less satisfied with their marriage and with life in general (Eberstadt & Layden). (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“In the Zillman- Bryant experiment, the Massive Exposure Group was far more likely to believe women in society really fit the stereotype of the women they saw in pornographic films. They were more likely to believe all women are really ‘as hysterically euphoric in response to just about any sexual or pseudosexual stimulation, and as eager to accommodate seemingly any and every sexual request’ as the porn girls.” (Dolf Zillmann, Jennings Bryant, “Pornography’s Impact on Sexual Satisfaction”, Journal of Applied Socioal


“As a trained counsellor, Renaud now calls women’s addiction to pornography ‘widespread and silent’. In almost every case, the women she meets believe they are the only ones ever to have struggled with the issue. ‘Porn and sexual addiction has always been referred to as a man’s problem,’ says Renaud. ‘But for women it’s an unspoken struggle. We have to give them the opportunity to say: ‘Me too.’” (Tanith Carey, “Why More and More Women are Using Pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“On campuses, one in four women are victims of rape or attempted rape, the film maintains. In another study, reported in the Commonwealth Fund
Survey of Women's Health, 31 percent of American women said they had been physically or sexually abused by a husband or boyfriend sometime in their lives. (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, http://www.freerepublic.com/focus/news/1218097/posts)


“It was an ordinary weekday morning when Caroline first noticed how much pornography was taking over her life. With 15 minutes to go before she was due to leave for a job interview, she opened up her laptop to print off an extra copy of her CV and there, onscreen, was a grab she’d saved from pornhub.com.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“I remember the feeling of being sucked in, really wanting that two-minute fix, that numbness I got when I used porn,’ says Caroline. ‘I was stressed out, and I risked being late for my interview, but I pressed play anyway and fast-forwarded it to the bit I wanted. It took two minutes.’ But the relief was to be short-lived. ‘Afterwards I just hated myself for giving in and getting off on images that treated women like pieces of meat. But I kept going back.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Although there is much debate about whether ‘porn addiction’ even exists, Caroline, a 21-year-old English graduate, has just finished seeing a sex addiction therapist to help get her porn habit under control. Having started watching porn out of curiosity when it became available over the internet in her mid-teens, she and her mates used it as a graphic form of sex education. She saw nothing wrong with it, particularly as she was raised in a generation of girls for whom it was seen as hip and liberated to enjoy watching sex.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Then, as she entered a depressed job market after university, it became a form of escape, a default she turned to whenever she felt anxious or bored. ‘I'd be stuck at home in front of my laptop on my own all day. I'd wake up with all these ideas for the day – and end up
surfing for porn, trying to distract myself, eating and then going back for more porn. No one would ever have known. But I didn't get much done. It was like a constant battle between my sexual urges and my self-control. I'd think to myself: 'It's not doing any harm.' But then I started to loathe myself for giving in and wasting so much time on it.’”


“Caroline is not alone. While it's accepted that women are watching – and enjoying – porn more and more, it's less recognised that some are also finding it hard to stop. At Quit Porn Addiction, the UK's main porn counselling service, almost one in three clients are women struggling with their own porn use, says founder and counsellor Jason Dean. Two years ago, there were none. While more than six out of 10 women say they view web porn, one study in 2006 by the Internet Filter Review found that 17% of women describe themselves as ‘addicted’.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Dean says: ‘I remember getting my first woman contacts about two years ago and thinking that was fairly unusual. Now I'm hearing from about 70 women a year who are coming for their own reasons, not because their male partners have a problem.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“There is little difference in the way the genders become hooked, says Jason. There is the same pattern of exposure, addiction, and desensitisation to increasingly hardcore images. The main contrast between male and female porn addicts is how much more guilty women feel. ‘Porn addiction is seen as a man's problem – and therefore not acceptable for women,’ says Dean. ‘There's a real sense among women that it's bad, dirty, wrong and they're often unable to get beyond that.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Orgasm releases a dopamine-oxytocin high that has been compared to a heroin hit, and many regular users of internet porn report experiencing an almost trance-like effect that not only makes them
feel oblivious to the world, but also gives them a sense of power that they don't have in real life. 'The PC becomes an erogenous zone. The more you keep trying to put porn out of your mind, the more it keeps popping back in. The brain then learns that porn is the only way to cope with anxiety.'” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Yet, what strikes you on the porn addiction websites is the real sense of despair and loneliness for the women who get caught up in it – and how early it starts. Many talk of a problem dating back to their early teens, before they've even had a relationship.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Psychotherapist Phillip Hodson, of the British Association of Counselling and Psychotherapy, says that in consulting rooms, the issue of woman habitually using porn ‘is something that has not been aired before. It's something new that's just beginning to surface . . . Traditionally women's voices have been against porn. It's seen as more of a male thing, because it's men who are supposed to be visually stimulated. But that doesn't mean that women aren't. Men are just maybe more so.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“Women who become regular users can suffer depression and low self-esteem because it can be hard to reconcile their enjoyment of porn with their intellectual dislike of seeing women used as sex objects. ‘Porn has an instant effect on the human body and mind and the psyche, even if you disapprove of what you are seeing . . . So women may find their body is saying yes, even though their mind may be saying no – and that can be upsetting.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“But as porn becomes more pervasive, Hodson observes that women are now also using it as a quick way to have sex without emotional investment, just as men traditionally have. ‘For women, just as for men, the internet is able to satisfy that need in rather a raw, crude sense, quickly and easily. Why serenade someone and go through all
the courtship rituals with another person when you have Google?”  

“But it’s important not to turn lone use of porn into a catastrophe, adds Hodson. For many women, it’s a phase that will pass – either because they take stock, they realise it’s becoming a problem, it becomes boring – or their life fills up again with better alternatives.”  

“I have a problem with the word addiction,’ he says. ‘Sex is a very natural function – and what is an abnormal level of sex to have or to want? If a woman is taking two minutes to orgasm to porn, and she’s doing it, say, 10 times a day, that’s still only 20 minutes a day.”  

“But if porn does become a habit that interferes in other areas, it might be an opportunity to take stock and realise there’s not enough happening in your life. Forgive yourself for being tempted and having a few orgasms. If it goes beyond that, there are people outside who can help.”  

“The first support group in the US run for women by women was founded by Crystal Renaud, who also wrote a new book on women’s addiction to porn, called Dirty Girls Come Clean.”  

“A committed Christian, she first came across porn at the age of 11 in a magazine that belonged to her brother, and was addicted for eight years before she got her wake-up call when she arranged an anonymous hook-up with a man she met over the net. Renaud recalls: ‘I had no friends. No passions. I had one mission and purpose in my life: pornography. Any way I could find it, I would. It didn’t matter where I was or what I was doing. Home, school, my friend’s houses, summer camp and yes, even church: my addiction came

“As a trained counsellor, Renaud now calls women's addiction to pornography ‘widespread and silent’. In almost every case, the women she meets believe they are the only ones ever to have struggled with the issue. ‘Porn and sexual addiction has always been referred to as a man's problem,’ says Renaud. ‘But for women it’s an unspoken struggle. We have to give them the opportunity to say: 'Me too.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“The Nature and Dynamics Of Internet Pornography Exposure For Youth”

“Considerable numbers of boys and girls had seen images of paraphilic or criminal sexual activity, including child pornography and sexual violence, at least once before the age of 18. Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys, p 0.001) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“...boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls).” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, http://www.unh.edu/ccrc/pdf/CV169.pdf)

“Bridges and Patricia Morokoff, PhD, reported similar findings: When men used porn, they tended to report lower levels of sexual intimacy in their real-life relationships. When women used porn, however,

“Bridges points to two possible explanations for the finding. First, she says, while men tend to view pornography solo, women are more likely to watch it with their partners in a shared sexual experience. ‘This was something that they incorporated into their lovemaking ritual,’ she says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Also, men and women typically use different types of porn. Men are more often drawn to videos showing sex acts absent of context. ‘You might not even see anybody’s face,’ she says. Women, though, tend to watch ‘couples porn,’ with story lines and softer angles. ‘When partners use porn together, they tend to watch things where both people are more egalitarian participants in a sexual act,’ Bridges says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Women Lose Their Value”

“Husbands, love your wives, just as Christ also loved the church and gave Himself for it, that He might sanctify and cleanse it with the washing of water by the word, and that He might present to Himself a glorious church, not having spot, or wrinkle, or any such thing, but that it should be holy and without blemish. In this way men ought to love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord cares for the church’ (Eph. 5:25-29).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Women Try to Be Pornography”

“As women lose their value in our culture, the only way young girls believe they can get attention from boys is to be pornography. As a result, young girls and older ladies wear skimpy, tight clothing designed to stir up lust in guys. However, God’s word mentions modesty and propriety.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”,)
“In like manner also, that women clothe themselves in modest clothing, with decency and self-control, not with braided hair, gold, pearls, or expensive clothing (1 Tim. 2:9).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Why More And More Women Are Using Pornography”

“A committed Christian, she first came across porn at the age of 11 in a magazine that belonged to her brother, and was addicted for eight years before she got her wake-up call when she arranged an anonymous hook-up with a man she met over the net. Renaud recalls: ‘I had no friends. No passions. I had one mission and purpose in my life: pornography. Any way I could find it, I would. It didn’t matter where I was or what I was doing. Home, school, my friend's houses, summer camp and yes, even church: my addiction came too.’”

“The Effects of Pornography on the Spouse and Marriage”

“When a wife discovers her husband’s pornography use, the emotions experienced are similar to the grieving process associated with the death of a loved one: shock, disbelief or denial, anger, depression and, finally, acceptance. Acknowledging, accepting and allowing those feelings to take their course are important. Pornography frequently changes the addict’s personality, influences the way he treats others and causes an emotional distance from those around him. The spouse often feels betrayed, rejected, abandoned and unimportant. Feelings of deep loneliness and responsibility for the addiction are almost universal. Anger at the addicted spouse and even toward God is common. ‘I did everything I was supposed to do. Is this what I get for it?’ They may feel abandoned not only physically and emotionally, but also spiritually.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Pornography addicts frequently pressure their spouses to keep the issue private. This isolation compounds the downward spiral of unhealthy feelings and counter-productive behavior. Without appropriate help and counseling, the emotional, physical and spiritual health of the spouse will deteriorate.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography use may eventually lead to divorce. Statistically, fifty-five percent of divorces are related to pornography. Nevertheless, a large number of couples are able to find recovery and healing through recognition of this addiction and by seeking appropriate help. Several factors influence the probability of healing the relationship.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Is pornography a problem for women?”

“While pornography use is currently not as common among women as it is for men, the number of women who view pornography is rapidly increasing. Seventy percent of new pornography websites are geared towards women. Pornography addiction in women frequently takes different forms than for men. For example, men tend to respond to visual images, while women initially tend to be more drawn to verbal and written forms of pornography such as graphic romance novels, explicit chat rooms, or online romantic role playing. Many women are drawn into social media relationships that can lead to the production of self-pornography for dissemination to individuals they meet online. Some women agree to watch pornography with their boyfriend or husband as a way to “spice up” the relationship or in an ineffective attempt to keep him from viewing it alone. In many cases, women can become addicted to the pornographic material. The same dangers of addiction and the same process of recovery that apply to men also apply to women.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“The Battle Plan”


“Thought. Almost simultaneously with the emotion is a thought. (‘What will I see;’ ‘can look at pornography;’ ‘no one has to know’).” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/)

Women and Porn

“THE IMPACT OF PORNOGRAPHY ON MARITAL RELATIONSHIPS”

“Women who watch pornography do not necessarily have more sex; however, they tend to have higher rates of depression and lower self-worth, and they are less engaged with their university than women who avoid pornography. That these sex differences exist is logical, given that the content of pornography features male violence toward women with little to no violence by women toward men (Bridges et al., 2010).” (John D. Foubert and Ana J. Bridges, “Predicting Bystander Efficacy and Willingness to Intervene in College Men and Women: The Role of Exposure to Varying Levels of Violence in Pornography”, Sage Publishing, 2016, http://media.wix.com/ugd/9e4c55_3005afc5635d414188270d248dc9bac4.pdf)

“Men viewed both violent/degrading and explicit but non-degrading pornography more frequently than women (ps < .001). When examining bystander variables, men and women reported statistically equivalent levels of perceived bystander efficacy (p > .05), but women self-reported greater willingness to intervene than did men (p < .001).” (John D. Foubert and Ana J. Bridges, “Predicting Bystander Efficacy and Willingness to Intervene in College Men and Women: The Role of Exposure to Varying Levels of Violence in Pornography”, Sage Publishing, 2016, http://media.wix.com/ugd/9e4c55_3005afc5635d414188270d248dc9bac4.pdf)
“When women discover that they are in a relationship with a man who views pornography, they often report feelings of emotional infidelity, perceptions of their partner as a liar, pervert, sex addict, or selfish, and in marriages they often consider or file for divorce (Bergen & Bridges; 2002; Manning, 2006; Whitty, 2003). Women report sexual inadequacy, insecurity about their appearance, worthlessness, loss, depression, and betrayal (Manning, 2006; Schneider, 2000).” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“Research has shown a positive correlation between women’s acceptance of pornography and their psychological well-being (Carroll et al., 2008). Still, more research is needed on women as direct consumers of pornography, particularly regarding the effects on women’s intra- and interpersonal development.” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)


“What makes the difference to them, what makes material ‘feminist’ in their view, is authenticity. That is, it’s not scripted, it is not fake, it represents the real desires of the people who are performing, particularly the women. Another element that is supposed to make ‘feminist porn’ different is mixing up roles and representations, so that it is not always men shown being dominant and women in a submissive role.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“But it’s not always that simple. In a 2013 study, researchers at Brigham Young University and the University of Missouri surveyed heterosexual couples who were married or living together and found that men’s use of porn was associated with lower sexual quality for both men and their partners. Female use of porn, however, was associated with improved

“Bridges and Patricia Morokoff, PhD, reported similar findings: When men used porn, they tended to report lower levels of sexual intimacy in their real-life relationships. When women used porn, however, intimacy increased (Personal Relationships, 2011).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Woman Dating Or Engaged To Man Addicted To Pornography”

“If you decide to marry this man, don't expect his addiction to go away on its own once you've said your wedding vows. To be more specific, don't assume that normal marital sexual relations will take the place of porn in his life. No living, breathing, thinking woman can possibly fill that role without doing untold damage to herself as a person. That's because pornography addiction is not about sex. It's a symptom of an intimacy disorder - a comprehensive psychological illness that compels an individual to avoid deep, meaningful interaction with a real human being and to replace it with impersonal sensual imagery. Unless this disorder is addressed and resolved, your relationship cannot move forward on a healthy footing. Marriage will not fix the problem. It will only complicate matters and increase your pain.” (“Woman Dating or Engaged to Man Addicted to Pornography”, Focus on the Family, July 22, 2015, http://family.custhelp.com/app/answers/detail/a_id/26042/~/woman-dating-or-engaged-to-man-addicted-to-pornography)

“PORN, NOVELTY AND THE COOLIDGE EFFECT”

“He rates her lower not only on attractiveness, but also on warmth and intelligence.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect)

“That may be the case, but women in relationship with porn spectators reported being less happy in those relationships than gals paired up with men who didn’t view pornography, found research published in 2012 in the journal Sex Roles.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html) (Tia Ghose, “5 Ways
“Over the past few decades, experimental and correlational research has focused on variables associated with pornography exposure. The most prominent of these is sexual aggression. In their review of more than 50 experimental studies and meta-analyses, Malamuth, Addison, and Koss (2000) conclude pornography exposure has a causal but complicated relationship with aggressive behavior; the link between pornography and sexual aggression is much stronger in men with predisposing risk factors such as high rape myth acceptance and low empathy. The associations between pornography and sexual aggression are also present in women. In experimental studies with women, violent pornography exposure, especially in combination with alcohol intoxication, is associated with increased ratings of blame for rape victims, decreased assignment of responsibility to male sexual assault perpetrators, and the belief that victims should accept sexual victimization (Davis, Norris, George, Martell, & Heiman, 2006; Norris, Davis, George, Martell, & Heiman, 2004). Moreover, both men’s and women’s use of pornography has been associated with a decreased selfreported likelihood that they will intervene to prevent sexual assault (Brosi, Foubert, Bannon, & Yandell, 2011; Foubert, Brosi, & Bannon, 2011). Taken together, results support decades-old assertions that pornographic media contribute to a culture of sexual callousness, especially toward violence against women (Zillmann & Bryant, 1982).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“Some people attribute increased use by women to widespread accessibility and greater anonymity permitted through the Internet (W. A. Fisher & Barak, 2001). Like in men, greater pornography use in women is associated with increased assignment of responsibility to victims and less responsibility to male perpetrators of rape (Davis et al., 2006; Norris et al., 2004) In addition, pornography use in women is associated with greater acceptance of personal sexual victimization (Davis et al., 2006; Norris et al., 2004).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)
“Notably, research has shown that when actresses in popular mainstream pornographic movies experience physical aggression, 95% of the time they provide either a response of pleasure or no response at all (Bridges et al., 2010). Given that the content of pornography today reinforces the script that women do not resist when hit during a sexual encounter (Bridges et al., 2010), it stands to reason that exposure to pornography sends the message that women enjoy physical aggression during sex. If women internalize the messages that women enjoy violence, it raises a barrier for potential intervention to help another woman who is at current risk of sexual assault (McMahon & Banyard, 2012). It also raises a barrier for men to help women if they internalize the script that women enjoy being aggressed against.” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“Frequent porn users view powerful women, working women and women who have had abortions more favorably than do other men, a study published in August in the Journal of Sex Research found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html)

“Even “women’s porn,” porn made by women for women, is produced to arouse and to be sensual” (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)

“The first theme these women voiced was that of decreased sexual desire by their partners. As one participant stated, “I am no longer sexually attractive or desirable to him. He’s more attracted to the women depicted in his movies, magazines, and websites than he is to me, and I feel completely unable to compete with these women.” (Bergner, R. M., & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. Journal of Sex & Marital Therapy, 28, 193–206.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
“The Impact of Pornography on Women: Social Science Findings and Clinical Observations by Jill C. Manning, Ph.D., LMFT, July 2008”


D. “Pornography, it could be argued, is altering the cultural zeitgeist in ways we may not come to appreciate or identify until society has paid significant social costs.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“Those who claim pornography is harmless entertainment, benign sexual expression or a marital aid, have clearly never sat in a therapist’s office with individual, couples or families who are reeling from the devastating effects of this material.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“According to Dr. Janice Crouse, a researcher for Concerned Women for America, it is estimated that 600,000-800,000 women, men and children are trafficked internationally each year with another 2 to 4 million trafficked within countries. Women make up 80 percent of humans trafficked and 70
percent of these women are used for sexual purposes (e.g., prostitution). The U.S. government estimates that 14,500 – 17,500 people are trafficked into the U.S. each year.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)


“Zillman (2000) found that frequent exposure to pornography was associated with the following attitudes and dynamics:

- “Normalization of adverse reactions to offensive material”
- “Increased tolerance toward sexually explicit material, thereby requiring more novel or bizarre material to achieve the same level of arousal or interest”
- “Misperceptions about exaggerated sexual activity in the general populace and the prevalence of less common sexual practices (e.g., group sex, bestiality, and sadomasochistic activity)”
- “Diminished trust in intimate partners”
- “Decreased desire to achieve sexual exclusivity with a partner”
- “Increased risk of developing a negative body image, especially for women (Siegel, 1997)”
- “Acceptance of promiscuity as a normal state of interaction”
- “View sexual inactivity or abstinence constitute a health risk”
- “Begin to view love in a cynical manner”
• “Believe superior sexual satisfaction is attainable without having affection for one’s partner”
• “Believe marriage is sexually confining”
• “Believe raising children and having a family is as an unattractive prospect”


“Three separate studies that focused on adolescents and pornography use specifically found that for males and females there was a strong association between pornography consumption and engaging in oral and anal sex (Rogala & Tydén, 2003; Tydén & Rogala, 2004; Häggström & Nordin, et al, 2005) even though the majority of females described anal intercourse as a negative experience (Rogala & Tydén, 2003).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“The Internet era, however, has fostered a level-playing field of sorts and more and more women are producing, viewing and interacting with the sex industry than ever before. Some greet this cultural shift enthusiastically, claiming that it helps women own and express their sexuality. In my office, and the offices of many of my colleagues, however, there appears to be increased insecurity, body image issues, sexual anxieties and relationship difficulties for female consumers of pornography.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“Almost half of the women (49 percent) agreed that viewing pornography is acceptable (vs. 67 percent for men) (Carroll et al., 2008) The findings regarding female acceptance are of particular importance because they reveal that the females surveyed were more accepting of pornography than their fathers were just one generation ago (Carroll et al., 2008).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings
“For men, ‘pornography use is as common as drinking is among college-age men’, and a significant number report ‘binging’ on pornography with a similar frequency and intensity than those who binge drink (Carroll et al., 2008, pe.23).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“Generally speaking, North American women are socialized to seek after, if not expect, marital and intimate relationships that foster equality between partners and which are founded upon mutual respect, honesty, shared power and romantic love. In stark contrast, pornography promotes and eroticizes power imbalances, discrimination, disrespect, abuse, voyeurism, objectification, and detachment – all of which represent antitheses of relational and marital ideals for Western women. Consequently, when a North American, married woman discovers her husband has been secretly consuming pornography, it is not only devastating to her sense of self and trust, but it often threatens the very foundation upon which she has constructed and framed her relational world. She is suddenly confronted with how psychologically, spiritually and sexually split her supposedly ‘modern man’ really is. It is not uncommon for women in this situation to say things like, ‘I have no idea who he really is anymore,’ ‘I feel like I have lived a lie the entire time I have been married,’ or ‘I thought we had a good marriage until this was revealed.’ To add insult to injury, many wives are directly or indirectly blamed for their partner’s pornography use with stinging insinuations that: (a) the marriage relationship must be dissatisfying, (b) she has ‘let herself go’ and is no longer as physically attractive as she once was, (c) she is closed minded to new sexual experiences, or (d) she is overly focused on her children and not attending to her husband’s needs. Too often the woman’s experience of the marital relationship and the historical context of his pornography habit become conveniently dismissed as irrelevant. Consequently, the husband’s pornography use is justified and the effects of pornography use are unchallenged.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women:

“Several researchers have found that it is common for women to report feelings of betrayal, loss, mistrust, devastation and anger as responses to the discovery or disclosure of a partner’s pornography use and/or online sexual activity (Bridges, Bergner * Hesson-McInnis, 2003; Manning, 2006; Schneider, 2000a). Some researchers have even suggested that individuals in committed relationships who discover their partner is engaged in compulsive pornography use or other sexually addictive behaviors can manifest symptoms of post-traumatic stress disorder (Steffens & Rennie, 2006). Additionally, many women experience physiological effects such as fatigue, changes in appetite and libido, and other signs and symptoms of anxiety and depression, including suicidality (Manning, 2006; Wldmon-White & Young, 2002).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, [http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf](http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf))

“Over and above the intense emotional distress and upheaval, it is critical to acknowledge that women who are married to a pornography consumer can experience a range of very serious risks and impacts that often get dismissed amidst the minimizing, cultural mantra that ‘porn is harmless entertainment’ or ‘just something guys do’. Some of the most significant impacts o women (and society) include: (a) increased risk of marital distress, separation and divorce, (b) increased risk for contacting a sexually transmitted disease from their spouse, (c) increased isolation, and (d) increased risk for abuse.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, [http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf](http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf))

“At the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois regarding the impact of Internet usage on marriages (Dedmon, 2002). This professional organization comprises the nation’s top 1600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62 percent of the 350 attendees said the Internet had played a role in divorces
they had handled during the last year, and 56 percent of the divorce cases involved one party having an obsessive interest in pornographic websites (Dedmon, 2002).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“In my qualitative, doctoral research with wives of sex addicts (n=25; 100 percent of which had reported pornography being an issue in their marriage), the majority of participants (68.18 percent) had experienced some form of isolation while dealing with this problem (e.g., emotional, spiritual, physical or social) (Manning, 2006).” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“A growing number of researchers and clinicians are beginning to recognize a connection between pornography use and abuse in marriage (Laaser, 1996; Wildmon-White & Young, 2002; Ryu, 2004; Hinson Shope, 2004). It is not uncommon for wives of pornography users to report being asked to reenact pornographic scenes, consume pornography with their partner, or be pressured or coerced into sexual acts they find uncomfortable or demeaning (Laaser, 1996; Ryu, 2004; Hinson Shope, 2004). While conducting my own doctoral research (Manning, 2006), I was surprised to learn how many women had experienced marital rape when asked about how pornography had impacted their marriage. Unfortunately, my experience as a researcher was not unique. For example, Bergen (1998) found in her research on marital rape that one third of the females in her sample reported that their partner consumed pornography and that there was a correlation between pornography use and the most sadistic rapes. Boeringer (1994) found that men exposed to violent pornography were 6 times more likely to report rape behavior than a low-exposure sample, and Crossman (1995) found pornography use was the strongest correlate of sexual aggression. Furthermore, Cramer and McFarlane (1994) surveyed a sample of women who had been battered and found that: (a) 75 percent of the women had been shown pornography and sked or forced to perform similar sex acts; (b) 64 percent had had pornography described to them and sked or forced to perform similar sex acts; (c) 31 percent had
been asked to participate in pornographic photographs; and (d) 81 percent had reported rape.” (Jill C. Manning, Ph.D., July 2008, “The Impact of Pornography on Women: Social Science Findings and Clinical Observation”, http://afaofpa.org/wp-content/uploads/The-Impact-of-Pornography-on-Women.pdf)

“2016 analytics, never-ending attempt to normalize porn in society and make it mainstream. The fact that the site’s global traffic is 26% female.” (“World’s Largest Porn Site Reveals How Women are Watching Porn Like Never Before”, Fight the New Drug, January 17, 2017, http://fightthenewdrug.org/worlds-largest-porn-site-reveals-what-women-are-watching/)

“The country with the highest proportion of female visitors, regardless of population size, was Jamaica with a whopping 46%. This was closely followed by Micronesia and the Bahamas who both chimed in at 42% of their country’s viewers being women.” (“World’s Largest Porn Site Reveals How Women are Watching Porn Like Never Before”, Fight the New Drug, January 17, 2017, http://fightthenewdrug.org/worlds-largest-porn-site-reveals-what-women-are-watching/)

“Women are much more likely to search out videos containing the words “lesbian,” as well as hardcore content such as ‘extreme gangbang.’ Women are also seeking out explicit and even violent depictions of sex.” (“World’s Largest Porn Site Reveals How Women are Watching Porn Like Never Before”, Fight the New Drug, January 17, 2017, http://fightthenewdrug.org/worlds-largest-porn-site-reveals-what-women-are-watching/)

“Sexualizing child and parent relationships are some one of the most popular genres of porn means that there is a massive interest in sexually explicit videos of men/women who look and act like fathers/mothers, having sex with a male or female they are supposed to be related to. And if that’s not bad enough, it’s important to note that the search term ‘step sister’ has risen overall from last year to become the third most popular category of porn, with step-dad categories increasing in popularity for women.” (“World’s Largest Porn Site Reveals How Women are Watching Porn Like Never Before”, Fight the New Drug, January 17, 2017, http://fightthenewdrug.org/worlds-largest-porn-site-reveals-what-women-are-watching/)

“An in-depth study with fifty-five female prostitution survivors in Portland, Oregon, reported that 53 percent were sexually tortured on average fifty-four times a year, often while made to participate in pornography (Hunter
“Seventy-eight percent of the Portland survivors were also reaped an average of 49 times a year, and 84 percent were victimized through aggravated assault an average of 103 times a year (Hunter 1993, 92-93).”

“Linda Boreman was forced to have intercourse or perform fellatio every time she was made to perform in pornography (Lovelace 1980; Dworkin and MacKinnon 1997, 60-65; Linda Marchiano testimony, lie-detector test, 205-13) and hence was raped countless times.”

“When look at prostituted women’s childhood sexual abuse prevalence rates range from 50 percent to 90 percent in various studies (see, e.g., Farley et al.2003; citing studies, 43; original data; see also MacKinnon 2007, 1251-52; citing studies). Abused children may become runaways and sexually exploited to survive. In a San Francisco study with 200 prostituted females, 70 percent explicitly reported sexual abuse as affecting entry, while more indicated this strongly, and 96 percent of all participating juveniles were runaways (Silbert and Pines 1981b, 410). The median age of entry was thirteen, and several other studies conservatively suggest an average of thirteen to fourteen (Farley et al. 2003, 35; citing studies; Leidholdt 1993, 136n3; citing Silbert and Pines 1981a, 397; see also American Psychological Association 2007, 17). (The average woman is estimated to serve five men per day, hence an eighteen year old has been used over 9,000 times if entering at thirteen (Carter and Giobbe 1999, 46). In a society in which it is virtually impossible for some girls and women to escape homelessness and obtain professional skills, this industry will continue preying on them to make materials, exploiting existing subordination. Considering clients who define prostitution as ‘paid rape’ (Farley 2006, 131) raises the question of why any women would stay. The reason is that they do not have a choice to leave in
most instances. In nine countries, 89 percent (n=785) explicitly stated that they wished to leave but could not, irrespective of whether prostitution was legalized or not (Farley et al. 2003, 48,51). Most are destitute. Despite the reality of this production, pornography often present women as secretly wanting abuse and hence choosing it freely (see generally Dworkin 1981, 128-98). With all this force need to make women in pornography perform, will consumers use force on other women to experience what has been used through mediation?" (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)

“Subsequently, in 2004, the harm standard moved further beyond reach when British Columbia Judge Low, citing Butler and Hawkins among others, acquitted a man accused of producing and distributing (alternatively possessing for this purpose) eleven violent pornography movies, mostly involving bondage, discipline, and sadomasochism (BDSM). R. v. Price, 2004 BCPC 103, [2004] B.C.J. No. 814. The materials presented, among other things, a man verbally abusing a woman and then forcing her to bend backward over a toilet while urinating into her mouth. When her mouth overflows, he ‘punishes’ her by scrubbing the toilet bowl with her head. Judge Low observed that the woman was ‘obviously’ not consenting, Id. 59, and that there was ‘strong evidence simply from the content of the Eleven Videos themselves by which [one] may infer a risk of harm. Id. 88. However, an expert testimony implied ‘consensual BDSM’ to be ‘normal’ sexual behavior, said to be regularly carried out in public. Id. 34-3. Additionally, Judge Low argued that materials presenting men’s violence against women were readily available on the Internet.” (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)
#24 MEN AND PORN

“Trained to need porn”

C997 “David watched his first porn video at age 13 and started using it regularly at 26. When he was in his 20s, his parents began pressuring him to get married. A closeted gay man, the prospect of marrying a woman triggered his compulsive behavior, he said. At 29, he came out, hoping to begin dating and living a ‘normal life,’ but he wasn’t interested in meeting people—it made him uncomfortable. The more he tried to stop watching porn, the deeper and deeper he’d fall into it.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“I can't describe obsession with the Internet, that unlimited supply,’ he said. ‘It was like there was a drug dealer living in my laptop.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Internet porn poses a significant risk of addiction:


“Unlike porn in other media, net porn doesn’t come in physical formats that must be acquired (and concealed), carry a high cost of ownership, and offer little in the way of variety before becoming ‘stale’. Online porn is

“…internet porn allows its viewers to remain safely anonymous…100 million page views a day and serves 4,000 VIDEOS a second during its peak hours…2% of the internet’s totally traffic.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)

“Porn viewers have the opportunity to browse through as much new porn – ‘new mates’ – as they wish, for as long as they wish. This provides a constant source of novelty.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery", Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)

“For more information and to read complete article, please visit The Nofap Experiment: A Voyage Through Porn Addiction, Support and Recovery.”

“Research indicates that 70% of the hits on Internet sex sites occur between 9-5 on business computers…my clinical experience supports that 40% of sex addicts will lose their spouse, 58% will suffer severe financial losses, and 27-40% will lose their job or profession. (Dr.Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“…one in five high school girls has been physically or sexually abused by her boyfriend.” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, http://www.freerepublic.com/focus/news/1218097/posts)

“Nearly half of the 304 scenes analyzed contained verbal aggression, while over 88% showed physical aggression. Seventy percent of aggressive acts were perpetrated by men, and 87% of the acts were committed against women. By far the victims’ most common responses were pleasure or neutrality. Fewer than 5% of the aggressive acts provoked a negative response from the victim, including flinching and requests to stop. This pornographic ‘reality’ was further highlighted by the relative infrequency of more positive behaviors, such as verbal compliments, embracing, kissing, or laughter.” (Ana J. Bridges, “Pornography’s Effects on Interpersonal Relationships,”[on the wife],

“GREY MATTER: 50 SHADES, PORNOGRAPHY AND THE SHAPING OF OUR BRAINS”

“Recognise the nature of the issue”

“Males who watch porn regularly have a higher tolerance for abnormal sexual behaviors, including rape and aggression. (1) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17) (1) http://www.roadtогrace.net/current-porn-statistics/

“The longer men watch porn, the more likely they are to begin viewing women as sexual objects instead of people. (1) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17) (1) http://www.roadtогrace.net/current-porn-statistics/


“Over time, men who are addicted to porn become incapable of getting sexual satisfied by real women. This leads to depression, loneliness, and unhappiness. (4) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17) (4) http://www.lifeissues.net/writers/may/may_43pornographycost.html


“Addicts often report they feel ashamed and disgusted with themselves because they start to become stimulated by images that would have repulsed them in the past. This may include violent sexual acts and child, particularly teen, pornography. (6) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostsofpornography.org, Accessed 4.27.17) 6) http://www.conversantlife.com/morality/the-social-costs-of-pornography)
“Those who view more porn are far more likely to stereotype women as sex fiends, eager to meet any man’s sexual demands.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)


“And contrary to the notion that pornography fuels misogyny, men who viewed porn tended to hold more egalitarian views about women than did non-porn-using men. Frequent porn users view powerful women, working women and women who have had abortions more favorably than do other men, a study published in August in the Journal of Sex Research found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“Research has shown that men’s use of pornography poses a particular threat to women who are either married to or are in committed relationships with men. (Eberstadt & Layden, 2010).” (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“In the Zillman- Bryant experiment, the Massive Exposure Group was far more likely to believe women in society really fit the stereotype of the women they saw in pornographic films. They were more likely to believe all women are really ‘as hysterically euphoric in response to just about any sexual or pseudosexual stimulation, and as eager to accommodate seemingly any and every sexual request’ as the porn girls.” (Dolf Zillmann, Jennings Bryant, “Pornography’s Impact on Sexual Satisfaction”, Journal of Applied Scoial
“A recent University of Sydney study, in which two professors surveyed more than 800 men, found that excessive porn consumption was reported by almost half the respondents (85 per cent of whom were married or in a relationship), and was harming their professional success and relationships.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why)


“Men have long believed that what arouses them to orgasm is ironclad evidence of their sexual orientation. Therefore, it can be especially distressing to escalate through shifting porn fetishes that ultimately cast doubt on sexual orientation. Yet such escalation to unexpected tastes is surprisingly common today, especially among young people who grew up dabbling in ‘anything-goes’ tube sites from an early age.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p55)

“Over the past few decades, experimental and correlational research has focused on variables associated with pornography exposure. The most prominent of these is sexual aggression. In their review of more than 50 experimental studies and meta-analyses, Malamuth, Addison, and Koss (2000) conclude pornography exposure has a causal but complicated relationship with aggressive behavior; the link between pornography and sexual aggression is much stronger in men with predisposing risk factors such as high rape myth acceptance and low empathy. The associations between pornography and sexual aggression are also present in women. In experimental studies with women, violent pornography exposure, especially
in combination with alcohol intoxication, is associated with increased ratings of blame for rape victims, decreased assignment of responsibility to male sexual assault perpetrators, and the belief that victims should accept sexual victimization (Davis, Norris, George, Martell, & Heiman, 2006; Norris, Davis, George, Martell, & Heiman, 2004). Moreover, both men’s and women’s use of pornography has been associated with a decreased self-reported likelihood that they will intervene to prevent sexual assault (Brosi, Foubert, Bannon, & Yandell, 2011; Foubert, Brosi, & Bannon, 2011). Taken together, results support decades-old assertions that pornographic media contribute to a culture of sexual callousness, especially toward violence against women (Zillmann & Bryant, 1982).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“Hussey said men’s sexuality is often affected in ways that real sex, even in relationships, becomes boring. Women in porn have ‘perfect’ bodies, videos are well-lit and the sexual retelling is fine-tuned and edited. ‘It’s all power and pumping and exactly what somebody wants it to be on a fantasy level, but real-life sex is kind of a letdown comparatively for people because it doesn’t have said production value,’ Hussey said. ‘... It really kind of screws up the ability for someone to enjoy real sex.’ Hussey said he’s heard men say that women in real life don’t turn them on, or that they won’t do what they like women in porn to do. Men feel detached from real sex, and it’s more of a letdown on the fantasy and visual stimulation level.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘As with most use of anything that provides an immediate...dopamine release, [porn] has left me lonely, self-loathing and hopeless,’ Middleton said in an email. ‘I consider my past porn usage...to be just as dangerous as my drug and alcohol usage. It tarnished my character, made me a weaker person and took a considerable toll on my sense of self.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“As noted by Symons (1979), men tend to fantasize about a place where, ‘sex is sheer lust and physical gratification, devoid of more tender feelings and encumbering relationships, in which women are always aroused, or at least easily arousable, and ultimately are always willing.” (Symons, D. (1979). The
“Regardless of the studies, research, and individual stories, the connection between pornography and sexual exploitation is just common sense, biblically speaking. Lust and pornography are mutually destructive partners. Pornography ignites sexual lust, but rather than being satisfied by its partner, lust demands more and more. No wonder Jesus spoke metaphorically of the need to take extreme measures to combat sexual lust (Matthew 5:27-30). Once lust gains a foothold in the mind and heart, it becomes an enslaving idol that destroys not just the lustful person, but equally harms the victims it uses to satisfy its desires. That’s because sexual lust is more than just sexual desire and its temporary fulfillment. Lust is the strong desire to possess something or someone that is not yours to have. Lust isn’t satisfied until it owns or controls what it wants. Lust refuses to look at the object of lust as anything other than a “thing” for its own pleasure. Pornography takes that basic aspect of lust (“I want!” “I need!” “I must have!”) and spins a destructive message through its images, one that dehumanizes, objectifies and enslaves. It does so in three primary ways.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“University of Arkansas
A survey of 487 male college students by researchers found that the more young men watched porn, the more likely they were to use it during sex and request pornographic acts from their partner.” (The Health Site, December 15, 2014)

“Specifically, pornography was linked to significant ‘lower sexual and relational satisfaction’ among male viewers.”

“GQ MAGAZINE TELLS MEN: QUIT WATCHING PORN BEFORE IT RUINS YOUR SEX LIFE”
“The rise of the Internet has made porn more ubiquitous than ever, and a growing number of scientists and cultural observers are arguing that it’s toxic to real relationships. No longer is opposition to pornography strictly the realm of religious believers and hard-core feminists. Outlets as varied as GQ, Vice, and New York Magazine have recently begun to publicly question whether all the imaginary sex people are having is spoiling the real thing.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)


“‘With such an inexhaustible supply of porn at our disposal, there is a growing concern that it is beginning to effect [sic] our brains, our relationships, and even our bodies,’ Christian wrote. ‘A recent survey of a Reddit community called NoFap – made up of nearly 75,000 people committed to quitting porn and masturbation – has helped researchers open the door to a better understanding of the effects of pornography on our lives.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“Christian highlighted ten findings of the NoFap survey that he said are strong indicators that porn may be giving people more problems than pleasure. These included the fact that 53% of respondents said they developed a porn habit between the tender ages of 12 and 14, while another 16% started watching smut before they even turned 12.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)
“The survey also found that 59% of the respondents watched porn between four and 15 hours every week, that 42% of male college students said they visited porn sites regularly, 64% said that their tastes in porn ‘have become more extreme or deviant,’ while many admitted to suffering from premature ejaculation or being disinterested in their real life partners.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“‘For those addicted to porn, arousal actually declined with the same mate, while those who regularly found different mates were able to continual their arousal,’ Christian wrote. ‘It’s known as the Coolidge Effect, or novelty-seeking behavior. Porn, after all, trains the viewer to expect constant newness.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“However, he also pointed out that the survey showed that there is hope for the addicted, with 60% of those who embraced the ‘nofap’ (no masturbation/porn) challenge saying that they saw an increase in their sexual functions, and another 67% saying it improved energy levels and productivity.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“Christian isn’t the only young writer to take to the mainstream press with concerns over the damage porn is doing to people’s sex lives. Davy Rothbart, writing for New York Magazine, complained of his own inability to climax with a human partner after what he called ‘overmasturbation’ while viewing porn sites. For his piece, called, ‘He’s Just Not That into Anyone,’ he interviewed a number of other young men who indicated he was far from alone.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“‘The initial symptom for a lot of guys who frequently find themselves bookmarking their favorite illicit clips appears to be a waning desire for their partners,’ Rothbart wrote. ‘For a lot of guys, switching gears


“Another victim of porn’s aggressive allure was Perry, a 41-year-old lawyer. ‘I used to race home to have sex with my wife,’ Perry told Rothbart. ‘Now I leave work a half-hour early so I can get home before she does and masturbate to porn.’ Added Perry, ‘It’s like I’ve got this ‘other woman’ … and the ‘other woman’ is porn.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“Rothbart talked to a behavioral therapist named Andrea Kuszewski who explained that when people have orgasms, their brains release a potent mixture of dopamine and oxytocin, the two chemicals responsible for pleasure (and addiction), and emotional bonding, respectively. Studies have shown that the dopamine rush acts like a drug, leading porn users to crave their next fix. But the oxytocin gives them a powerful emotional bond to the source of the increased flow. Normally, that’s another human being. But for porn users, Kuszewski told Rothbart, it’s the porn itself. ‘You’re bonding with it,’ she said.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“Rich Santos told Marie Claire magazine that porn had taken all the excitement out of his relationships with young women. ‘Before the internet porn, a kiss would make my heart race, my lips and body tingle, and I’d get butterflies in my stomach. Since changing my habits, I’ve lost that feeling: the newness of a real kiss. It has somehow muted my feelings,’ Santos wrote. But as he has tried to

“Mark Manson, another young writer, got hooked on online porn at 13 and had spent 8 to 10 years viewing it ‘almost daily.’ Manson decided he was sick of the spiral he found himself in as he continued to crave increasingly depraved pornography, but found himself unable to perform in real life. He, along with a number of online acquaintances who shared the same problem, decided to commit to a 60-day ‘reboot,’ fasting from porn for the duration.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“As their experiment progressed, Manson said he experienced strong cravings for pornography and even had dreams about it. ‘No, not dreams about having sex, dreams about pornography,’ he clarified, adding that he thought that was ‘[messed] up.’ But the longer he went without porn, the more his desire for the real thing returned.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“‘I began to find normal, everyday girls to be more beautiful,’ wrote Manson. ‘Minor flaws and blemishes that used to bug me were now endearing and sometimes even sexy.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“After his sixty days were up, Manson tried to watch porn again, but he found his tastes had changed. ‘Porn I used to enjoy now felt excessive, dehumanizing and honestly, not very attractive,’ he wrote. ‘There were a few videos I saw where I couldn’t believe I used to watch stuff like that.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“‘I couldn’t help but notice how unhappy and inauthentic the girls in the videos often were,’ added Manson. ‘Not to say I haven’t noticed some of the actresses obviously faking their way through a scene in


Consequences Men Face Watching Porn


4. “Men who view pornography are more likely to show an increased behavioral intent to rape, and are more likely to believe rape myths.” (Foubert, JD; Brosi MW; Bannon, RS. “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault,” Sexual Addiction & Compulsivity, 2011; 18(4): 212-231, at http://www.tandfonline.com/doi/abs/10.1080/10720162.2011.625552#.VLGJH2sfmQ)

The idea that porn is victimless is a cruel joke,” Laurie Hall, author of An Affair of the Mind, says. “Forty percent of professional men who are...
#25 TOLERANCE TO PORN


“Concern about escalation. Tolerance – the need to do more to get the same results – is a common feature of addictive disorders. Online viewing which begins as harmless recreation can become an all-consuming activity, and it can also lead to real sexual encounters, either with sexual partners met online, or escalation of the sex addiction in general. Even when the sex involves only the computer, there is often escalation of conflict in the relationship.” (Jennifer P. Schneider, “Effects of cybersex addiction on the family: Results of a survey”, site accessed 9.21.17, http://www.jenniferschneider.com/articles/cybersex_family.html)


“Journalist Pamela Paul reached similar conclusions in her survey of pornography users. She discovered that for many individuals, using pornography quickly becomes a slippery slope, where users seek out and become habituated to material they once held in disgust, such as ‘bestiality, group sex, hard-core S&M, genital torture, and child pornography.’ For some, this slippery slope quickly leads to a form of addiction.” (Cassandra Hough, “Post-Kinsey: Is There Anything Normal About Pornography?”, Public Discourse, October 12, 2011, http://www.thepublicdiscourse.com/2011/10/3677/)
“Noah Church is a 26-year-old part-time wildland firefighter in Portland, Ore. When he was 9, he found naked pictures on the Internet. He learned how to download explicit videos. When he was 15, streaming videos arrived, and he watched those. Often. Several times a day, doing that which people often do while watching that genre by themselves.”

“After a while, he says, those videos did not arouse him as much, so he moved on to different configurations, sometimes involving just women, sometimes one woman and several guys, sometimes even an unwilling woman. "I could find anything I imagined and a lot of stuff I couldn't imagine," he says. After the appeal of those waned, he moved on to the next level, more intense, often more violent.”

“In his senior year of high school, he had an opportunity to have actual sex, with a real partner. He was attracted to her and she to him, as demonstrated by the fact that she was naked in her bedroom in front of him. But his body didn't seem to be interested. "There was a disconnect between what I wanted in my mind and how my body reacted," he says. He simply couldn't get the necessary hydraulics going.”

“He put it down to first-timers' nerves, but six years went by, and no matter which woman he was with, his body was no more cooperative. It responded only to the sight of porn. Church came to believe that his adolescent Internet indulgence had somehow caused his problems and that he had what some are calling porn-induced erectile dysfunction (PIED).”

"The result in some Internet porn users is higher brain activation to internet porn, and less arousal to sex with a real person," Wilson argues. And then there's habituation: the need for more to get the same hit. "Extreme novelty, certain fetishes, shock and surprise and anxiety--all those elevate dopamine," he says. "So they need those to be sexually aroused." (Belinda Luscombe, March 31, 2016, Time, “Porn and the Threat to Virility”, http://time.com/4277510/porn-and-the-threat-to-virility/)

“A well-known characteristic of addictions is tolerance, which is the need to do more and more to get the same results. This may involve an increase in the quantity of the drug or behavior, or an escalation in the type of activity.
For sex addicts, this may mean more hours on the internet, a larger number of partners, more bizarre or riskier activities, or going from virtual to actual sexual encounters.”

“Cybersex really accelerated the addiction on his part. It went from just magazines and movies (after his credit card was maxed out with phone charges) to spending hours on end on the computer looking at images, to hours on end chatting with anyone who would ‘talk.’ It took only 3 months to go from simple e-mail to all this, and he said it would have only been a matter of time before he did start to meet women in person had I not found the disk. [30 year old woman who found a porn disk in the drive]”


“According to Fight the New Drug, porn physically changes the brain over time. When one looks at porn, there is a surge of the chemical dopamine that feels really good. Dopamine helps create new brain pathways that essentially lead the user back to the behavior that triggered the chemical release. Porn users can quickly build up a tolerance as their brains adapt to the high levels of dopamine released by viewing porn. Even though porn is still releasing dopamine into the brain, the user can’t feel its effects as much.” ("Fighting the New Drug: Pornography", First Things, Accessed September 26, 2017, http://firstthings.org/fighting-the-new-drug-pornography/)  

“A well-known characteristic of addictions is tolerance, which is the need to do more and more to get the same results. This may involve an increase in the quantity of the drug or behavior, or an escalation in the type of activity. For sex addicts, this may mean more hours on the internet, a larger number of partners, more bizarre or riskier activities, or going form virtual to actual sexual encounters.” (Jennifer P. Schneider, “Effects of cybersex addiction on the family: Results of a survey”, site accessed 9.21.17, http://www.jenniferschneider.com/articles/cybersex_family.html)
#26 BYSTANDER WILLINGNESS TO INTERVENE IN SEXUAL VIOLENCE

“Students from two research universities completed items measuring the frequency of their using different kinds of pornography, and measures of their willingness and intent to intervene to help a bystander who might be experiencing sexual violence. Hierarchical logistic regressions showed that for men, violent/degrading pornography use, but not explicit but non-degrading pornography use, was significantly associated with reduced bystander willingness to intervene, but not associated with bystander efficacy. Women did not show the same impact of violent/degrading pornography use on the two bystander intervention variables. Results suggest violence/degrading pornography may contribute to a culture of acceptance of violence against women.” (John D. Foubert and Ana J. Bridges, “Predicting Bystander Efficacy and Willingness to Intervene in College Men and Women: The Role of Exposure to Varying Levels of Violence in Pornography”, Sage Publishing, 2016, http://media.wix.com/ugd/9e4c55_3005afc5635d414188270d248dc9bac4.pdf)

“Initial research has found that the use of pornography, particularly violent pornography, is associated with decreased bystander intervention intentions and efficacy in both male and female college students (Brosi et al., 2011; Foubert et al., 2011). This is particularly concerning given that encouraging bystander intervention is the prevailing prevention approach used on college campuses for sexual assault education, with a wide variety of programs demonstrating its efficacy (Foubert, 2011; Katz, Heisterkamp, & Fleming, 2011; McMahon & Banyard, 2012).” (John D. Foubert and Ana J. Bridges, “What is the attraction? Pornography use motives in relation to bystander intervention”, Selected Works of John D. Foubert, January 2015, https://works.bepress.com/john_foubert/58/)

“Our first research question was whether there would be differential effects on bystander intervention based on participant motives for viewing pornography. We found that greater endorsement of the following motives was associated with lower willingness to intervene: “to make sex more interesting,” “to enjoy a social event,” “for sexual thrills,” and “to learn about sex,” after controlling for gender and
frequency of pornography use. However, no association between “to reduce sexual tension” or “to turn on my partner” motives and bystander willingness to intervene was observed.” (John D. Foubert and Ana J. Bridges, “What is the attraction? Pornography use motives in relation to bystander intervention”, Selected Works of John D. Foubert, January 2015, https://works.bepress.com/john_foubert/58/)

“Regarding our second research question, we found that none of the associations between motives and bystander willingness were moderated by gender. The relationships were the same for both men and women. Although men and women have been shown to differ in a variety of ways when it comes to pornography (Carroll et al., 2008; Sabina et al., 2008), they seem to have no greater or lesser degree of association between their motives for viewing pornography and how that affects bystander willingness. Women report less intensity in their motives for viewing pornography, though this decrement does not differentially affect willingness to intervene. Willingness to intervene as a construct, thus, does not seem to have differential impacts through motivation to use pornography concerning gender.” (John D. Foubert and Ana J. Bridges, “What is the attraction? Pornography use motives in relation to bystander intervention”, Selected Works of John D. Foubert, January 2015, https://works.bepress.com/john_foubert/58/)
“Keep in mind also, that humans evolved to learn by watching others doing things, so videos are more powerful ‘how to’ lessons than stills.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p79)

“With science-fiction weirdness that would have made Tinbergen say, ‘I told you so’, today’s porn users often find internet erotica more stimulating than real partners. Users might not want to spend hours hunched in front of a computer staring at porn and compulsively clicking on new images. They might prefer to spend time socialising with friends and meeting potential partners in the process. Yet reality struggles to compete at the level of the brain’s response, especially when one throws into the balance the uncertainties and reversals of social interaction. As Noah Church puts it in his memoir Wack: Addicted to Internet Porn, ‘it’s not that I didn't want real sex, it’s just that it was so much harder and more confusing to pursue than pornography.’” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p79)

“As Dr. Jim Pfaus, a pioneer in the field of the science of sexual behavior from Canada’s Concordia University, puts it, porn use can take an emotional toll on relationships because men who use it are ‘neurologically bonding’ not with their partners, but with the porn.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why)


“Porn’s Harm Is Changing Fast”
“Later, in a study with over 20,000 men Dr. Wright conducted with Dr. Robert Tokunaga, they found that the more men view media where women are treated as objects rather than as people, the more they thought that women really were merely things that existed to sexually please men. In addition, the more men thought of women as objects, the more they also supported violence against women. (Wright, P. J. & Tokunaga, R. S. (2015). Men’s Objectifying Media Consumption, Objectification of Women, and Attitudes Supportive of Violence Against Women. Archives of Sexual Behavior, doi: 10.1007/s10508-015-0644-8)

Sociologists Walter DeKeseredy and Martin Schwartz note that pornography teaches men to think of women as objects, not as people. These lessons to think of women as lesser than a person often occur in the context of group pornography viewing. In their study of rural women who survived sexual assault during their separation or divorce from their husbands, DeKeseredy & Schwartz noted that the former husbands of these women frequently viewed pornography with their male friends. Nearly a third of these women stated that pornography was directly involved in the sexual abuse their husbands committed against them.)


**The Effects of Porn on Learning**

1. “A split-second look at an image can convey more information than a split-second look at words. Words are often perceived as opinions while images are often perceived as events or facts.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)


“NATIONAL REVIEW: GETTING SERIOUS ON PORNOGRAPHY”

“Imagine a drug so powerful it can destroy a family simply by distorting a man’s perception of his wife. Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages and so widespread that it produces more annual revenue — $97 billion worldwide in 2006 — than all of the leading technology companies combined. Consider a narcotic so insidious that it evades serious scientific study and legislative action for decades, thriving instead under the ever-expanding banner of the First Amendment.” (”National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)


“My husband is not alone. According to Dr. Victor Cline, a nationally renowned clinical psychologist who specializes in sexual addiction, pornography addiction is a process that undergoes four phases. First, addiction, resulting from early and repeated exposure accompanied by masturbation. Second, escalation, during which the addict requires more frequent porn exposure to achieve the same ‘highs’ and may learn to prefer porn to sexual intercourse. Third, desensitization, during which the addict views as normal what was once considered repulsive or immoral.” (”National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“A 2004 study published in Social Science Quarterly found that Internet users who had had an extramarital affair were 3.18 times more likely to have used online porn than Internet users who had not had an affair.” ("National Review: Getting Serious on Pornography", NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“Then there are the forces of supply and demand, and the way that pornography creates more and more demand for the commercial sex industry. Pornography is like the gateway drug. People get addicted, and then they want something more. Pornography fuels prostitution (heightening the demand for prostitutes), and a higher demand for prostitutes means more lucrative opportunities for pimps, which means more women and children exploited by them for these purposes. So if you’re looking at porn, even if you’re not paying for it, you’re showing the advertisers and producers of pornography and all those involved in the sex business that demand is high, which then motivates them to shame and exploit even more people.” (Ben Reaoch, “What Christians Do About Modern Day Slavery”, Desiring God, February 16, 2013, http://www.desiringgod.org/articles/what-christians-do-about-modern-day-slavery)

“Think about that the next time you’re tempted to click on that website. Your momentary “pleasure” is contributing to the absolute devastation of women and girls and boys around the world.” (Ben Reaoch, “What Christians Do About Modern Day Slavery”, Desiring God, February 16, 2013, http://www.desiringgod.org/articles/what-christians-do-about-modern-day-slavery)

“For example, researchers found that the severity of ADHD symptoms correlates with the severity of internet addiction, even when they take into account anxiety, depression and personality traits.” (E. Dalbudak and C. Evren, "The relationship of Internet addiction severity with Attention Deficit Hyperactivity Disorder symptoms in Turkish University students; impact of personality traits, depression and anxiety," ComprPsychiatry, 55/3 (2014): 497-503, doi: 10.1016/j.comppsych.2013.11.018) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p67)
“Pornography has become the new drug of many Airmen, and the service must help its members deal with this addictive new health hazard.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“The thermonuclear missile base, Francis. E. Warren Air Force Base, is located on the windswept grassy plains of eastern Wyoming. A few years back, the base was struck by a rash of child pornography cases among its ranks. Numerous Airmen were prosecuted for possession of child pornography after local authorities discovered that they had downloaded images and videos from file sharing websites. The legal office spent years prosecuting these tragic cases.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“Current sexual assault prevention training can best be described as changing conditions without changing people. This is a recipe for failure.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“Pornographic consumption and addiction are believed to be much higher in the military, the general population, though, because of the largely young male population and frequent deployments.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“In fact, in an interview with the Army Times, Navy Lt. Michael Howard, a licensed therapist and military chaplain, believes that at least 20 percent of the military is addicted to online pornography. The common theme among many military chaplains is that addiction to internet pornography is one of the biggest, if not the biggest, personal problem facing our military members today.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)
“Another infamous serial killer, Arthur Gary Bishop, who was executed in 1983 for sodomizing and killing five young boys, stated that “pornography was not the only negative influence in my life, but its effect on me was devastating…pornography was a determining factor in my downfall.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)
#29 WOMAN RAPE MYTH

“Studies show that pornography can serve as rape training. Again from Dr. Flood’s report:

“There is consistent evidence that exposure to pornography is related to male sexual aggression against girls and women. In a recent longitudinal study of U.S. youth aged 10 to 15, with three waves of data over three years, individuals who intentionally consumed violent X-rated materials were over six times as likely as other to engage in sexually aggressive behavior.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)

“In 1995, a meta-analysis of 24 studies, involving more than 4,000 participants, measured the average correlation between porn use and the beliefs people hold around rape and sexual assault. The studies all used the ‘rape myth’ scale, which measures a person’s beliefs by asking them to rate how much they agree with statements including: ‘A woman who goes to the home or apartment of a man on their first date implies that she is willing to have sex.’”

“Those who watched porn accepted more rape myths compared to a control group, but only in the experimental studies. Non-experimental studies – which relied on participants reporting information – showed no correlation. So, the findings were somewhat inconclusive.” (Jessica Brown, BBC Future, September 26, 2017, “Is porn harmful? The evidence, the myths and the unknowns,” http://www.bbc.com/future/story/20170926-is-porn-harmful-the-evidence-the-myths-and-the-unknowns)

“When I first spoke on this issue at the University of Ottawa with my fellow anti-porn colleagues Daniel Gilman and Peter Mahaffey, many people showed up angry, desperately wanting to refute the idea that porn fuels rape culture. But when it came time to take questions, there were none. As we heard from many people afterwards, the fact that pornography is a celebration of degradation was just too obvious.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)
“The 46% of women who viewed hardcore pornography during the last 12 months indicated a greater belief in rape myths than women who did not view hardcore pornography. Thus, women who have looked at pornography within the past 12 months were significantly more likely to believe false or stereotyped beliefs about rape, rape victims, or rapists. It appears that when females viewed hardcore pornography, their conceptualization of rape was subject to becoming skewed. Research has shown that what is portrayed in hardcore pornography, particularly that which has been produced during the last 15 years, depicts activity more consistent with nonconsensual than consensual acts (Dines, 2010). In short, “porn plays out ‘fantasy’ sex that looks more like sexual assault than making love” (Dines, 2010, p. xxvii). Thus, this confirms other studies indicating that women who have watched media that blurs the line between consensual and nonconsensual acts would report a less accurate understanding of rape, rape victims, and rapists than those women who abstain from pornography.” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

“The present study showed that sorority members who used pornography, particularly sadomasochistic pornography, reported higher rape myth acceptance, lower willingness to intervene in a sexual assault situation, and lower efficacy to intervene in a sexual assault situation.” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

“Up until now, the response has been a feeble attempt at further sex education, which many experts think may have a hand in the problem to begin with—once you open the Pandora’s Box of teen sex, it’s very hard to unring that bell. And once those teenagers start taking their cues from an increasingly misogynist entertainment culture, a hypersexualized marketing industry, and violent pornography, you have all the ingredients you need to create a rape culture. The sex education being used now is not working, Pearson writes angrily—‘not when tens of thousands of girls are revealing ‘serious distress and harm following abusive behavior from boyfriends.’” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)
“In a paper presented at Stanford Law School last year, he reported that, after adjusting for other differences, states where Internet access expanded the fastest saw rape decline the most. A 10 percent increase in Internet access, Kendall found, typically meant a 7.3 percent reduction in the number of reported rapes. For other types of crime, he found no correlation with Web use. What this research suggests is that sexual urges play a big role in the incidence of rape – and that pornographic Web sites provide a harmless way for potential predators to satisfy those desires.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s)


“Shere Hite found that of the men who read pornographic magazines, 67% admitted that they had wanted to rape a woman while only 19% said that they had never wanted to rape a woman.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Lonsway and Fitzgerald (1994), “Rape myths are attitudes and generally false beliefs about rape that are widely and persistently held, and that serve to deny and justify male sexual aggression against women” (p. 133). Examples of rape myths include the beliefs that women deserve to be raped or that no woman can be raped against her will.” (Lonsway, K. A., & Fitzgerald, L. F. (1994), Rape myths. In review. Psychology of Women Quarterly, 18, 133–164. doi: 10.1111/j.1471-6402.1994.tb00448.x) (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

“Notably, research has shown when women in popular mainstream pornographic movies experience physical aggression by a male, 95% of the time they respond with either a response of pleasure or no response at all. Today’s mainstream pornography reinforces the notion that violence against women in sexual situations is acceptable and the belief that women enjoy the violence.” (Bridges et al., 2010). (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)
“According to a report by Edward Donnerstein [Donnerstein, Edward. Unpublished Transcript Of Testimony to the Public Hearings on Ordinances to Add Pornography as Discrimination Against Women. Committee on Government Operations. City Council. Minneapolis, MN, pp. 4-12.], over 25% of male college students selected at random admitted that there was some likelihood they would rape a woman if they could be assured of getting away with it. The proportion of potential rapists increased to 57% after the young men were exposed to sexually violent images, especially those of women shown as enjoying being raped.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“(Corne, Briere & Esses, 1992; Davis, et al., 2006; Norris et al., 2004), the researchers formulated the following hypothesis: Women who used each type of pornography would report higher rape myth acceptance, a lower efficacy to intervene as a bystander in a potential rape situation, and a lower willingness to intervene as a bystander in a potential rape situation.” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

“Ultimately, pornography appears to pose a danger to both men and women, particularly as an influence on potential sexual assault behaviors and victimization. Research has shown that men who view pornography are at increased risk for committing sexual assault (Carr & VanDeusen, 2004). However, as indicated in this study, when women view pornography, particularly films with sadomasochistic themes, they are less likely to look out for the safety and security of others and are more likely to stand by and do nothing while a sister is being assaulted.” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

“Men who view pornography are more likely to show an increased behavioral intent to rape, and are more likely to believe rape myths.” (Foubert, JD; Brosi MW; Bannon, RS. “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assult," Sexual Addiction & Compulsivity, 2011; 18(4): 212-231, at http://www.tandfonline.com/doi/abs/10.1080/10720162.2011.625552#.VLGJH2sfrtQ)

“The present study showed that sorority members who used pornography, particularly sadomasochistic pornography, reported higher rape myth acceptance, lower willingness to intervene in a sexual assault situation, and lower efficacy to intervene in a sexual assault situation.” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

“Regardless of mediating or moderating variable, increase ‘rape myth acceptance’ significantly, such as victim blaming, sexual callousness, disinterest in the suffering of others, desensitization to violence against women, adversarial sexual beliefs, willingness to rape (Allen, Emmers, et al. 1995, 7-8, 13-16, 18-19), as well as increasing ‘aggression” (Allen, Brezegel, and D’Alessio 1995, 258; cf. Oddone-Paolucci, Genius, and Violato 2000, 48, 52-53). Prolonged exposure to common nonviolent pornography produces unfounded beliefs in sexual promiscuity and acceptance of male dominance and female servitude. Zillman and Bryant (1984, 133-35) found that subjects moderately and massively exposed to nonviolent materials recommended lower punishment for rapists, trivialized sexual abuse, and were less supportive of the women’s liberation movement and that men’s callousness toward women increased exponentially. Linz, Penrod, and Donnerstein (1988, 760-62, 766) found decreasing sympathy and empathy with rape victims among normal male college-age mock jurors after exposure to violent materials, despite pictures clearly showing injury (subjects scoring relatively high on hostility and psychoticism scales were omitted).” (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)
"Internet porn is especially enticing to the reward circuitry because novelty is always just a click away. It could be a novel ‘mate’, unusual scene, strange sexual act, or – you fill in the blank. And the most popular sites – the so-called tube sites – build this pursuit of novelty into their layout. Every page presents dozens of different clips and genres to choose from. They are engrossing precisely because they offer what seems like inexhaustible novelty.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p76)


“Third, for most people, static images cannot compare with today's hi-def 3-minute videos of people engaged in intense sex. With stills of naked bunnies all you had was your own imagination. You always knew what was going to happen next, which wasn't much in the case of a pre-internet 13-year old. In contrast, with an endless stream of ‘I can't believe what I just saw’ videos, your expectations are constantly violated (which the brain finds more stimulating).” (J. Spicer, et al., “Sensitivity of the nucleus accumbens to violations in expectation of reward,” Neuroimage 34/1 (2007): 455-461) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p79)

“In China, a church of 25,000 has 4,000 active participants in their 24-34-year-old group. During my visit, the two coordinators of this group came to me and were troubled. They said, “Almost 100% of our young adults watch porn on the internet…we can hardly ever find a young adult in our church who does not watch porn.” Have you told the pastor? “Yes, but he doesn’t
believe us and says ‘we don’t have that problem…you are not to talk about it.’” (J1CA-Porn Research, “China Porn Question Letter”
#31 PORN AND SEXUAL PRACTICES


Effects of Pornography Addiction on Families and Communities

“Immediate reactions,”

“Perceptions of sexuality,”

“Sexual callousness,”

“Rape proclivity,”

“Family values and desire for progeny, and”

“Sexual satisfaction. Immediate Reactions”

“Initial reactions of emotional discomfort and disgust dissipate rapidly with repeated exposure to pornography, eventually vanishing entirely.”

“Initial hesitations to enjoy the material are rapidly lost with repeated exposure and give way to unadulterated reactions of enjoyment.”

“Prolonged consumption of pornography eventually produces sexual and, more generally, excitatory habituation as well as boredom.”

“Perceptions of Sexuality”


“Sexual Satisfaction”


“Studies Link Porn To Sexual Violence”

“The latest research is a meta-analysis assessing 22 different studies from

“The study “A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies” published in the Journal of Communication found that “….the association for physical sexual aggression, although smaller than the association for verbal sexual aggression, was still positive and significant. Pornography consumption was associated with an increased probability of the use or threat of force to obtain sex.” (“Studies Link Porn to Sexual Violence”, Family First, January 7, 2016, https://www.familyfirst.org.nz/2016/01/studies-link-porn-to-sexual-violence/)

“This latest study from Indiana University says that ‘the accumulated data leave little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes conducive to sexual aggression and engage in actual acts of sexual aggression than individuals who do not consume pornography or who consume pornography less frequently.’” (“Studies Link Porn to Sexual Violence”, Family First, January 7, 2016, https://www.familyfirst.org.nz/2016/01/studies-link-porn-to-sexual-violence/)

“‘But the wife whose marriage has been destroyed by her spouse’s pornography addiction has little interest in whether the latest research studies confirm that pornography might have harmful effects. To the men and women whose lives have been damaged by pornography, this is not an academic issue.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Per The Aurora Center for Advocacy and Education at the University of Minnesota; Two-thirds (67%) of offenders who committed any of the types of Internet sex crimes against minors possessed child pornography.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“And according to one of the most extensive and exhaustive sex studies ever - conducted by William Marshall, ‘Report on the Use of Pornography by Sexual Offenders,’ Report to the Federal Department of Justice, Ottawa, Canada, 1983 - 87 percent of child molesters studied were regular consumers of hardcore pornography.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Marshall also found that, in a study of outpatient sex offenders treated over a six-year period, one-third reported they had used pornography immediately before at least one of their crimes.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“GQ Magazine Tells Men: Quit Watching Porn Before It Ruins Your Sex Life”


“The rise of the Internet has made porn more ubiquitous than ever, and a growing number of scientists and cultural observers are arguing that it’s toxic to real relationships. No longer is opposition to pornography strictly the realm of religious believers and hard-core feminists. Outlets as varied as GQ, Vice, and New York Magazine have recently begun to publicly question whether all the imaginary sex people are having is spoiling the real thing.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)


“Drawing evidence from a recent survey of Redditors on the site’s ‘NoFap’ online community, author Scott Christian argues that porn can lead to physical addiction, a decline in sexual satisfaction with

“‘With such an inexhaustible supply of porn at our disposal, there is a growing concern that it is beginning to effect [sic] our brains, our relationships, and even our bodies,’ Christian wrote. ‘A recent survey of a Reddit community called NoFap – made up of nearly 75,000 people committed to quitting porn and masturbation – has helped researchers open the door to a better understanding of the effects of pornography on our lives.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“‘For those addicted to porn, arousal actually declined with the same mate, while those who regularly found different mates were able to continual their arousal,’ Christian wrote. ‘It’s known as the Coolidge Effect, or novelty-seeking behavior. Porn, after all, trains the viewer to expect constant newness.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“However, he also pointed out that the survey showed that there is hope for the addicted, with 60% of those who embraced the ‘nofap’ (no masturbation/porn) challenge saying that they saw an increase in their sexual functions, and another 67% saying it improved energy levels and productivity.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“Christian isn’t the only young writer to take to the mainstream press with concerns over the damage porn is doing to people’s sex lives. Davy Rothbart, writing for New York Magazine, complained of his own inability to climax with a human partner after what he called ‘overmasturbation’ while viewing porn sites. For his piece, called, ‘He’s Just Not That into Anyone,’ he interviewed a number of other young men who indicated he was far from alone.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)
“The initial symptom for a lot of guys who frequently find themselves bookmarking their favorite illicit clips appears to be a waning desire for their partners,’ Rothbart wrote. ‘For a lot of guys, switching gears from porn’s fireworks and whiz-bangs to the comparatively mundane calm of ordinary sex is like leaving halfway through an Imax 3-D movie to check out a flipbook.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)


“Another victim of porn’s aggressive allure was Perry, a 41-year-old lawyer. ‘I used to race home to have sex with my wife,’ Perry told Rothbart. ‘Now I leave work a half-hour early so I can get home before she does and masturbate to porn.’ Added Perry, ‘It’s like I’ve got this ‘other woman’ … and the ‘other woman’ is porn.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“Rothbart talked to a behavioral therapist named Andrea Kuszewski who explained that when people have orgasms, their brains release a potent mixture of dopamine and oxytocin, the two chemicals responsible for pleasure (and addiction), and emotional bonding, respectively. Studies have shown that the dopamine rush acts like a drug, leading porn users to crave their next fix. But the oxytocin gives them a powerful emotional bond to the source of the increased flow. Normally, that’s another human being. But for porn users, Kuszewski told Rothbart, it’s the porn itself. ‘You’re bonding with it,’ she said.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“Rich Santos told Marie Claire magazine that porn had taken all the excitement out of his relationships with young women. ‘Before the

“Mark Manson, another young writer, got hooked on online porn at 13 and had spent 8 to 10 years viewing it ‘almost daily.’ Manson decided he was sick of the spiral he found himself in as he continued to crave increasingly depraved pornography, but found himself unable to perform in real life. He, along with a number of online acquaintances who shared the same problem, decided to commit to a 60-day ‘reboot,’ fasting from porn for the duration.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“As their experiment progressed, Manson said he experienced strong cravings for pornography and even had dreams about it. ‘No, not dreams about having sex, dreams about pornography,’ he clarified, adding that he thought that was ‘[messed] up.’ But the longer he went without porn, the more his desire for the real thing returned.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)


“After his sixty days were up, Manson tried to watch porn again, but he found his tastes had changed. ‘Porn I used to enjoy now felt excessive, dehumanizing and honestly, not very attractive,’ he wrote. ‘There were a few videos I saw where I couldn’t believe I used to watch stuff like that.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)
“I couldn’t help but notice how unhappy and inauthentic the girls in the videos often were,’” added Manson. ‘Not to say I haven’t noticed some of the actresses obviously faking their way through a scene in the past, but this was deeper. Like you could tell they just weren’t very happy people and didn’t have much self-respect.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)


“2 Big Ways Porn Affects Those Who Watch It”


“For some, watching porn leads to a seeming inability to stop”
“While some call this a ‘porn addiction’ or even ‘arousal addiction,’ the label is less important to understand than the actual experience. For these men and women, they feel a drive to return to porn again and again because it has become a way to ‘self-medicate,’ much the same way an alcoholic returns to the bottle.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)

“The pattern becomes a never-ending cycle: feelings of loneliness, depression, stress, anxiety, or anger turn into a desire to numb these emotions. Porn temporarily offers euphoria by tapping the body’s natural sexual chemistry. Once the high is over, the negative emotions are still present, and they are now often combined with feelings of guilt or shame. The cycle starts all over. People who try to quit porn even share experiences of withdrawal symptoms.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)

“For these people, there is no ‘compulsion’ or ‘addiction,’ but pornography is still warping the way they think about themselves and others.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)

“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)

“Many other studies have demonstrated that pornography influences our beliefs. The research done by Dolf Zillmann and Jennings Bryant about the impact of video pornography on sexual attitudes and beliefs is noteworthy. After exposing groups to differing amounts of video pornography numerous times over a 6 week period, they studied the correlation between the amount of pornography consumed and a variety of other factors: sexual satisfaction, attraction to casual sex, the belief that minors should be protected from seeing porn, the acceptance of premarital sex, the trivialization of rape, the support of women’s rights, beliefs about the commonness of sexual practices in the broader culture, and gender stereotypes—all with negative outcomes.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)

“Don’t be fooled. You’ll never be good at loving one person well when you’re constantly being entertained by a digital harem.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“This behavior may manifest itself in the form of promiscuity, voyeurism, exhibitionism, group sex, rape, sadomasochism, or even child molestation. The final phase may also be characterized by one or more extramarital affairs. A 2004 study published in Social Science Quarterly found that Internet users who had had an extramarital affair were 3.18 times more likely to have used online porn than Internet users who had not had an affair. Among other things, the Witherspoon report is a stern warning to all

“Perhaps the greatest hardship for women who fear they have lost (or are losing) a husband to Internet porn is the absence of a public consensus about the harmful effects of pornography on marriage. Consider what we know. In a study published in Sexual Addiction and Compulsivity, Schneider found that among the 68 percent of couples in which one person was addicted to Internet porn, one or both had lost interest in sex. Results of the same study, published in 2000, indicated that porn use was a major contributing factor to increased risk of separation and divorce. This finding is substantiated by results of a 2002 meeting of the American Academy of Matrimonial Lawyers, during which surveyed lawyers claimed that ‘an obsessive interest in Internet pornography’ was a significant factor in 56 percent of their divorce cases the prior year.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive masturbation), increased belief in the ‘rape myth’ (that women cause rape and rapists are normal), and was associated with negative attitudes regarding intimate relationships (e.g., rejecting the need for courtship and viewing persons as sexual objects). Indeed, neurological imaging confirms the latter finding. Susan Fiske, professor of psychology at Princeton University, used MRI scans to analyze the brain activity of men viewing pornography. She found that after viewing porn, men looked at women more as objects than as human beings.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)
“X-RATED, SEXUAL ATTITUDES AND BEHAVIORS ASSOCIATED WITH U.S. EARLY ADOLESCENTS’ EXPOSURE TO SEXUALLY EXPLICIT MEDIA”

Sexual Attitude & Behavior Associated with Early Adolescent Porn Viewing

1. “…being black, being older, and having less educated parents, lower socioeconomic status, and high need for sensation were related to greater exposure for both males and females. Longitudinal analyses showed that early exposure for males predicted less progressive gender role attitudes, more permissive sexual norms, sexual harassment perpetration, and having oral sex and sexual intercourse two years later.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


3. “In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption”. (Knudsen SV, Mårtenson LL, Månsson S-A. Generation P? Aarhus, Denmark: Aarhus Universitetsforlag; 2007)


6. “Pornography is frequently cited as the ‘explanation’ for anal sex, and that ‘people must like it if they do it,’ contradicting the expectation that
it will be painful for women. Men also are expected to persuade or coerce reluctant partners, which has become normalized as well as ‘accidental’ penetration. (Marston, C. & Lewis, R. (2014) “Anal Heterosex Among Young People and Implications for Health Promotion: A Qualitative Study in the UK.” BMI Open.) (“Pornography”, Enough is Enough, Accessed 3.20.2017, http://www.enough.org/stats_porn_industry)


8. “Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive masturbation), increased belief in the ‘rape myth’ (that women cause rape and rapists are normal), and was associated with negative attitudes regarding intimate relationships (e.g., rejecting the need for courtship and viewing persons as sexual objects).” (Elizabeth Paolucci, Mark Genuis and Claudio Violato, “A Meta-Analysis of the Published Research on the Effects of Pornography, The Journal of Psychology: Interdisciplinary and Applied, Volume 135, Issue 1, 2001, http://www.tandfonline.com/doi/pdf/10.1080/00223980109603677) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“Disturbing ‘new’ trend: teens having group sex. 1 in 13 teenaged girls confessed to participating in group sex in a recent survey by Boston University’s School of Public Health. Those who viewed porn in the previous month were 5 times more likely to participate in group sex.” (New Jersey News Room, 12-21-11)
#32 FINANCES AND PORN

“Job security is also jeopardized when online sexual activity is occurring in the workplace. According to the statistics collected by Family Safe Media (2006), 20% of men admitted to accessing internet pornography at work. It is obvious that work productivity is drastically affected by one’s excessive computer usage, whether it occurs at home or at work. Approximately 70% of all adult content traffic on the internet occurs during the 9am to 5pm workday, it is apparent that cybersex user’s financial and employment status are at stake.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“Not long ago, Time Warner reportedly made so much money off of pornography that it had the rapt attention of their then CEO, Glenn Britt. In an article for a pornography business trade publication, Britt is quoted as complaining that revenues from their video on demand service were falling. He blamed the decline in profits on the rising availability of free online pornography.” (Hymes, T. (2011). Time Warner cable: Free porn is hurting our bottom line. XBIZ, July 29, 2011.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


“Relationships aren't the only area where compulsive porn use can be damaging. Psychologists describe anecdotal reports of people losing their jobs because they couldn't control the urge to visit adult websites at work, for instance. ‘When porn use becomes so intense in frequency or duration, it starts to interfere with the other aspects of a person's life,’ Bridges says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“58% suffer financial loss.
1/3 lose their jobs” (Christian Post, December 30, 2013)

“…that approximately 70 percent of all adult content traffic occurs during the 9 a.m. to 5 p.m. workday,111 the risk of financial and employment ramifications becomes more apparent.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

#33 TIME ON INTERNET AND PORN
#34 THE INTERNET AND PORN

“How can we apply authoritative parentings' high level of demandingness to kids' tech? We need to help children understand that learning should take precedence over digital self-amusements. Kids also need to be taught that technology should be used primarily as a tool rather than a toy. And because children's and teens' less developed brains deny them the ability to limit their own screen and phone use, parents need to provide kids plenty of structure and supervision.” (Richard Freed, “What is Good Parenting in the Digital Age?” Huffington Post, December 21, 2015, http://www.huffingtonpost.com/richard-freed/what-is-good-parenting-in_b_8846942.html)

“Guess Who Uses Authoritative Parenting Principles”

“Interestingly, leading tech executives use authoritative parenting principles when raising their own children. The New York Times’ article, "Steve Jobs Was a Low-Tech Parent," says that tech industry leaders emphasize the family connection (responsiveness) and tech limits (demandingness) to foster their children's health and success. Walter Isaacson, who wrote Steve Jobs' biography, observes, "Every evening Steve made it a point of having dinner at the big long table in their kitchen, discussing books and history and a variety of things.... No one ever pulled out an iPad or computer."” (Richard Freed, “What is Good Parenting in the Digital Age?” Huffington Post, December 21, 2015, http://www.huffingtonpost.com/richard-freed/what-is-good-parenting-in_b_8846942.html)


“To put Cooper, Galbreath, and Becker’s results in context, it is important to keep in mind that being in a marital relationship was not a criterion for the study, so the results reflect the general impact on various levels of commitment. Sixty percent of the 384 male participants were in “some kind of a committed relationship,” 51 percent indicated they were married and 88 percent indicated being heterosexual. The results are further put into perspective when we consider that the majority of the participants fell into the second subgroup—the group that experienced problems in their real-time relationships. Results showed that.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

The Impact of Internet Pornography on Marriage and the Family


2. “56.5 percent used OSA to deal with stress,” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon


“While the marital bond may be the most vulnerable relationship to online sexual activity, children and adolescents are considered the most vulnerable audience of sexually explicit material.”

“Youth are considered a vulnerable audience because they…”


“For these reasons and others, it is illegal to knowingly display or distribute obscenity or pornography defined as harmful to minors. However, this legal reality is rapidly losing momentum as widespread availability and accessibility of pornography normalizes illegal exposure.”


“There are obvious ethical barriers to studying the impact of Internet pornography on unaffected youth. Subsequently, it is important to carefully consider the findings on related topics and research from other countries,

“The number of children exposed to such risks is unfortunately increasing as Internet usage starts earlier and becomes more popular. For example, between 1998 and 2001, Internet usage among 3 to 4 year-olds jumped from 4.1 percent to 14.3 percent; 5 to 9 year-olds experienced a 16.8 percent to 38.9 percent increase; and 14 to 17 year-olds experienced a 51.2 percent to 75.6 percent hike in Internet usage.” (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). Victimization of youths on the Internet. In J. L. Mullings, J. W. Marquart, & D. J. Hartley (Eds.), The victimization of children: Emerging issues. Binghamton, NY: Haworth Maltreatment & Trauma Press.)

**Why is the Internet so Problematic**

“Interactive - it seems relational”

“Inexpensive - nothing worse than seemingly free excitement”

“Imposing - there is so much to choose from on the web”

“Integral - it seems to be part and parcel of everyday activity”

“Isolating - hamper human interaction”

“Intoxicating - seems to affect part of the brain and body the same way as drugs”


“To suppose that boys in general, even boys from good families, are not exposed to pornography in some form or another is naïve. [Headmaster of Private Secular School, October 13, 2014]…Porn is inescapable because it
is immediately accessible. It is always just a click away, and hence it is everywhere.” (Sean Fitzpatrick, “Boys, Porn and Education”, Crisis Magazine, October 31, 2014, http://www.crisismagazine.com/2014/boys-porn-education)

“Inability to control use and use that interferes with one's life are two cardinal signs of addiction. Priorities have shifted due to changes in the brain that we'll look at later. In effect, life's natural rewards, such as friendship, exercise and accomplishment, can no longer compete. Your brain now believes that IT – in this case internet porn use – is an important goal, and equates it with your survival.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p39)

“A few small studies of U.S adolescents’ exposure to sexually explicit magazines and movies in the 1980s found that even then exposure was almost universal by the end of high school. The average age of first exposure to Playboy was 11 years for males and 12 for females; by 15 years old, most had also seen an X-rated film. Appetite for sexually explicit media has been a primary driver for the success of the Internet.” (Bryant, J., & Brown, D. (1989). Uses of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 25-55). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“The proliferation of the Internet in the late 1990s and early 2000s was very rapid. The Census Bureau reports that in 1996 only 9.4% of Americans had accessed the Internet at all within the 30 days prior to the survey. By 1998, 26.2% of Americans had an Internet connection in their homes. This grew to 50.5% in 2001 and in 2010 stood at 71.1%. A sizeable portion of the Internet is pornographic content. Forbes Magazine reports that, between July 2009 and July 2010, 13% of all Internet searches were for erotic content.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, http://ftp.iza.org/dp8679.pdf)
“…‘a hidden public health hazard exploding, …Manning closes by stating, ‘Internet pornography is grooming young generations of Americans in such a way that their chances of enjoying healthy and enduring relationships are handicapped’ (Manning, 2005).” (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/)


“Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet pornography than individuals who had not had an affair. …people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. …the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/)


“Another big, big moneymaker that is about to hit is webcams, because webcams are real time and you can’t pirate the stuff. The problem is that on MindGeek, a lot of it is pirated. A lot of the porn companies that are producing it are very upset with all the pirating. You can’t pirate webcams because they are real time. The webcams are sucking up business on the free porn sites. If you go into a free porn site, you’ve got tons of ads for webcams. The webcam business is now becoming monopolized and consolidated through another website. Users have to pay for private sessions with the webcam women.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Sitting at my laptop the other day, a pop-up invited me to ‘see more.’ I declined. The pornography industry is aggressive in recruiting men, and women too, to view nudity and sex online.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)
#35 GLOBAL PORN STATS

“THE SCOPE AND DETRIMENTAL EFFECTS OF WORLDWIDE PORNOGRAPHY”


“FBI findings. The Federal Bureau of Investigation found that eighty percent (29 of 36) of recent mass murderers used pornography extensively and used it as an integral part of their murderous sexual activity, which often included serial rape-murders.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, http://www.tldm.org/News6/purity2.htm)


“If users and/or victims are organically unable to critique the psychopharmacological changes formed in their brains, minds and memories, the users/victims cannot consent to the unforeseen consequences of their neurochemical ‘resculpting’ or ‘brainwashing.’ The argument that pornographic lust/stimuli are ‘information’ or ‘speech’ is then scientifically contraindicated since such stimuli, processed by the emotional, not the thinking brain would undermine the goal of rational debate and discourse, the foundation of civil society and the First Amendment protections. And, as noted, it is no small thing that Shakespeare himself defined ‘lust’ as standing outside cognition, dominated by shame, cruelty, savagery and ‘madness’.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)
“…an article in the Daily Telegraph of the United Kingdom this week called ‘Pornography has changed the landscape of adolescence beyond all recognition’” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“‘Another study of British teenagers found that most youngsters’ first experience of anal sex occurred within a relationship, but it was ‘rarely under circumstances of mutual exploration of sexual pleasure.’ Instead, it was the boys who pushed the girls to try it, with boys reporting that they felt ‘expected’ to take that role.’” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop)

“Dr. Paul Wright and his research team released a study just as this book was going into print. They analyzed recent data on pornography use and sexual violence from 22 studies and 7 different nations. They found that in correlational, cross-sectional, and longitudinal studies, pornography use and acts of sexual aggression were directly connected. This connection held true for both men and women, and for verbal and physical aggression. Violent pornography was even more strongly linked to sexual violence. (Wright, P.J., Tokunaga, R.S., & Kraus, A. (2015). A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies. Journal of Communication. doi:10.1111/jcom.12201) Moreover, after reviewing over 500 studies to determine whether consumption of pornography causes gender-based violence, Dr. Max Waltman of Stockholm University concluded that the weight of the evidence shows the direction of the connection clearly.” (Waltman, M. (2014). The politics of legal challenges to pornography. Doctoral Dissertation.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“…a research team in the Netherlands studied the relationship between adolescents looking at pornography and whether they believed women were objects, instead of people. They found that the more boys and girls viewed pornography, the more they believed that...


“Researchers from Indiana University and the University of Hawaii at Manoa performed a meta-analysis of 22 studies from around the globe. … Significantly, they found that it made no difference whether the porn consumer was male or female – and whether the content was viewed on the internet or another medium.” (Ben Johnson, “Porn viewers more likely to rape, sexually harass, use threats to ‘obtain sex’: massive study”, Life Site News, January 7, 2016, [https://www.lifesitenews.com/news/pornography-viewers-more-likely-to-be-sexually-aggressive-study-finds](https://www.lifesitenews.com/news/pornography-viewers-more-likely-to-be-sexually-aggressive-study-finds))


“FBI’s Joseph Campbell says ‘the level of pedophilia is unprecedented right now.’ A ‘survey of high school graduates’ found 13.5% had sex with a teacher.” (Judith Reisman and Mary E. McAlister, “The Sexual Revolution’ Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/)

“Pornhub (just one of 26,000,000 porn websites):” (“How many people are watching porn right now? (Hint: It’s a lot), Fightthenewdrug.org)

Statistics on Pornhub

- “1916…23 billion visits”
- “729 viewers per second”
- “65,000,000 per day”
• “Porn watched in 1 year would fill 194,000,000 USB sticks”
• “The sticks end on end…circle the moon.”
• “91,980,225,000 watched last year”
• “Equals 12.5 video for every man, woman, and child on the face of the earth.”
• “Last year 4,599,000,000 hours of video watched.”
• “Porn watched equals to 5,246 centuries”
• “Woman are 113% more likely to look at “hardcore” porn than men.”
• “Women will search for “gangbang” and “rough sex” over 105% than men.”
• “Women account for 1/3 of online porn viewers.”
• “Children are 25% likely to mistype a URL and get porn by accident.”
• “2008…93% of boys; 62% of girls are exposed to porn in their early adolescent years.”
• “By age of 10, 22% of those who see porn before 18 years old”

(“How many people are watching porn right now? (Hint: It’s a lot), Fightthenewdrug.org)

**Porn Size:**

• “4.4 billion pages viewed every 30 days: Pornhub”
• “Tech site gizmodo: top porn sites are on par – Google & Facebook traffic”
• “Triple web traffic then CNN: Pornhub”
• “30% of web traffic is porn related”
• “USA #1 on rape views”
• “Mind geek, biggest online porn company control 8 of the top 10 busiest porn sites on global web.”
• “3 top mind geek websites experience 100 plus million visits per day.”

(“The Major Companies That are Now Using Porn Sites to Advertise Their Products,” Fightthenewdrug.org; 9/25/17)
• “Parent Television Council: last year a 407% increase of full nudity on U.S. TV. Why: trying to compete with popularity of porn.” (“The Major Companies That are Now Using Porn Sites to Advertise Their Products,” Fightthenewdrug.org; 9/25/17)

• “Globe and Mail: 40% of all Canadian teen boys 7-11th grades view porn.” (“The Major Companies That are Now Using Porn Sites to Advertise Their Products,” Fightthenewdrug.org; 9/25/17)
#36 WHY USE PORN

“There are many reasons why people choose to look at porn. Some common examples include, but are not limited to: curiosity, boredom, comfort, a need to feel powerful, peer pressure, needs for intimacy, escape, fantasy indulgence, needing to feel, coping and self-medication and sexual arousal and masturbation.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)


[Josh D. McDowell makes it an engine 4. Available; 5. Appealing; 6. Addictive or the sexteplet A Engine]


“These three factors work like three legs on a stool: remove just one of the legs and the stool will fall (or at least make it awkward to sit on).” (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, http://www.covenanteyes.com/brain-ebook/)

“Recent research on why adolescents use Internet pornography found that they visit such sites because they are sexually curious (50%), by accident
(46%), and to seek information (17%; Braun-Courville & Rojas, 2009). Using an Italian sample of adolescents, the majority of boys (70%) and girls (82%) first watched pornography because their friends were watching. Other reasons cited by boys were that it was sexually exciting (53%) and that they liked it (44%). Girls were more likely to say that they were curious (37%). Both boys (49%) and girls (36%) watched to get “information about sex” (Romito & Beltramini, 2012). In a sample of U.S. adults, Bridges and Morokoff (2011) found the primary reason why men used pornography was for solitary sexual stimulation (i.e., masturbation), while for women, the primary motive was as part of sexual activity with a romantic partner. Additional motives for pornography use in both men and women included to satisfy curiosity, relieve boredom, and reduce stress and loneliness.” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)
Why Use Porn


Reason’s People Search for Porn by Age
Percentage among US teens and adults 13 and older who actively seek out porn

Ages 13-17
- 67% - Personal arousal
- 46% - Boredom
• 42% – Curiosity
• 27% - It’s just fun
• 26% - To get tips or ideas for my own sex life
• 22% - Because it’s less risky than actually having sex.
• 18% - to express my sexuality
• 6% - To set the mood with a girlfriend/boyfriend/partner

Ages 18 - 24

• 67% - Personal arousal
• 42% - Boredom
• 42% - Curiosity
• 38% - It’s just fun
• 36% - To get tips or ideas for my own sex life
• 24% - To express my sexuality
• 17% - To set the mood with a girlfriend/boyfriend/partner
• 16% - Because it’s less risky than actually having sex

Ages 25 - 30

• 70% - Personal arousal
• 38% - Curiosity
• 38% - To get tips or ideas for my own sex life
• 33% - Boredom
• 29% - It’s just fun
• 23% - To set the mood with a girlfriend/boyfriend/partner
• 15% - To express my sexuality
• 9% - Because it’s less risky than actually having sex

Ages 31 - 50

• 62% - Personal arousal
• 32% - To set the mood with a girlfriend/boyfriend/partner
• 31% - Curiosity
• 30% - To get tips or ideas for my own sex life
• 28% - It’s just fun
- 20% - Boredom
- 14% - Because it’s less risky than actually having sex
- 12% - To express my sexuality

**Ages 51 - 69**

- 53% - Personal arousal
- 28% - It’s just fun
- 21% - Curiosity
- 19% - Because it’s less risky than actually having sex
- 18% - Boredom
- 17% - To set the mood with a girlfriend/boyfriend/partner
- 18% - To get tips or ideas for my own sex life
- 10% - To express my sexuality

“David Kinnamen, “The Porn Phenomenon”, Barna Group, April 2016, 
https://resources.barna.org/products/porn-phenomenon)

When examining reasons for pornography use (which included for sexual thrills, to turn on a sexual partner, to learn about sex, to relieve sexual tension, to enjoy a social event, and to make sex more interesting), men endorsed all reasons to a greater extent than did women, with the exception of use to turn a partner on sexually, where men’s and women’s reasons were statistically equivalent (p > .30). The most common reasons why both men and women used pornography were to relieve sexual tension, to learn about sex, and for sexual thrills. (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“…participants reporting a greater variety of motives for engaging in pornography use showed lower willingness to intervene in a bystander situation than participants with fewer motives, after controlling for gender and pornography use frequency.” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)
“…the Bridges and Morokoff (2011) study, in the present study, the most common motives stated by both men and women for consuming pornography were remarkably similar. The most common reasons both men and women reported were as follows: “to relieve sexual tension,” “to learn about sex,” and “for sexual thrills.” However, men endorsed most motives at a higher rate than did women. The one exception was in the motive “to turn on a sexual partner,” which was endorsed at similar rates by men and women.” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“Doidge writes: ‘Pornographers promise healthy pleasure and relief from sexual tension, but what they often deliver is an addiction, tolerance, and an eventual decrease in pleasure. Paradoxically, the male patients I worked with often craved pornography but didn’t like it.’” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/)


“There are many reasons why people choose to look at porn. Some common examples include, but are not limited to: curiosity, boredom, comfort, a need to feel powerful, peer pressure, needs for intimacy, escape, fantasy indulgence, needing to feel, coping and self-medication and sexual arousal and masturbation.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

Recent research on why adolescents use Internet pornography found that they visit such sites because they are sexually curious (50%), by accident (46%), and to seek information (17%; Braun-Courville & Rojas, 2009). Using an Italian sample of adolescents, the majority of boys (70%) and girls (82%) first watched pornography because their friends were watching. Other reasons cited by boys were that it was sexually exciting (53%) and that they liked it (44%). Girls were more likely to say that they were curious (37%). Both boys (49%) and girls (36%) watched to get “information about sex” (Romito & Beltramini, 2012). In a sample of U.S. adults, Bridges and Morokoff (2011) found the primary reason why men used pornography was for solitary sexual stimulation (i.e., masturbation), while for women, the primary motive was as part of sexual activity with a romantic partner. Additional motives for pornography use in both men and women included to satisfy curiosity, relieve boredom, and reduce stress and loneliness.” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to
“In the Springs of 2012, PBS published the results of a survey by the Kinsey Institute. There were 10,453 respondents, 80% of who were men. When asked why they used porn, the top 5 reasons given were:

1. To masturbate / for physical release.
2. For sexual arousal.
3. From curiosity.
4. ‘Because I can fantasize about things I wouldn’t necessarily want to do in real life.’
5. For distraction.”

(PBS Frontline; American Porn)

“Perhaps your daughter was searching for “what is sex.” Perhaps your son has a crush on a cheerleader at school, so he typed in “cheerleader.” Perhaps your child saw a billboard for Hooters and looked it up. Perhaps your child heard a sexual word at school that they wanted to know about. Or maybe your child has been into porn or erotic chatting for a while, and he or she is searching for more graphic terms.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)


- “Younger adults and teens are more likely than older adults to use porn for boredom, curiosity and fun.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)
- “Those 25- to 50-year-old tend to use porn for getting sex tips or to set a mood with a partner.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19,
“‘Being less risky than actual sex’ is higher motivation among both teens and older adults—for different reasons, presumably.” (David Kinnaman, "The Porn Phenomenon", Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

#37 PASTORS AND PORN

“Don’t assume that porn isn’t a problem in the church. One evangelical leader was skeptical of survey findings that said 50 percent of Christian men have looked at porn recently. So he surveyed his own congregation. He found that 60 percent had done so within the past year, and 25 percent within the past 30 days. Other surveys reveal that one in three visitors to adult websites are women.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, http://www.christianitytoday.com/ct/2008/march/20.7.html)


#38 JIHADIST AND PORN
#39 MORALITY AND PORN

“Pornography users are more likely to hold a college degree, more likely to have moved, and they also attend church less frequently, although the differential again is small – around one fourth of a standard deviation difference for holding a college degree and mobility…” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)
**#40 CULTURE AND PORN**


“…who don’t need another physical person to satisfy their sexual needs – ‘sexual singularity’. In Japan, there is even a phrase for the kind of man no longer interested in real sex, soshoku danshi – or herbivorous men. Zimbardo’s fear is that herbivorous men are becoming a global phenomenon. He also fears that, thanks to how online pornography is becoming more interactive and immersive, real-life romantic relationships will become even less appealing.” (Stuart Jeffries, “Psychologist Philip Zimbardo: ‘Boys Risk Becoming Addicted to Porn, Video Games and Ritalin’”, The Guardian, May 9, 2015, [http://www.theguardian.com/lifeandstyle/2015/may/09/philip-zimbardo-boys-are-a-mess](http://www.theguardian.com/lifeandstyle/2015/may/09/philip-zimbardo-boys-are-a-mess))

“As James Conley mentioned in his analysis on how pornography is reshaping the mind of American men, he says this:


“National Review: Getting Serious On Pornography”

“Imagine a drug so powerful it can destroy a family simply by distorting a man’s perception of his wife. Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages and so widespread that it produces more annual revenue — $97 billion worldwide in 2006 — than all of the leading technology companies combined. Consider a narcotic so insidious that it evades serious scientific study and legislative action for decades, thriving instead under the ever-expanding banner of the First Amendment.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“Sexual Sabotage”

“One need only look around to see the disastrous effects of the so-called sexual revolution: pornography at every turn, widespread sexual abuse, rampant promiscuity, abortion, adultery, grossly immodest fashions, people living in and celebrating fornicatory and homosexual relationships, and people who have died as a result of engaging in a deviant (and dangerous) sexual practice known as autoerotic asphyxiation.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’“, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Judith A. Reisman, Ph.D., is a noted researcher and author who has battled the vast sex industry and has exposed the true and terrible legacy of one of the sexual revolution’s chief architects, Alfred Kinsey. Below is a substantial excerpt (minus endnotes) from chapter one of Dr. Reisman’s book Sexual Sabotage: How One Mad Scientist Unleashed a Plague of Corruption and Contagion on America. Thanks to Dr. Reisman and WorldNetDaily.com for allowing me to reprint her material. (This should be obvious, but I’ll write it anyway: Due to the nature of the book’s content, it is appropriate only for adults.)” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’“, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Mother’s Flags’ hung in the windows of most homes in my neighborhood in 1942. Walking past them, I knew that when a blue star was replaced with a gold one, another son or daughter had died to protect me and my country. My gratitude and sense of obligation
began then, as 416,800 soldiers died, sixteen million fought under arms, and millions of stateside Americans shouldered the burdens of war. Little did we know that, having survived the enemy forces in Europe, Africa, Asia, and the Pacific Ocean, our heroes would come home only to be sabotaged, betrayed by a cult of American draft dodgers lounging on the grassy slopes of Indiana University.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“There, strolling along the tree covered green campus and the undisturbed wilderness of Dunn's Woods, Alfred C. Kinsey, a zoologist, studied gall wasps, taught classes, conducted ‘sexual research,’ and, in 1948 and 1953, published reports that defamed our heroes, their families, and everything they fought and died for. With a cadre of devoted followers, this ‘scientist’ lied about our forebears and slandered the World War II generation as promiscuous, adulterous, homosexual, and even bestial. Abundant evidence proves that these sexual perversions reflected the activities and character of the Indiana University professors — not of our accused World War II fighting men and women. Nonetheless, this false ‘statistical survey’ of the morals of World War II Americans would be believed and relied upon for generations to come. Indeed, it continues to seduce our nation, even today.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“In 1948, when Kinsey's first book was published, I was thirteen years old and wholly unaware that my freedom and safety were a legacy granted me largely by unknown women bred as independent ladies and unknown men bred with ‘religion and the spirit of a gentleman.’ Little did we know, in 1948, that the nation's character would be transformed from Tom Sawyer and Becky Thatcher to that of the tortured youth of the 1948 pornographic novel, Amboy Dukes. We were still being lifted aloft to higher things by the virtues of the founders' generation reflected in our own World War II parents.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“In 1948, my parents, like most people on our street, never locked the car or our front door. The paint spray can was not invented until 1949, and graffiti did not mar shops and signs, even on the tough side of town. Stores did not have wrought-iron bars protecting their windows.

“In 1948, I walked the mile from my house to Bancroft Junior High School in Los Angeles. My fellow students discussed weekend plans — parties, dances, and church and synagogue events — and we commiserated with several movie stars' children, whose parents were divorced.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’“, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116


“Once college begins, most students have seen, and are likely affected by, pornography with nearly all men and two thirds of women having been exposed (Brown & Engle, 2009). Experimental and correlational research has shown that use of Internet and other types of pornography is associated with a variety of sexually violent behavior (Kingston et al., 2009). A meta-analysis found that men’s use of pornography is strongly associated with acceptance of sexual violence (Hald, Malamuth, & Yuen, 2010). In addition, a comprehensive literature review of more than 50 studies found that men who frequently use pornography are more likely to have perpetrated rape and other forms of sexual aggression (Malamuth et al., 2000). High pornography use adds significant predictive capacity to the ability to determine whether men will be sexually aggressive, over and above other predictive factors (Vega & Malamuth, 2007). It appears that men who have attitudes supporting sexual violence seek out violent pornography and that the two are mutually reinforcing (Malamuth, Hald, & Koss, 2012).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)
“Effects on Women Traditionally considered a strictly male phenomenon, the once pronounced gender gap found in pornography consumption has diminished (Carroll et al., 2008; Yoder et al., 2005). Some people attribute increased use by women to widespread accessibility and greater anonymity permitted through the Internet (W. A. Fisher & Barak, 2001). Like in men, greater pornography use in women is associated with increased assignment of responsibility to victims and less responsibility to male perpetrators of rape (Davis et al., 2006; Norris et al., 2004) In addition, pornography use in women is associated with greater acceptance of personal sexual victimization (Davis et al., 2006; Norris et al., 2004). Notably, research has shown that when actresses in popular mainstream pornographic movies experience physical aggression, 95% of the time they provide either a response of pleasure or no response at all (Bridges et al., 2010). Given that the content of pornography today reinforces the script that women do not resist when hit during a sexual encounter (Bridges et al., 2010), it stands to reason that exposure to pornography sends the message that women enjoy physical aggression during sex. If women internalize the messages that women enjoy violence, it raises a barrier for potential intervention to help another woman who is at current risk of sexual assault (McMahon & Banyard, 2012). It also raises a barrier for men to help women if they internalize the script that women enjoy being aggressed against.” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“If in fact pornographic media create a cultural climate that permits violence against women (Krafka et al., 1997), then perhaps reducing pornography use would help reduce the acceptability of sexual violence against women, just as experimental evidence suggests reducing use increases commitment to a romantic partner (Lambert, Negash, Stillman, Olmstead, & Fincham, 2012).” (John D. Foubert and Ana J. Bridges, “What is the Attraction? Pornography Use Motives in Relation to Bystander Intervention”, Oklahoma State University, 2015, https://www.ncbi.nlm.nih.gov/pubmed/26209307)

“In 1948, as my friends and I meandered through beaches, parks, and streets, we had no idea of the ‘sex, drugs, and rock ‘n’ roll’ that would soon
assault us. Like me, Elvis was thirteen, and John Lennon was only eight years old. Few kids smoked cigarettes or drank alcohol. Drugs? A very sophisticated friend once asked me if I'd like to smoke marijuana. ‘What is it?’ I asked. When she told me, I was stunned. ‘Why would I ever want to do that?’ I chalked up this strangeness to the fact that her father was a film director. Again, we all knew about ‘movie people.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Though very few kids had cars in the late 1940s and early 1950s, one nice sixteen-year-old boy rode a motorcycle and occasionally picked me up after classes at Fairfax High School. Of course, he never tried to kiss me. The phrase ‘sweet sixteen and never been kissed’ still applied to most girls I knew. We never heard of ‘date rape.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“In 1948, my parents did not worry much about my safety. They knew I didn't take rides from strangers and I was a ‘good girl.’ Even our liberal crowd was not a sexually liberal crowd. Child molesters were considered rare indeed, and though some of those queer fellows lurked about in movie theaters, parents still usually felt their children's independence and freedom outweighed the rare possibility of harm.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“This was the common reality in 1948. Americans of all races and religions and from most socioeconomic backgrounds tended to share similar morals. In fact, most single men were quite likely to be virgins as adults, including Playboy's Hugh Hefner and liberal CBS newscaster Andy Rooney. Drafted in 1941, Rooney recalled his Colgate college football team, saying that none of his friends there had smoked and ‘we didn't say 's--t' or 'f--k,' and we didn't sleep with our girlfriends. Sex was only a rumor to us.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Former NBC anchorman Tom Brokaw wrote what is perhaps the most celebrated study of World War II Americans in his 1998 book, The Greatest Generation. Through stories, private letters, poems, pictures, and diaries, he documented and summarized their values and ethical character. Brokaw wrote that their morals were as
important for victory as were ‘tanks and planes and ships and guns.’ He thought it would be wonderful to have a ‘statistical survey of America's strengths.’ Indeed, such research would have been valuable.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“For tragically, the world would soon view a false ‘statistical survey’ of World War II Americans defining this generation’s moral and ethical character. While our fathers and grandfathers fought World War II, and while our mothers and grandmothers both overseas and on the home front bore the burdens of war, Alfred C. Kinsey did not. Instead, when America entered the war December 7, 1941, the forty-one-year-old zoologist was an Indiana University teacher ‘researching’ human sexuality. Wrapping himself in the mantle of ‘science,’ Kinsey, a secret sexual psychopath, would project his own sexual demons onto the men and women appreciatively called the Greatest Generation, the Americans who saved the world from Hitler's national socialism.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Riding on the financial support and seemingly impeccable credentials of the Rockefeller Foundation, the National Research Council, and Indiana University, Kinsey published his distorted data in Sexual Behavior in the Human Male in 1948 and Sexual Behavior in the Human Female in 1953 and, as his fans say, the world was never the same. With a Madison Avenue advertising blitz, these two reports were aggressively marketed and gained credibility as Kinsey focused the western world on the imagined mote in the eye of his fellow citizens, rather than on the beam in his own.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“The men who came home after World War II surely would have agreed with 1960s pop singers Paul Simon and Art Garfunkel: ‘Gee, but it's great to be back home. Home is where I want to be.’ But while these heroes were trying to resume their lives, they were being sabotaged by a subversive barrage, a twisted campaign that informed the world that American men were sexually deviant. Under this assault, they surely would also have agreed with other Simon and Garfunkel lyrics: ‘Everywhere I go, I get slandered, libeled. I hear words I never heard in the Bible. . . .’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)
“Kinsey not only studied sexuality, ’wrote one of his admirers, ’he helped create it . . . in such a way that it is difficult for us to recognize what pre-1950s sexuality looked like.’ True. But while Kinsey's narrative described "a period of sexual repression," his statistics claimed that the generation was sexually immoral, promiscuous, and deviant. Why the contradiction? As one who was there, I witnessed firsthand his sexual slander of heroic Americans. And, as one of the elders now, I have researched Alfred Kinsey for thirty-five years, finding that he and his cult libeled our World War II warrior generation in order to validate his own cowardly perversions by creating a ‘sexual revolution.”’ Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Sadly, he succeeded. Morris Ernst, Kinsey's American Civil Liberties Union (ACLU) lawyer, explained that Kinsey could collapse Victorian morality by libeling World War II fathers. Since ‘the whole of our laws and customs in sexual matters is to protect the family [and] the base of the family is the father [Kinsey would prove] 'is quite different from anything the general public had supposed.”’ Thus, slandering ‘father’ could gut the laws and customs that protected mothers, children, and the family. And it did.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“No match for Kinsey's media blitzkrieg, the war generation's humble reticence to 'talk about what happened' gave Kinsey & Company carte blanche. Domestic propagandists launched a stealth attack on their own homeland by defaming our heroes as hypocritical perverts, while our fighting men, still in shock from combat, tried to rebuild their lives. War-weary, America was bombarded with the highly publicized tale that Kinsey sold as reality. In believing the lies about the World War II generation's sexual character, our culture would see the hijacking of the hard-earned sexual laws and customs that protected the family, children, and civility. Alfred Kinsey decisively influenced and grievously damaged my society — and tarnished the legacy of the generation that saved the world. And as our society takes this slander for granted and allows the damage to spiral, Kinsey's co-conspirators continue to terrorize our nation. This is why I track the Kinsey lobby. Our children deserve better. Our Greatest Generation

“In 2005, sixty years after the end of World War II, I watched the documentary, The League of Grateful Sons. In one scene, several elderly former marines stand at attention beside an Iwo Jima graveyard epitaph: ‘When You Go Home, Tell Them For Us . . . For Your Tomorrows, We Gave Our Today. Semper Fi.’ The narrator explains that, for ‘half a century they were silent.’ Finally, sighs an aged veteran, our ‘real history is being transferred to the younger generation.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“That is my passion, to transfer the real history about the ‘Greatest Generation’ to their heirs and to expose the libel of our finest Americans. It is vital that we clear the reputations of our parents, grandparents, and great-grandparents. The younger generation must know that their ancestors have been betrayed and defamed — and understand why and by whom. It is up to us to set the historical record straight.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Who Were We, Before Kinsey?”

“Although black slavery ended with the Civil War in 1865, women continued to live largely under patriarchal control for another fifty-five years. Indeed, in the 1860s and early 1870s, a new national scandal thrived: Traffic in white female sex slaves flourished in scores of big cities. New York was the ‘center of commercialized sex in the United States.’ Child and adult brothels were everywhere. Catering to ‘heterosexual and homosexual pleasures,’ commercial sex pictures and prices were posted ‘in hotels, shops, and saloons throughout the city,’ using alcohol and sex devices to ‘tempt the crowds.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Catapulted by the Young Men's Christian Association (YMCA), on March 3, 1873, New Yorkers passed an anti-obscenity statute to try and control the spread of venereal disease and crime. When he moved from Connecticut to New York, social reformer and crusader, Anthony Comstock, was horror-struck by the visible public traffic in

“Markedly casual toward victims of the white slave traffic, sexually liberated psychiatrists, and psychologist-educators actively marketed the sexual freedom advocated by Clark University president G. Stanley Hall, his Viennese visitor, Dr. Sigmund Freud, and their colleagues. Thus — just as it does today — the battle raged between ‘repressed,' pious, Americans and the 'liberated' licentious academic elites. By 1910, men increasingly joined the organized women's movement to end the white slave traffic. In 1917, America entered World War I, a conflict joyfully ended in 1918. By the 1920s, even New Yorkers increasingly lived in a relatively sexually restrained and, thus, safe and sane environment. This was the culture in which our future World War II heroes were born and raised. But the battle for America's character still raged.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Stepping boldly into the fray, in the late 1920s, the Catholic Church began a campaign against Hollywood's brazen nudity and sadistic pornographic film indecency. As a result, with theaters half-empty, Hollywood studios were forced to hire writers and produce films that ‘fit' the moral values of average Americans. This meant hiring brilliant, often very moral writers to produce fluffy, witty, or charming dialogue and good drama that did not run afoul of the new Motion Picture Production Code, popularly known as the ‘Hays Code' for its creator, Will Hays. Under these highly moral guidelines, Hollywood entered its ‘golden era' from 1934 until the 1960s....” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“Ladies and Gentlemen”

“On public transport, most males automatically gave up their seats to the elderly, women, and children, and men and older boys commonly held open the door for women, old folks, and children. They would commonly offer to carry a girl's parcels or books, should she wish. Before seating themselves, men commonly held the chair for ladies to
be seated, and waited to eat until the ladies had begun. Men asked permission to smoke and were especially careful to use ‘decent’ language in the company of women and girls, who were called ‘ladies’ and ‘young ladies.’ And a gentleman always defended ladies in any encounter. Patriarchy had many drawbacks if one's male intimate was alcoholic, violent or a slough, but the flip side was the male view of men as obligated, respectful, and of service to the female ‘weaker’ sex.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“In The Compleat Gentleman, Brad Miner, the former literary editor of National Review discussed American chivalry and gallantry: ‘I'll say plainly that the American republic . . . was founded by gentlemen and depends upon their gentlemanly ideals for both its prosperity and its posterity. Our republic, in fact, is the gentleman writ large . . . it's all about balance and restraint.’ Minor supports this concept in his discussion of the Titanic survival rates; when even the wealthiest gentlemen gave their lives to secure the safety of women and children of all classes. Despite the claims of the feature film, Titanic, ‘Upper and-middle-class men,’ Miner wrote, ‘had the lowest rate of survival on the Titanic.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“On the other hand, men who are not reared to be courteous, to be gentlemen in service of ladies and children, often sink to the level of scoundrels. To paraphrase Voltaire, a belief in and fear of God are especially important for those in authority. They must fear a Higher Authority, who sees all that they do and who will mete out eternal punishment. Otherwise, they may do whatever evil pleases them. Voltaire also warned, ‘Those who can make you believe absurdities can make you commit atrocities.’ In 1948, Kinsey, the antithesis of a gentleman, caused millions to believe absurdities about the sexual morality of the Greatest Generation. Predictably, restraint slackened and sexual atrocities followed — and have skyrocketed.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“But as ‘our boys’ recovered from the ravages of World War II, the ethos of family and community supported faith, fidelity, personal responsibility, honor, and children's innocence. In a sign of Comstockian success, New York City's Central Park welcomed
couples and families who were unafraid and unaware of the misery and crime that had blighted the city a few decades earlier. In 1948, the safer, saner, softer, and superior society was visible to the naked eye. Cities that had once been vice-ridden saw women and children enjoying the freedom to casually roam streets, paths, and beaches. These venues were created because America's character supported public areas where men, women, and children — alone or otherwise — could safely wander, day or night. Today, however, these once-congenial places of public recreation are again vandalized centers of crime and cruelty, unsafe after dusk. The comparison is stark.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage‘”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116

“The sex industry had been thwarted — and vice squads contained its re-emergence — but elitist revolutionists often attacked our founders' beliefs in favor of lifestyles they fancied as licentious European cosmopolitanism. Building on the legacy of America's rugged provincialism and religious belief, World Wars I and II revived our national honor and stoked our confidence. Our refreshed patriotism made America great and kept us so for decades.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage‘”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116

“This really was who we were before, during, and after World War II. This is the generation that I knew as a child. This was America — an extraordinary nation that came of age during the Great Depression and two World Wars and went on to build the greatest modern society the world has ever known. And these are the men and women, our fathers and mothers and grandsires, our heroes and heroines, whom Kinsey claimed to truthfully reveal in Sexual Behavior in the Human Male (1948) and Sexual Behavior in the Human Female (1953), the generation that was sabotaged by a deviant pseudo scientist who libeled our legacy and screwed our society.” (Matt C. Abbott, “Kinsey and ‘Sexual Sabotage‘”, Renew America, January 16, 2012, http://www.renewamerica.com/columns/abbott/120116)

“…the “no harm” argument also fails to consider the production of internet pornography, which is produced by way of real human beings who are almost always engaged in illegal and dehumanizing acts such as prostitution, rape, sex trafficking, assault, and even murder.” (Morgan
“Pornography undermines civilized society: it erodes the relationship between men and women; it undermines marriage, the family unit, and the well-being and social standing of women and children; it causes sexual addictions that debilitate a person’s productivity, discernment, and ability to form healthy relationships.” (Morgan Bennett, “Internet Pornography & the First Amendment,” The Public Discourse.com, October 10, 2013, http://www.thepublicdiscourse.com/2013/10/10998/)

#41 PORN AFFECTS SEXUAL TASTES

“How Porn Affects Sexual Tastes”

“As individuals consume more extreme and dangerous sex acts, they gradually begin to feel that those behaviors are more common and acceptable than they really are.”

“… the kind of porn consumed usually changes over time.”

“In a survey of 1,500 young adult men, 56% said their tastes in porn had become “increasingly extreme or deviant.” …getting aroused by things that used to disgust them or things that they might have previously considered to be inappropriate or unethical.”

“Porn consumers are more likely to express attitudes supporting violence against women, and studies have shown a strong correlation between men’s porn consumption and their likelihood to victimize women. In fact, a 2015 peer-reviewed research study that analyzed 22 different studies from 7 different countries concluded that there is “little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes [supporting] sexual aggression and engage in actual acts of sexual aggression.”

“We crave happiness and love.”


“The Porn Industry’s Dark Secrets”

“Would you support a business if you knew that they abused some (but not all) of their female employees? Pornographers don’t want you to think about it, but even if some of the humiliation, degradation, and sexual violence you see in porn is consensual, some is not.”

“I got the &*$%$ kicked out of me …. Most of the girls start crying because they’re hurting so bad …. I couldn’t breathe. I was being hit and choked. I was really upset and they didn’t stop. They kept filming. [I asked them to turn the camera off] and they kept going.”

“In the spring of 2004, during the American occupation of Iraq, the world was shocked to learn that US soldiers were abusing prisoners in Abu Ghraib. Hundreds of leaked photos showed Iraqi prisoners being made to crawl on the floor wearing leashes, wear panties on their heads, masturbate for the camera, touch other men’s naked bodies, and even more degrading behaviors that we are not comfortable mentioning here. What horrified the public was not only the human rights violations themselves, but the fact that the soldiers recorded the abuse with obvious glee. In many of the photos, soldiers grinned and flashed a ‘thumbs up’ to the camera as they stood over their victims. After an investigation, several soldiers were dishonorably discharged from the military and others served time in prison for what they had done at Abu Ghraib.”

“That same year, pornographers video-recorded and photographed thousands of women enduring nearly identical treatment and worse. Those images were published on the internet and viewed by millions of porn consumers. There was no public outcry.”

“Comparing porn to what happened in Abu Ghraib will ruffle some people’s feathers. A knee-jerk reaction is to say, ‘Those are totally different! In porn, women give their consent!’”
“There is a tendency to believe that ‘human trafficking’ refers to a Third World problem: forced prostitution or child pornography rings in some far-off, developing country. The truth is, sex trafficking is officially defined as a ‘modern-day form of slavery in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act is under the age of 18 years.’ That means any instance in which the individual on screen was forced, tricked, or pressured. By that definition, human trafficking is everywhere”


#43 PORN & LONELINESS

“Why Porn Leaves Consumers Lonely”

“Author and political activist Naomi Wolf has traveled all over the United States talking with college students about relationships. ‘When I ask about loneliness, a deep, sad silence descends on audiences of young men and young women alike,’ she says. ‘They know they are lonely together … and that [porn] is a big part of that loneliness. What they don’t know is how to get out.’”

“The more one uses pornography, the more lonely one becomes,’ says Dr. Gary Brooks, a psychologist who has worked with porn addicts for the last 30 years.”

“When one partner uses porn at a high frequency,’ explains researcher Dr. Ana Bridges, ‘there can be a tendency to withdraw emotionally from the relationship.’

“According to Bridges, as a porn consumer withdraws from his or her relationships, they experience ‘increased secrecy, less intimacy and also more depression.’”

“Studies have consistently shown that porn consumers tend to feel less love and trust in their marriages. They also experience more negative communication with their partners, feel less dedicated to their relationship, have a harder time making adjustments to their partner, enjoy less sexual satisfaction, and commit more infidelity. Meanwhile, spouses of porn consumers report decreased intimacy in their marriages and a feeling of being less understood by their porn-consuming partners. Relationship experts, Doctors John and Julie Gottman explain, ‘there are many factors about porn use that can threaten a relationship’s intimacy [which] for couples is a source of connection and communication between two people. But when one person becomes accustomed to masturbating to porn, they are actually turning away from intimate interaction.’”
“Porn promises immediate satisfaction, endless excitement, and easy intimacy, but in the end, it robs a consumer of all three.”


#44 PORN & SEX CONSEQUENCE

“Five studies among Swedish young people find that young men who are regular consumers of pornography are more likely to have had anal intercourse with a girl, and to have tried to perform acts they have seen in pornography, and that girls who have seen pornography also are more likely to have anal intercourse. (Anal intercourse leads increased risk of STD’s, tissue damage, and fecal incontinence.)” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms Kids that No One Talks About”, https://protectyoungminds.org/2016/10/06/5-proven-ways-porn-harms-kids/)
#45 Consequences Updates – January 2019

“This One Shocking Factor Can Make You 4600 Percent More Likely to Become an Addict”

“Dr Felliti noticed something striking. His patients seemed to have been sexually abused at a higher rate than the general population. Far higher.”

(Johann Hari, “This One Shocking Factor Can Make You 4600 Percent More Likely to Become an Addict”, Alternet, June 2018, https://www.alternet.org/one-shocking-factor-can-make-you-4600-percent-more-likely-become-addict)

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Pornography Induced Dysfunction

‘Historically, erectile dysfunction (ED) has been viewed as an age-dependent problem, with rates in men ages 18-59 as low as 2-5%. 53(Park, Ibid.) (Not able to confirm)

In the early 2000s, the Global Study of Sexual Attitudes and Behavior (GSSAB) reported that the ED rate among men aged 40-80 was approximately 13%.’ 54(Alfredo Nicolosi et al., “Sexual Behavior and Sexual Dysfunctions after Age 40: The Global Study of Sexual Attitudes and Behaviors,” Urology 64[2004]: 991-997.)

“A 2-year longitudinal study of sexually active young males aged 16-21 published in 2016, found

- Low sexual satisfaction [47.9%]
- Low desire [46.2%]
- Problems in erectile function [45.03%]” 56(Lucia F. Sullivan et al., “Prevalence and Characteristics of Sexual Functioning among Sexually Experienced Middle to Late Adolescents,” The Journal of Sexual Medicine 11 [2014]:630-641.)

“Another study reported that one in four patients seeking medical help for new onset ED were under 30, with severe ED rates being 10% higher than those in men over 40.” 57(Paolo Capogrosso, et al., :One Patient Out of Four with Newly Diagnosed Erectile Dysfunction I a Young Man – Worrisome Picture from the Everyday Clinical Practice,: The Journal of Sexual Medicine 10 [2013]: 1833-1841.)
“A Study on men (mean age 36) seeking help for excessive sexual behavior-frequent use of pornography and masturbation-found that ED combined with low desire for partnered sex is a common observation in clinical practice.” 58(Verena Klein, Tanja Jurin, Peer Briken, and Aleksandar Stulhofer, “Erectile Dysfunction Is a Young Man-Worrisome Picture from the Everyday Clinical Practice, “The Journal of Sexual Medicine 12, no.11 [2015]:2160-2167.)

“An investigation examining subgroups of men struggling with sexual compulsivity, found that among those who reported seven or more hours of pornography viewing (or seven episodes of masturbation) per week, 71% reported sexual dysfunctions, and 33% reported delayed ejaculation.” 59(Katherine S. Suton et al., “Patient Characteristics by Type of Hypersexuality Referral: A Quantitative Chart Review of 115 Consecutive Male Cases, “Journal of Sex & Marital Therapy 41, no. 6[2015]: 563-580.)

“A Cambridge University study that was evenly divided between men with compulsive sexual behavior [CSB] and those without, found that 60% of those with CBD experienced diminished libido or erectile function in physical relationships with women.” 60(Valerie Voon et al., “Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behavior, “PLOS One 9, no.7 [2014]”1-10.)

“In a study of gay men recruited from bathhouses, bars, and STE clinics, 50% of the men [average age 29] reported erectile dysfunction with video pornography. The men spent considerable amounts of time in environments where pornography was omnipresent and continuously playing. The men explained that high exposure to sexually explicit media resulted in a lower responsivity to “vanilla sex” media and an increased need for novelty and variation. This is evidence of tolerance, a key indicator of addiction. Researchers revised the experiment allowing the men to choose many more varieties of pornography. In the new experiment, 25% of men still could not become aroused to the pornography of their choice.” 61(Erick Janssen. The Psychophysiology of Sex. Bloomington: Indiana University Press, 2007.)

“In a clinical study of 35 men with erectile dysfunction or anorgasmia, a French psychiatrist found that addictive masturbation is often associated with cyber-pornography. Most of the men viewed pornography, and some
were addicted to it, with the study pointing to it as a key player in the problems. With treatment, which included the removal of pornography, participants saw a reduction of symptoms and were able to enjoy satisfactory sexual activity.” 62(R. Porto, “Habitudes Masturbatoires et Dysfonctions Sexuelles Masculines,” Sexologies 25 no.4 [August 17, 2016]: 160-65, doi:10.1016/j.sexol.2016.03.04)

“A study analyzing the brainwaves of 52 men aged 18-30 found that pornography use may downregulate sexual arousal-i.e., cause habituation of desensitization. These symptoms are signs of addiction.” 70(Sajeev Kunaharan et al., “Conscious and Non-Conscious Measures of Emotion: Do They Vary with Frequency of Pornography Use?” Applied Science 7, no. 5[2017]: 493, doi: 10.3390/app7050493.)

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**Interpersonal Satisfaction**

“In a meta-analysis of fifty studies encompassing cross-sectional and longitudinal surveys, as well as experimental research methods, pornography consumption was associated with lower interpersonal outcomes. The meta-analysis, which collectively included more than 50,000 participants from 10 countries, revealed a significant negative association between pornography consumption an interpersonal satisfaction. Specifically, male viewers of pornography reported significantly lower sexual and relation satisfaction.” 71(Paul J. Wright, Robert S. Tokunaga, Ashley Draus, and Elyssa Klannm, PPornography Consumption and Satisfaction: A Meta-Analysis, “Human Communication Research, 2017, doi:10.1111/hcre.12108.)

“Impact on Relationships and Sexual Behaviors”

“Earlier Sexual Debut, Multiple Partners, and Risky Sexual Practices”

“Pornography consumption is linked to initiating sex at an earlier age, multiple sexual partners, more frequent practice of anal sex, use of psychoactive substances, and lack of protection against STIs.” 93(C. Bulot, B. Leurent, and F. Collier, “Pornography Sexual Behavior and Risk Behavior at University,” Sexologies 24, [2015]: 78-83: Debra K. Braun-Courville and Mary Rojas, ibid: Jane D. Brown and Kelly L. L’Engle, ”X-

“Casual Sexual Behavior”:

Longitudinal research has found that pornography exposure was associated with a nearly twofold increase in the odds of casual sexual behavior. This association was found even after controlling for age, ethnicity, religiosity, education, and gender. Casual sex increases the risk of undesirable outcomes such as physical and sexual aggression, STIs, and unwanted pregnancies. 95(Paul J. Wright, “ A Longitudinal Analysis of US Adults’ Pornography Exposure, Sexual Socialization, Selective Exposure, and the Moderating Role of Unhappiness, “Journal of Media Psychology 24, no. 2 [2012]: 6776.)

“Dissatisfaction with Partners”:

“Research has demonstrated that the more pornography a man watches =, the more likely he is to deliberately conjure images of pornography during sex to maintain arousal, and to experience decreased enjoyment of intimate behaviors with a partner”. 96(Chyng Sun, Ana Bridges, Jennifer Johnason, and Matt Ezzell, Pornography and the Male Sexual Script: An analysis of Consumption and Sexual Relations, “Archives of Sexual Behavior 45, no.4 [2014]: 983-994.)

A separate cross-sectional study of 405 sexually active men and women who had viewed pornography, frequency of pornography consumption was directly related to a relative preference for pornographic rather than partnered sexual excitement. This preference, as well as devaluing sexual communication, was associated with less sexual satisfaction for both men and women. 97(Paul J. Wright et al., “Associative Pathways between Pornography Consumption and Reduced Sexual Satisfaction, “Sexual ad
“Negative Impact on Marriage Formation”:

Researchers report that declining rates of marriage formation bring demographic and socio-economic changes that negatively impact society, while marriage formation creates substantial socio-economic improvements. Pornography has been shown to significantly negatively impact marriage formation, and in light robust controls, the effect is likely causal. 98(Michael Malcolm and George Naufal, “Are Pornography and Marriage Substitutes for Young men? “Eastern Economic Journal 42 [2016]: 317-334.)

“Negative Impact on Marital Quality”:

“A longitudinal study of married couples found that those who used pornography more often reported lower satisfaction with their sex-life and decision-making as a couple. Pornography use was strongly and negatively related to marital quality over time. “The findings provide qualified support for the notion that more frequent pornography viewing – rather than simply being a proxy for the participants’ dissatisfaction with sex-life or marital decision-making – may negatively influence marital quality over time.” 99(Samuel L. Perry, “Does Viewing Pornography Reduce Marital Quality Over Time? Evidence from Longitudinal Data,” Archives of Sexual Behavior, [2016].)

“Extramarital Affairs”:

A Study found that persons who have had an extramarital affair were more than 3 times more apt to have used Internet pornography than ones who had lacked affairs. 100(Steven Stack, Ira Wasserman, and Roger Kern, “Adult Social Bonds and Use of Internet Pornography,” Social Science Quarterly 85 [2004]: 75-88.) Other research affirms that pornography consumption is associated with more positive attitudes towards extramarital affairs. 101(Paul J. Wright, Robert S. Tokunaga, and Soyoung Bae, “More Than a Dalliance? Pornography Consumption and Extramarital
Sex Attitudes among Married U.S. Adults, “Psychology of Popular Media Culture 3, no.2 [2014]: 97-709.)

“Romantic Breakups”:

A longitudinal study of Americans found those who viewed pornography at all in 2006 were nearly twice as likely as those who never viewed pornography to report experiencing a romantic breakup by 2012. Additionally, a statistically significant relationship was found between frequently viewing pornography and experiencing a breakup. Researchers also extrapolated that earlier pornography use significantly predicts relational instability, particularly for men. 102(Samuel L. Perry and Joshua T. Davis, “Are Pornography Users More Likely to Experience A Romantic Breakup? Evidence from Longitudinal Data, “Sexuality and Culture, https://www.academia.edu/32868948/Are_Pornography_Users_Noire_Likely_to_Experience_A_Romantic_Breakup_Evidence_from_Longitudinal_Data.)

“Divorce Rates”:

In a nationally representative longitudinal study, researchers found the probability of divorce roughly doubles for men and women who begin viewing pornography. Conversely, women who quit using pornography were significantly less likely to get divorced. 103(Samuel L. Perry and Cyrus Schleifer “Till Porn Do Us Part? A Longitudinal Examination of Pornography Use and Divorce,” The Journal of Sex Research, 2017, 1-13, doi:10.1080/0024499.20171317709.)

“Sexual Dissatisfaction”:

In a study of 832 French men and women, researchers discovered that, even when controlling for perceived addiction to cyberpornography and overall sexual functioning, cyberpornography use was directly associated with sexual dissatisfaction. Additionally, cyberpornography use had a significant negative indirect effect on sexual satisfaction through increased sexual dysfunction and sexual avoidance. Sexual dysfunction encompassed the quality of sex drive, arousal, vaginal lubrication/penile

In a study of 15,246 Americans, a symmetrical relationship was revealed between men and women as a result of viewing pornography. Women reported more negative consequences, including: lowered body image; that their partner was more critical of their body; increased pressure to perform acts seen in pornography; and less actual sex. The findings also suggest that males are more likely to use Internet pornography as a solitary, autoerotic activity. 105(Julie M. Albright, “Sex in America Online: An Exploration of Sex, Marital Status, and Sexual Identity in Internet Sex Seeking and Its Impacts,” Journal of Sex Research 45 (2008): 175–186.)

Triggers

“The researchers explained”:

“Conceptualizing the potential for pornography viewing and the sexual response to be employed as a maladaptive coping strategy fits the behavioral and psychological contours of addiction. The sexual response cycle, with its twin aspects of intense, preoccupying physical pleasure during the arousal phase, followed by comforting, soothing experience during the resolution phase, mediated by the brain’s dopaminergic reward structure in part by oxytocin, allows for the possibility of a two-stage drug-like experience providing both euphoric and narcotic brain effects, permitting temporary escape into “fantasy” and/or “obliviousness” to real-world concerns and stressors. A person may experience palliative relief from distressing experience through the preoccupying, distracting euphoria or fantasy accompanying pornography and sexual arousal. Pornography use readily becomes a tightly integrated component of that recurring compulsive, addictive pattern. In this manner, pornography may provide a
self-soothing, autoerotic narcosis from real life circumstances, and experience that mirrors a drug-like intoxication…”

“Emotional attachment, and other demands of relational pair-bond sexuality help ground sexual expression and can help circumvent (though not entirely) it being formed and fitted to maladaptive purpose and addictive use…”

“Pornography use that is only temporarily palliative while failing to address root causes of loneliness, and which in turn intensifies triggering conditions qualifies as a maladaptive coping strategy.” 73(Mark H. Butler et al., “Pornography Use and Loneliness: A Bi-Directional Recursive Model and Pilot Investigation, “Journal of Sex & Marital Therapy, March 7, 2017, doi:10:1080/0032623x.2017.1321601.)

Consequences/Emotional

“Depressive Symptoms/ Lower Self-Worth”:

“In a cross-sectional study of 792 emerging adults from college campuses, researchers observed that higher pornography use was significantly associated with less self-worth and more depressive symptoms. This was consistent after controlling for age, religiosity, impulsivity, race, and parent’s marital status.” 74(Brian J. Willoughby et al., “Associations between Relational Sexual Behaviour, Pornography Use, and Pornography Acceptance among US College Students, “Culture, Health & Sexuality 16, no. 9 [2014]: 1052-069, doi:10.1080/13691058.2014.927075.)

Consequences/Addiction

“The Addiction Gets Worse”:

Using functional MRI, a 2015 study from Cambridge found that compulsive sexual behavior is characterized by novelty-seeking, conditioning, and habituation to sexual stimuli in males – meaning users need more extreme content over time in order to achieve the same level of arousal. 87(Voon, ibid.)
“Addictive Potential”:

Longitudinal research has found that among Internet activities, searching for pornography has the most addictive potential and should be regarded as the most important risk factor for the development of Compulsive Internet Use (also referred to as Internet addiction). 88 (G.J. Meerkerk, R.J.J.M.V.D. Eijnden, and H.F.L. Garresten, “Predicting Compulsive Internet Use: It’s All about Sex!” CyberPsychology & Behavior 91, no. 9 [2006]: 95-103.)

“Working Memory Performance”:

“In a study of 28 healthy, heterosexual men, researchers found that viewing pornographic pictures significantly negatively affected working memory [WM] performance. WM performance was not significantly impacted by neutral pictures [e.g. unmoved faces, people at work, walking in a street], negative pictures [e.g. a mugging, a person with a weapon, harassment], nor positive pictures [e.g. laughing people, a bride, sport awards]. WM is responsible for the short-term holding, processing, and manipulation of information. It is essential for understanding, reasoning, problem solving, learning and development of speech, and decision making.” 89(Christian Laier, Frank P. Schulte, and Matthias Brand, “Pornographic Picture processing Interferes with Working Memory Performance,” Journal of Sex Research 50, no. 7 [2013]: 642-52, doi:10.1080/00224499.2012.716893.)

“Exposure to online sexual materials in adolescence and desensitization to sexual content.”

“The results showed that the respondents changed their perception of sexually explicit material on the internet over time depending on age, frequency of exposure and whether exposure was intentional. They became desensitized in terms of being less bothered by the sexual content. The results may indicate a normalization of sexually explicit material on the internet during adolescence.”
“…the more one becomes exposed to sexually explicit material on the internet, the less sensitive to such content one becomes…”

“In other words, the older you become, the more sexually explicit material you see; and the more you see, the less bothered you become. However, there is an exception to this pattern if the exposure is solely unintentional.”


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**People More Likely to Divorce After They Start Watching Porn, Says Study**

“Married people who start watching porn are twice as likely to be divorced in the following years as those who don’t…)

“…porn appears to have a less negative impact on marriage if couples watch it together.”


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**Pornography & Public Health Research Summary**

“Interpersonal Satisfaction:”

“In a meta-analysis of fifty studies encompassing cross sectional and longitudinal surveys, as well as experimental research methods, pornography consumption was associated with lower interpersonal outcomes. The meta-analysis, which collectively included more than 50,000 participants from 10 countries, revealed a significant negative association

“Loneliness:”

“The results of a study revealed that the association between loneliness and viewing pornography was positive and significant. Survey data of 1,247 participants seeking help for pornography use, revealed that those who viewed pornography were more likely to experience loneliness, and that those who were experiencing loneliness were more likely to view pornography.”

“CONSEQUENCES/DEPRESSION: Depressive Symptoms/Lower Self-Worth: In a cross-sectional study of 792 emerging adults from college campuses, researchers observed that higher pornography use was significantly associated with less self-worth and more depressive symptoms. This was consistent after controlling for age, religiosity, impulsivity, race, and parent’s marital status. (74 74 Brian J. Willoughby et al., “Associations between Relational Sexual Behaviour, Pornography Use, and Pornography Acceptance among US College Students,” *Culture, Health & Sexuality* 16, no. 9 (2014): 1052-069, doi:10.1080/13691058.2014.927075)”


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**Pornography: A Public Health Crisis**

“In multiple studies, internet pornography consumption was positively associated with having sex with multiple partners, engaging in paid sex,

Increased STI’s Among Adolescent Minority Females:

Exposure to X-rated movies among Black females 14 to 18 years old was associated with being more likely to have negative attitudes toward using condoms, to have multiple sex partners, to have sex more frequently, to have not used contraception during the last intercourse, to have not used contraception in the past 6 months, to have a strong desire to conceive, and to test positive for chlamydia. ([xiii] Gina M. Wingood, Ralph J. DiClemente, Kathy Harrington, Suzy Davies, Edward W. Hook, and M. Kim Oh, “Exposure to X-Rated Movies and Adolescent’s Sexual and Contraceptive-Related Attitudes and Behaviors,” Pediatrics 107, no. 5 (2001): 1116–1119.)

IMPACT ON FEMALES:

Negative Body Image and Pressure to Perform Pornographic Acts:

As a result of viewing pornography women reported lowered body image, criticism from their partners regarding their bodies, increased pressure to perform acts seen in pornographic films, and less actual sex, while men reported being more critical of their partners’ body and less interested in actual sex. ([xiv] Julie M. Albright, “Sex in America Online: An Exploration of Sex, Marital Status, and Sexual Identity in Internet Sex Seeking and Its Impacts,” Journal of Sex Research 45 (2008): 175–186.)

Increased Marital Rape:


IMPACT ON RELATIONSHIPS:


Extramarital Affairs: A study found that persons ever having an extramarital affair were more than 3 times more apt to have used Internet pornography than ones who had lacked affairs. Other research affirms that pornography consumption is associated with more positive attitudes towards extramarital affairs. ([xx] Paul J. Wright, Robert S. Tokunaga, and Soyoung Bae, “More Than a Dalliance? Pornography Consumption and Extramarital Sex Attitudes among Married U.S. Adults,” Psychology of Popular Media Culture 3, no. 2 (2014): 97–109.)

[National Center on Sexual Exploitation, Pornography: A Public Health Crisis, July 14, 2015, (https://endsexualexploitation.org/publichealth/#_edn2)]

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• **Sexts being forwarded over and over again:** Many teens can keep a secret as well as a sieve can hold water. Moreover, as most adults know, "forever" in a teen relationship can mean just for the next 3 days, for the next few hours, or even until the next commercial break. No matter how close a relationship seems at the time, once a break-up occurs "secrets" such as sexts can all become social media fodder.

• **Bullying and harassment:** Smartphones can allow people to say whatever they want without having to see the recipient's face. Also, other kids can hold a compromising sext or picture as hostage, threatening to release it if you don't do what they say.

• **Boundaries being pushed:** Some may use sexts to test how far you are willing to go.

• **Really bad mistakes:** It's become way too easy to send the wrong message to the wrong person. Autocorrect doesn't always help and can even hurt (note the number of times autocorrect tries to add an extra "t"to the word "but")

• **Destroying your reputation:** It only takes one sext or one picture to sink what you have spent years trying to build.

• **A false sense of closeness and security:** Texting can make you feel close to someone when you really aren't. You can't see the other person's body language or context or how many other people that person is texting at the same time.

• **A messed-up view of relationships:** Someday, two people will get married and exchange vows via texting. But texting and other electronic exchanges should never replace direct human-to-human interactions.

(Bruce Y. Lee, “Here is How Much Sexting Among Teens Has Increased”, Forbes, September 8, 2018,

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**Children & Porn Inserts**

“A survey of 813 teens and young adults [13-15], found that 26% of adolescents aged 13-17 actively seek out pornography weekly or more often”. 26(Barna Group, The Porn Phenomenon: The Impact of Pornography in the Digital Age, [Ventura, CA: Josh McDowell Ministry, 2016].


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**“We Have Some Bad News For You About Porn” G1 9.21.2018**

“Published in Cyberpsychology, Behavior, and Social Networking, the study analyzed self-reported data from nearly 20,000 boys and girls aged 11 to 16 who were asked whether they had looked at porn on their home computers. “

“Almost half of the participants had some sort of filter applied at home, but still saw about the same amount of porn as those who didn't. Furthermore, “filtering tools are ineffective and in most cases were an insignificant factor in whether young people had seen explicit sexual content.”

“…a filter “showed no statistically or practically significant protective effects.”

“If a kid is going to look at porn, they’re going to find a way around parental controls,…”
“This study builds on previous research that suggests resources would be better spent trying to “develop the resilience of teenagers to such experiences.”

“Nash. "From a policy perspective, we need to focus on evidence-based interventions to protect children. While Internet filtering may seem to be an intuitively good solution, it's disappointing that the evidence does not back that up."


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“The average age that children are exposed to pornography is 11. Many report that such exposure is not sought, but that they are bombarded by pornography via different media channels. Additionally, children tend to seek sexual content in the media out of curiosity, for ‘educational’ purposes, and to reinforce their own ideas and behaviors.”

“Children do not always act immediately on what they have viewed, but rather they store those images and knowledge to be used when their own situations educe it. Learning about sex through pornography distorts a child’s development process and provides misinformation about sexuality and a sense of self that leaves the child damaged and changed. Simply turning 18 does not reduce the trauma and negative effects of viewing sexual acts.”

“Additionally, some users of hardcore adult pornography find that they can no longer find satisfaction and deviate to harder content and often to child pornography in search for physical satisfaction. It is important to remember that young men and women who are 15, 16, 17 years of age are still..."
children and such pornography is CHILD PORN. The demand for such pornography is ever growing, posing a great danger to our children."

“As drawn from the available research gathered on this site, here are some talking points about harms to children:

“Pornography gives children unrealistic ideas about sex (often that violence is appropriate and women are to be subjugated) and the opposite gender, affecting their ability to develop healthy relationships. It becomes difficult to form intimate relationships beyond sexual arousal and pleasure.”

“With over 90% of youth ages 12-18 using the Internet, the media has arguably become the leading sex educator in the U.S. today instead of parents and school education programs.”

“Children exposed to pornography tend to engage in sexual acts at younger ages, resulting in increased STDs, unwanted pregnancy and many other emotional consequences.”

“The average age of first Internet exposure to pornography is 11.”

“90% of 8-16 year olds have viewed porn online, most admit that it is while doing homework.”

“Additionally, here are some key findings about the links to child pornography:

“Many of those convicted of child pornography started out with adult pornography and then deviated down to child stimulation.”

“If the “performer” is under age 18, it is CHILD PORNOGRAPHY. Many pornographers use teens and dress them up to make them look older.”

“Many people in the porn industry (producers and distributors) do not check the age of the “performers” (victims) and make it easy for them to lie about their age.”

“Perpetrators and pimps often use adult pornography to instruct prostituted children, as well as act out what they view in adult pornography with the children.”
“A majority of child pornography offenders claim that the Internet was where they FIRST found child abuse images and that it was INITIALLY BY ACCIDENT when viewing adult pornography.”

“While hardcore adult pornography does not depict actual children, it does “include hardcore depictions of sex with persons who look like children and with barely legal teens.”


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**Child pornography may make a comeback after court ruling guts regulations protecting minors**

The Aug. 3…

“…due to the removal of legal oversight and penalties for uploading or distributing images that feature minors.”

“…the decision completely exempts major distributors (termed secondary producers), from any record-keeping requirements.”

“…the porn industry has fought these regulations ever since they were first passed in 1988 and founded the Free Speech Coalition just three years later…”

“…its biggest victory was overturning the 1996 restrictions in a 2002 Supreme Court decision that permitted images of young-looking girls, as long as the performers were actually over 18.”

“Nonetheless, the coalition filed many lawsuits over the years challenging 2257, claiming that the regulations placed an undue burden on pornographers’ free speech and violated Fourth Amendment protections against warrantless search and seizure.”
“… “teen porn” and related genres featuring young-looking females have grown to be the largest single segment, representing about one-third of all internet porn…”

“… the decision only considered injuries to porn businesses, not to children.”

“… MindGeek, which has become the largest multinational porn conglomerate in the world.”


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PIED Inserts

“Pornography & Public Health Research Summary”


“The link Between Pornography, Sex Trafficking, and Abortion”

“Individuals who have been negatively affected by pornography and sexual exploitation are also speaking out. There are young men who have recognized negative side effects of their adolescent pornography use and they are speaking against it. An article in Time magazine interviewed some of these men, who have experienced sexual dysfunction that they believe results from their addiction to pornography. (147 Belinda Luscombe, “Porn and the Threat to Virility,” Time, March 31, 2016, accessed November 10, 2017, http://time.com/magazine/us/4277492/april-11th-2016-vol-187-no-13-u-s/.)”

“A study published by the Public Library of Science backs up their claims that men who have groomed themselves to respond sexually to explicit material struggle to experience sexual stimulation in sexual encounters with real women. (148 Valerie Voon et al., “Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors,” PLOS (2014), accessed November 10, 2017, http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0102419.)”


“There are more than 260,000 members of such online forums today. (151 Paula Hall, “We Need to Talk About Sex Addiction,” TEDxLeamingtonSpa, March 29, 2016, accessed November 10, 2017, https://www.youtube.com/watch?v=-Qf2e3XZ8Tw.)”

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Pornography: A Public Health Crisis

“Young Men and PIED:”

“Young men are experiencing increasing rates of PIED. In the early 2000s, the PIED rate among European men was approximately 13%. In 2011 young Europeans (18-40) had ED rates of 14-28%. The dramatic increase in ED rates among young men coincides with the sharp increase in the availability and pervasiveness of Internet pornography.” ([xvii] Ivan Landripet and Aleksandar Štulhofer, “Is Pornography Use Associated with Sexual Difficulties and Dysfunctions among Younger Heterosexual Men?” The Journal of Sexual Medicine 12 (2015): 1136–1139.)

(National Center on Sexual Exploitation, Pornography: A Public Health Crisis, July 14, 2015, https://endsexualexploitation.org/publichealth/#_edn2)

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Porn & Divorce

“Researchers Explore Pornography’s Effect on Long-term Relationships” (Article)

PERRY: We found that married Americans who began pornography were roughly twice as likely to be divorced. It’s a difference of, say, 6 percent likelihood of divorce for people who never begin pornography use to about 11 percent to people who did begin pornography use between waves.

Guilt & Shame

To the Teen Alone and Ashamed of Your Porn Use (Article)

“Shame and Guilt Are Not the Same Thing…”

“First, a quick lesson on words. I know, this is a horrible way to start a word of encouragement, but words have meanings and meanings are significant.”

“Guilt is feeling badly about what you’ve done. A certain amount of this is good. It points us toward that which is good.”

“Shame is feeling badly about who you are because of what you’ve done. This isn’t good for anyone.”

“Too many people–teens and adults–believe the lie that shame is something that they deserve. An apt label for a sinful, mistake-prone, stumbling, bumbling, terrible person. The enemy loves assigning labels and we are all-too-willing to accept them. Ask yourself if you’ve ever entertained whispering statements in your mind like this:”

“Remember when you messed up?”

“You’re such a fake. If everyone only knew the real you.”

“You can’t fix this. It’s just who you are.”

“Do you really believe God still loves you?”

“Grace Is the Antidote to the Shame We Feel…”

“Shame says: “Remember when you messed up?”

“Grace says: “God is very pleased with His creation. Shame wants you to look backward. God invites you to look forward. That’s Him, Your Loving Father, standing on the hill, with His arms stretched wide, just waiting for you to come home. God don’t care what about what’s happened. He just cares about being with you. Come as you are.”
“Shame says: “You’re such a fake. If everyone only knew the real you.”

“Grace says: “Has there ever been a secret you could keep from God? He sees the real you and He’s still right there. Loving you deeply. With an endless amount of grace and mercy. Fresh each morning. Is His deep desire that you would turn away from your sin and toward turn toward Him? Absolutely. But, until you choose to do that, He’s not going anywhere. Romans 8:1 reminds us, ‘Therefore, there is now no condemnation for those who are in Christ Jesus.’ You’re not a fake. You’re His.”

“Shame says: “You can’t fix this. It’s just who you are.”

“Grace says: “Guess what? You can’t fix this. God knew that from the beginning. Love begs for choice and by giving His people the power of choice He took a great risk. Choice won in the garden and so God had to provide a way back to Him. The cross of His Son, Jesus Christ, ‘fixed’ everything. It stands in the gap between your choices and His holiness. Ask for God’s forgiveness and He will pour it out upon you. Consistently. Endlessly. In your Bible, John said it this way, ‘If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.’ That’s what God does. He can’t help but forget the sins of those who reverently and humbly come to Him.”

“Shame says: “Do you really believe God still loves you?”

“Grace says: This is an old trick. The serpent used this one in the Garden of Eden. It worked there but it doesn’t have to work on you. Remember God doesn’t love like we love. It is who he IS. Love isn’t what he chooses or feels. It doesn’t come and go. It just IS. You can’t do anything to change that. You’re not that powerful. Remember the words of Romans 8:38-39, “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

“A Few Final Words About Shame and the Cross of Christ…”
“Friend, in the hands of God, nothing is ruined. No circumstance, no mistake, no person is wasted or ruined. God’s baseline emotion toward you is mercy and compassion. The enemy certainly doesn’t want you to believe this. Your parents aren’t going to always get this right.”

“But the awesome power of Christ on the cross offered and accepted by you cannot be simply pushed to the side by your sinful choices. What Christ did was overcome the power of sin and death for us because we are foolish. We desperately depend on the sufficiency of the cross in the midst of our foolishness. So, my first encouragement to you is to run to the foot of the cross. Right now. Regardless of the pit you feel like you are standing in, there is no pit so deep that it is beyond the awesome and forever powerful cross of Jesus Christ. No shame. No condemnation.”

“And in the next few weeks, we’ll have a few more blog posts specifically for you about how to reach out for help, so make sure to check back.”


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**Sex Trafficking**

**The link Between Pornography, Sex Trafficking, and Abortion**

“…the Walk Free Foundation’s Global Slavery Index estimates that there are almost 45.8 million people living in slavery around the world today.”

(1 “In the 2016 GSI, we estimated that 45.8 million people are in some form of modern slavery in 167 countries,” The Global Slavery Index 2016, accessed November 9, 2017, https://www.globalslaveryindex.org/findings/.)

“As the National Center on Sexual Exploitation (NCOSE) website says, “sexual exploitation is no one’s ‘job,’”” nor should it ever be. Of the 7,621 total reported cases of human trafficking in 2016 in the U.S., 5,593 were cases of sex trafficking according to the National Human Trafficking Hotline.”


“These numbers have been increasing every year.” (5 “Hotline Statistics,” National Human Trafficking Hotline, accessed November 9, 2017, https://humantraffickinghotline.org/states.)

“Many more cases exist, but are never reported or discovered by authorities…” (4 “Hotline Statistics,” National Human Trafficking Hotline, accessed November 9, 2017, https://humantraffickinghotline.org/states.)


“Laura Lederer, JD stated her findings on Capitol Hill in which she recounted sex trafficking victims’ experiences, revealing that 29.3 percent had to recreate scenes from pornography and 17.1 percent were forcibly recorded for pornographic purposes.” (23 “Pornography Harms: A Capitol Hill Briefing,” Enough Is Enough, June 15, 2010, accessed November 10, 2017 https://enough.org/news/cal-19.)

“Under Presidents Bill Clinton and George W. Bush, prosecution of obscenity radically declined, and under President Barrack Obama it stopped completely when in 2011 former Attorney General Eric Holder dismantled the Obscenity Prosecution Task Force. As a result of the DOJ’s lack of enforcement of obscenity laws, NCOSE included the DOJ on their “Dirty Dozen” list in years past, and now has the DOJ on its watch list.” (29 “The Dirty Dozen List 2017,” National Center on Sexual Exploitation, accessed November 10, 2017, http://endsexualexploitation.org/dirtydozen-2017/.)

“Viewing pornography produces effects on the viewer’s brain similar to the effects of illegal drugs.” (32 “How Porn Affects The Brain Like A Drug,” Fight The New

“Her evidence for this characterization stems from the fact that the same chemicals found in drugs are produced in the body while a person watches erotic materials.” (Dr. Judith Reisman, “The Science Behind Pornography Addiction,” testimony before the U.S. Senate Committee on Commerce, Science & Transportation, November 18, 2004, accessed November 10, 2017, http://www.commerce.senate.gov/public/index.cfm?p=Hearings&ContentRecord_id=e8088f9f-d8d2-4e82-b012-46337c6f9456&Statement_id=d744db10-1a94-4899-a3ea-fcfc0d6493&ContentType_id=14f995b9-40fa-407a-9d35-56cc7152a7ed&Group_id=b06c39af-e033-4cba-9221-de668ca1978a&MonthDisplay=11&YearDisplay=2004.)

“Seeing pornographic images automatically triggers the body to flood the brain with dopamine, thus inducing feelings of pleasure.” (35 “How Porn Affects The Brain Like A Drug,” Fight The New Drug.)

“At the same time, the brain produces oxytocin, the bonding hormone, which binds a person’s memory to whatever it is that provided the good feeling.” (36 Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us,” Covenant Eyes, February 3, 2014, accessed November 10, 2017, http://www.covenanteyes.com/2014/02/03/brain-chemicals-andporn-addiction/.)

“Porn addicts develop a tolerance of these stimuli and require exposure to more extreme forms of pornographic material before their bodies produce the same high.” (38 Dr. Mary Anne Layden, “The Science Behind Pornography Addiction,” testimony before the U.S. Senate Committee on Commerce, Science & Transportation, November 18, 2004, accessed November 10, 2017, http://www.commerce.senate.gov/public/index.cfm?p=hearings&ContentRecord_id=e8088f9f-d8d2-4e82-b012-46337c6f9456&Statement_id=781097e1-b44b-4ad8-bdbf-8d649a3f4ecc&ContentType_id=14f995b9-dfa5-407a-9d35-56cc7152a7ed&Group_id=b06c39af-e033-4cba-9221-de668ca1978a&MonthDisplay=11&YearDisplay=2004.)


“Other studies have shown that frequent pornography use has negative consequences on brain functionality, compromising an individual’s ability to make smart decisions and experience sexual stimulation as well as increasing the risk of depression.” (41 Simone Kühn and Jürgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry 71 (2014), accessed November 10, 2017, doi:10.1001, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574&resultclick=1.)

“He writes that watching pornography has four effects:

1) Addiction-effect, which causes the viewer to keep coming back for more.
2) Escalation-effect, in which the content being consumed increases in explicit and deviant sexual material.
3) Desensitization-effect, in which material that was once shocking to the viewer is no longer repulsive, and


“The fourth effect of pornography identified by Cline is the behavioral effect as described in the next section. Porn’s addictive, escalating, and desensitizing effects have an ultimate effect on behavior. One porn user admitted, “[T]he more I’ve watched pornography, the more specific my wants have become. Watching pornography has also shaped my sexual desires. I watch pornography and I discover, ‘Hey, that really turns me on,’ and I want to recreate what I’ve seen in porn.” (55 Glenn Miles and Christa Foster Crawford, Stopping the Traffick: A Christian Response to Sexual Exploitation and Trafficking (Oregon: Wipf & Stock, 2014), 121, https://books.google.com/books?id=ntPBAAAQBAJ&pg=PA121&lpg=PA121&dq=T%5D#v=one page&q=T%5D&f=false.)


“Over time, being exposed to these lessons from pornography teaches the viewer that sexual predation is normal, acceptable, common, and harmless.” (58 Dr. Mary Anne Layden, “The Science Behind Pornography Addiction,” testimony before the U.S. Senate Committee on Commerce, Science & Transportation, November 18, 2004, accessed November 10, 2017, http://www.commerce.senate.gov/public/index.cfm?p=Hearings&ContentRecord_id=e8088f9f-d8d2-4e82-b012-46337c6f9456&Statement_id=781097e1-b44b-4ad8-bdbf-8d649a3f4ecc&ContentType_id=14f995b9-dfa5-407a-9d35-

“Every click of the mouse to view a pornographic image generates revenue for the industry. Further, when an individual supports the pornography industry through porn use, this increases the likelihood that this same individual will seek out the prostitution industry, and vice versa. This creates an increased demand for both pornographic materials and women in prostitution or sex trafficking. The annual revenue from prostitution in the United States is estimated to be over $14 billion.” (79 “Prostitution Revenue By Country,” Havocscope, accessed November 10, 2017, http://www.havocscope.com/prostitution-revenue-by-country/.)

“This amount places the prostitution industry at number five of the top 10 major industries in the U.S. per a 2014 report, ahead of Human Resources ($12.3 billion), Logistics and Transportation ($11.1 billion), Consumer Products and Services ($10.7 billion), Construction ($10.3 billion), and Telecommunications ($9.4 billion).” (80 Will Yakowicz, “Top 10 Most Profitable Industries of 2014,” Inc. 5000, November 5, 2014, accessed November 10, 2017, http://www.inc.com/ss/will-yakowicz/10-best-industries-on-2014-inc-5000.html.)

“The pornography and prostitution industries continue to exist symbiotically and grow each other’s revenues.”


“Women and children are shown pornography by their traffickers to train before they are sold for sex.” (87 “Pornography Harms: A Capitol Hill Briefing,” Enough Is Enough, June 15, 2010.)

“The victims of sex trafficking are violently mistreated, even killed. Even before entering the sex industry, over 80 percent of sexually exploited teenage girls were already sexually abused as children.” (89 “The Porn Connection,” Sold No More, accessed November 10, 2017, http://soldnomore.org/pornography-andtrafficking/.)


“In interviews with over 100 survivors of trafficking, 95.1 percent reported some form of violence or abuse including being forced to have sex, punched, beaten, kicked, threatened with a weapon, strangled, etc.” (92 Lederer and Wetzel, “The Health Consequences of Sex Trafficking and Their Implications for Identifying Victims in Healthcare Facilities,” 2014.)

“Many of these acts are inspired by violent pornography since 88 percent of scenes in pornographic films contain acts of physical aggression.” (93 “Pornography Statistics: 2015 Report,” Covenant Eyes.)
“There are horrible accounts of violence and abuse in the industry, and the victims have absolutely no protection.”

“Abortion chains like Planned Parenthood, which are willing to commit abortions on trafficked women, are facilitating their sexual exploitation.” (116 Steven Wagner, “Kathleen Sebelius’ Gruesome Moral Calculus,” 2011.


“In the state of New Jersey, sex with a minor (defined as someone age 16 or younger) is considered sexual assault, which is a form of statutory rape.” (122 “New Jersey Statutory Rape Laws,” Criminal Defense Lawyer, accessed November 10, 2017, http://www.criminaldefenselawyer.com/resources/new-jersey-statutory-rape-laws.htm)


“However, the Planned Parenthood employee responded by assuring the actors that Planned Parenthood would be able to commit abortions as long
as the pimp kept them “out of the loop” about the age of the child and the man who impregnated her.” (124 “Child Sex Trafficking Cover Up,” Live Action.)

“In another Live Action video, an actor portraying a pimp who was prostituting children as young as 13 asked how long it would take after the abortion for the girl to get back to sex trafficking.” (125 “Child Sex Trafficking Cover Up,” Live Action.)

“The Planned Parenthood employee did not flinch at the thought of children being sex trafficked, and actually suggested other sex-related ways the teenaged girl could bring in revenue for the presumed trafficker while she recovered from her abortion.” (“Child Sex Trafficking Cover Up,” Live Action.)

“Revenue is the driving force behind the behavior of these abortion providers. The cost of an abortion follows a sliding scale based on the state where the center is located and how far along the pregnancy is. According to the Guttmacher Institute, an abortion on average costs between $382 and $485.” (128 Rachel K. Jones, et al., “At What Cost? Payment for Abortion Care by U.S. Women,” Women’s Health Issues 23 (2013), accessed November 10, 2017, https://www.guttmacher.org/sites/default/files/pdfs/pubs/journals/j.whi.2013.03.001.pdf.)


“Abortion, unfortunately, is a profitable business. While Planned Parenthood holds non-profit status, its total revenue for 2015-2016 was $1.354 billion, the highest in its history. In 2015-2016, Planned Parenthood reported an excess of revenue over expenses of $77.5 million.” (132 Arina


“Survivor Testimonies Regarding Abortion…”

“Each woman’s story in sex trafficking is different, but it is clear from survivor stories that the toll abortion takes on trafficked women is severe. The abortion industry is unconcerned with these women’s best interests. It is not about healthcare but about profit. The abortion industry pushes to turn a profit by aborting babies conceived through trafficking, as exhibited through Live Action’s investigation. The pimps and the abortion industry stand to gain in this equation. The women and children caught in the crosshairs are the ones suffering. Furthermore, pimps pass the cost of these forced abortions along to the trafficked women, increasing the “debt” these women have to their pimps.” (136 Lederer and Wetzel, “The Health Consequences of Sex Trafficking and Their Implications for Identifying Victims in Healthcare Facilities,” 2014.)

“The following are some testimonies from women who have lived through the nightmare of forced or coerced abortions. Taken by Bruce under false pretenses when she was just 14 years old, Jill was forced by violence into prostitution. When she became pregnant by one of her violators, Bruce tried to commit the abortion himself. He was unsuccessful and took her to a hospital to finish the job. The hospital never questioned Jill without Bruce present, never performed a mental evaluation, and released her back into the torturous situation after three days.” (137 Jeff Barrows, “Introduction to Domestic Trafficking in the U.S.,” Christian Medical Association, accessed November 10, 2017, https://cmda.org/library/doclib/tipmodule1.pdf.)

“Another survivor said, “We worked six days a week, twelve hours a day … If anyone got pregnant, we were forced to have abortions. The cost of the abortion was then added to our smuggling debt.” (138 Laura Murphy, Survivors of Slavery: Modern-Day Slave Narratives (Columbia University Press, 2014), 104,
“Kayla, another survivor said, “I had forced unprotected sex and got pregnant three times and had two abortions … Afterward, I was back out on the street again.” (139 Lederer and Wetzel, “The Health Consequences of Sex Trafficking and Their Implications for Identifying Victims in Healthcare Facilities,” 2014.)

“Another survivor talked about the different means of abortion, and the consequences of the indifference and failure of the abortionist to report the abuse she was experiencing due to his conflict of interest: “I got pregnant six times and had six abortions. Several of them were from a doctor who was a client – he did them ‘back door’ – I came in the back door after hours and paid him off the books. This kept my name off any records … I think he felt like he was helping. At least one of my abortions was from Planned Parenthood because they didn’t ask any questions. … I had so much scar tissue from these abortions because there was no follow-up and in a couple of cases I had bad infections, so bad that I eventually lost my fallopian tubes [and had to have a hysterectomy].” (140 Lederer and Wetzel, “The Health Consequences of Sex Trafficking and Their Implications for Identifying Victims in Healthcare Facilities,” 2014.)

“Pornography fuels the sex trafficking industry. Each click of pornography creates a demand for more pornography and brings in a profit to the industry. The demand causes traffickers, pimps, and those involved in the sex industry to abuse their victims by filming them in sex acts. Victims of sex trafficking have had to bear the trauma of sexual abuse, physical abuse, drug abuse, coercion, and oftentimes abortion.”


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Prevalence of Sex Trafficking, Prostitution, and Sexual Exploitation in the U.S.
“San Diego County Study of Gang Involvement in Sex Trafficking “

“In interviews with 46 incarcerated and ten in-community traffickers, law enforcement, victims of trafficking, and school personnel in San Diego county, researchers identified 110 individual gangs in San Diego County from a wide variety of neighborhoods and racial/ethnic backgrounds that have members engaged in profiting from trafficking for sexual exploitation. In addition, researchers determined that 85% of identified traffickers were affiliated with a gang. Using a range of five to eight females trafficked per pimp, researchers arrived at a range of 11,724-20,736 victims of trafficking from this very limited and small sample.” (Carpenter, A. C. and Gates, J. (2016). The Nature and Extent of Gang Involvement in Sex Trafficking in San Diego County. San Diego, CA: University of San Diego and Point Loma Nazarene University. Accessed at https://www.ncjrs.gov/pdffiles1/nij/grants/249857.pdf)

“Traffickers in this study made, on average, $670,625 annual income, and controlled four and a half victims/survivors, on average.”

“3% of women in a Chicago study first exchanged sex for money before they were 11 years old. An additional 33% did so between the ages of 12-15.” (pg.48)


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**Porn & Relationships**

**Researchers Explore Pornography’s Effect on Long-term Relationships**

“Samuel Perry, a sociologist at the University of Oklahoma..”
“SAMUEL PERRY: The issue is not whether there's a correlation there. I mean, it's - study after study shows that there's a negative correlation between, say, pornography use and relationship quality. But is it people in unhappy relationships turn to pornography? Or is it pornography itself contributed to the relationship decline?"


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The Porn Gap: Gender Differences in Pornography Use in Couple Relationships

“1 in 6 married couples report that pornography has been a source of conflict in their marriage.”

“The percent reporting “never” on personal pornography use were:”

“57% of casually dating women vs. 25% casually dating men…”

“60% of seriously dating women vs. 25% of seriously dating men…”

“61% of engaged women vs. 38% of engaged men…”

“65% of married women vs. 37% married men…”
“How Aware Are Individuals of a Partner’s Pornography Use?”

“For example, only 4% of women in casually dating relationships reported that their partner uses pornography weekly or more often, but 50% (13 times as many) of casually dating men reported weekly or more frequent use.”

“In fact, none of the casually dating women reported that their partner uses pornography almost daily or every other day, but 43% of casually dating men in our sample reported this level of heavy use.”

“…in one of our previous studies (see Willoughby et al, 2016), we found that pornography differences may harm specific couple interaction processes such as communication and sexual desire, which, in turn, may negatively influence relationship satisfaction and stability.” (3. Willoughby, B. J., Carroll, J. S., Busby, D. M., & Brown, C. (2016). Differences in pornography use among


“Pornography scripts expectations and behavior that place it on a collision course with the requisite dynamics for secure attachment and authentic intimacy in the pair-bond relationship … the detached, objectifying, exploitive sexuality of pornography directly impacts attachment trust, eroding any safe expectation of one’s partner being faithfully for the other.”


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Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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Jake Kissack

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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  Plano, TX 75075
Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life | Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:

Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey
Self Image | Sexual Integrity | Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Yourth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books--some in over 100 languages--and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

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Contents

#1 MISCELLANEOUS ............................................................................................................. 4
#2 INTRODUCTION ............................................................................................................. 18
#3 DOPAMINE...................................................................................................................... 22
#4 BRAIN DEVELOPMENT ............................................................................................... 53
#5 PREFRONTAL CORTEX ................................................................................................. 71
#6 PATHWAYS .................................................................................................................... 72
  • “Ulysses’s Will Power” ............................................................................................... 89
#7 DRUGS AND PORN RESPONSES ............................................................................. 105
#8 PORN POWERFUL INFLUENCES ........................................................................... 111
#9 PORN TRIGGERS .......................................................................................................... 120
#10 SOLUTIONS TO CHANGE THE BRAIN ................................................................. 124
  • Don’t Be Part of Abolishing Man............................................................................. 124
  • Take the Mind-Body Connection by the Horns ...................................................... 125
  • 1. Deep Renewal, Including Your Brain............................................................... 126
  • 2. Bloody Christ, Bad Odors, and Bears ............................................................... 127
  • 3. Satan, Sex, and Chemicals ................................................................................. 128
  • 4. The Holy Spirit, Sleep, and Self-Control ......................................................... 129
#11 PORN AND RATIONAL THOUGHTS ..................................................................... 140
#12 DESENSITIZATION ...................................................................................................... 157
#13 ESCALATION ................................................................................................................ 160
#14 NOVELTY ..................................................................................................................... 164
#15 PORN INDUCED ERECTILE DYSFUNCTION (PIED)........................................... 169
#16 PORN & BRAIN SIZE ............................................................................................... 171
#17 ADDICTION ................................................................................................................. 174
#18 SIGN OF COMPULSIVE BEHAVIOR ...................................................................... 256
#19 OXYTOCIN/VASOPRESSIN ....................................................................................... 259
  “Highjacked Brain” ....................................................................................................... 261
#1 MISCELLANEOUS

“Joseph J. Plaud, a private, clinical forensic psychologist in Boston, Massachusetts, who has studied the effects of pornography.”

“When people look at sexual imagery, dopamine floods these brain regions, causing an intense feeling of pleasure. Over time, people come to associate those direct images (called reinforcers) with the pleasurable feelings. Anything associated with those images, including Playboy’s trademark bunny image, could also prime people to seek out that positive rush.”

“However, if that pleasure response gets triggered over and over – with frequent doses of Playboy or other sexually charged imagery – a person will need bigger hits to feel a response, Plaud said.”

“The more you do and the greater degree of access, the more explicit [it is], you seem to need more and more, Plaud told Live Science.”

“Porn may also literally shrink the brain, a 2014 study in the journal JAMA Psychiatry found. Men who regularly consumed porn had smaller brain volume and fewer connections in the striatum, a brain region tied to reward processing, compared with those who didn’t view porn.”

“However, it’s possible this brain region shrinks simply because people become accustomed to viewing pornographic images, and thus find them less rewarding, one researcher previously told Live Science.”

“Additionally, the same brain regions are smaller in people who are depressed or suffer from alcoholism, and those people are less likely to be in relationships or have busy lives. So it may simply be that people who are depressed are more likely to view pornography, not that porn literally shrinks the brain, the researcher speculated.”

“Watching porn may also make people value immediate payoffs over delayed gratification, a study published in September in the Journal of Sex Research found.”
“And contrary to the notion that pornography fuels misogyny, men who viewed porn tended to hold more egalitarian views about women than did non-porn-using men. Frequent porn users view powerful women, working women and women who have had abortions more favorably than do other men, a study published in August in the Journal of Sex Research found.”

“That may be the case, but women in relationships with porn spectators reported being less happy in those relationships than gals paired up with men who didn’t view pornography, found research published in 2012 in the journal Sex Roles.”

“’We’re being flooded by an immense amount of very hard-core pornography, and it’s a question [what effect it has],’ Plaud said. ‘I think it may have very large implications in the future.’” (Tia Ghose, Fox News, October 14, 2015, “5 Ways Porn Affects The Brain”, http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html)

“BRAIN STRUCTURE AND FUNCTIONAL CONNECTIVITY ASSOCIATED WITH PORNOGRAPHY CONSUMPTION”


“Recent studies are validating her theory about brain chemicals and porn addiction.”


“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.”  ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


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http://yourbrainonporn.com/
http://youtu.be/wSF82AwSDiU
http://youtu.be/1Ya67aLaaCc

“Inability to control use and use that interferes with one's life are two cardinal signs of addiction. Priorities have shifted due to changes in the brain that we'll look at later. In effect, life's natural rewards, such as friendship, exercise and accomplishment, can no longer compete. Your brain now believes that IT – in this case internet porn use – is an important goal, and equates it with your survival.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p39)


“Wonder why it’s tougher to learn new things as we grow older? U.S. researchers have concluded that the reason might be our inability to filter and eliminate old information, rather than a limited capacity to absorb new ideas.”  (“Interesting Facts About the Human Brain”, The Times of India, August 27, 2015,
“Nerve impulses to and from the brain travel as fast as 170 miles per hour. Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It’s due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car.” (Gourav Gola, “10 Unbelievable Facts About Human Brain That Everyone Should Know”, July 2, 2012, http://www.unbelievable-facts.com/2012/07/10-unbelievable-facts-about-human-brain.html)


“The human brain cell can hold 5 times as much information as the Encyclopedia Britannica. Or any other encyclopedia for that matter. Scientists have yet to settle on a definitive amount, but the storage capacity of the brain in electronic terms is thought to be between 3 or even 1,000 terabytes. The National Archives of Britain, containing over 900 years of history, only takes up 70 terabytes, making your brain’s memory power pretty darn impressive.” (Gourav Gola, “10 Unbelievable Facts About Human Brain That Everyone Should Know”, July 2, 2012, http://www.unbelievable-facts.com/2012/07/10-unbelievable-facts-about-human-brain.html)


“Synapses. There are anywhere from 1,000 to 10,000 synapses for each neuron.” (“100 Fascinating Facts You Never Knew About the Human Brain”, Nursing Assistant Central, December 31, 2008, http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/)


“Speed. Information can be processed as slowly as 0.5 meters/sec or as fast as 120 meters/sec (about 268 miles/hr).” (“100 Fascinating Facts You Never Knew About the Human Brain”, Nursing Assistant Central, December 31, 2008, http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/)


“The average brain has around 50,000 thoughts per day and 70% of them are believed to be negative” (Hara Estroff Marano, “Depression Doing the Thinking”, Psychology Today, July 1, 2001, https://www.psychologytoday.com/articles/200107/depression-doing-the-thinking), (Raj Raghunathan, “How Negative is Your ‘Mental Chatter’”, Psychology Today, October 10, 2013, https://www.psychologytoday.com/blog/sapient-nature/201310/how-negative-is-your-mental-chatter)

“There is no such thing as a left-brain or right-brain personality type. We are not left-brained or right-brained: we are ‘whole brained’. The average brain has around 50,000 thoughts per day and 70% of them are believed to be negative” (Hara Estroff Marano, “Depression Doing the Thinking”, Psychology Today, July 1, 2001, https://www.psychologytoday.com/articles/200107/depression-doing-the-thinking), (Raj

“Surprisingly, millennials (aged 18 to 34) are more forgetful than baby boomers. They are more likely to forget what day it is or where they put their keys than their parents!” (Deane Alban, “50 Amazing Human Brain Facts (Based on the Latest Science”, Be Brain Fit, Accessed January 12, 2016, http://bebrainfit.com/human-brain-facts/)

“Prescription sleeping pills don’t put you to sleep. They put your brain into a state similar to being in a coma. This essentially bypasses any restorative value of sleep.” (Deane Alban, “50 Amazing Human Brain Facts (Based on the Latest Science”, Be Brain Fit, Accessed January 12, 2016, http://bebrainfit.com/human-brain-facts/)

“In 2000, the average attention span was 12 seconds. Now it’s 8 seconds. That’s shorter than the attention span of the average goldfish which is 9 seconds.” (“Attention Span Statistics”, Statistic Brain, Accessed January 12, 2016, http://www.statisticbrain.com/attention-span-statistics/)

“It’s often said there are 100,000 miles of blood vessels in the brain when it fact that number is closer to 400 miles. Still a substantial amount!” (MJ Cipolla, “The Arteries”, The Cerebral Circulation, Morgan & Claypool Life Sciences, 2009, http://www.ncbi.nlm.nih.gov/books/NBK53086/)

“If you were drinking and don’t remember what you did last night, it’s not because you forgot. While you are drunk your brain is incapable of forming memories.” (Aaron M. White, “What Happened? Alcohol, Memory Blackouts and the Brain”, National Institute on Alcohol Abuse and Alcoholism, July 2004, http://pubs.niaaa.nih.gov/publications/arh27-2/186-196.htm)

“One half a brain is as good as a whole one.” (Charles Choi, “Strange but True: When Half a Brain is Better than a Whole One”, Scientific American, May 24, 2007, http://www.scientificamerican.com/article/strange-but-true-when-half-brain-better-than-whole/)


“Although pain is processed in your brain, your brain has no pain receptors and feels no pain. This explains how brain surgery can be performed while the patient is awake with no pain or discomfort.” (Brian D. Greenwald, MD, “Can the Brain Itself Feel Pain?”, Brain Line, Accessed January 12, 2016, http://www.brainline.org/content/2012/07/can-the-brain-itself-feel-pain.html)

“The human brain consumes the largest portion of the total energy that is generated in the human body. To be precise, the brain consumes 20% of that energy despite the fact that it only represents only 2% of the total body weight. The energy is vital for maintaining healthy brain cells and fueling nerve impulses.” ("10 Interesting Facts About the Human Brain", EPYK, Accessed December 17, 2015, http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/)

THE BRAIN DESIGN

“The number of neurons present in the brain is approximately 100 billion which is about 15 times of the total human population on earth.” ("10 Interesting Facts About the Human Brain", EPYK, Accessed December 17, 2015, http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/)

“The human brain is regarded as the fattest organ in the human body. About 60% of the human brain is comprised of fat which is the highest concentration of fat that is present in a single organ in a healthy human being. Furthermore, 75% of the total brain mass is comprised of water which regulates various functions in the brain.” ("10 Interesting Facts About the Human Brain", EPYK, Accessed December 17, 2015, http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/)

“During early pregnancy, neurons have shown to multiply at a rate of 250,000 neurons per minute.” ("10 Interesting Facts About the Human Brain", EPYK, Accessed December 17, 2015, http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/)

“The energy consumed by the brain which is approximately 25 watts is sufficient enough to illuminate a light bulb.” ("10 Interesting Facts About the
“Your brain uses three times the amount of oxygen that your muscles do!” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you)


“There are 100,000 miles of blood vessels in the brain. That’s ... a lot.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you)

“You have 70,000 thoughts a day.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you)

“Many of these are the same thought repeating itself. Let’s hope most of them are good thoughts.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you)

“A single neuron generates only a tiny amount of electricity, but all your neurons together can generate between 10 and 23 watts of power.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you)


“We feel clever when we recall something instantly and stupid when it takes ages. But in terms of learning, we should feel the exact reverse. When something comes to mind quickly, i.e. we do no work to recall it, no learning occurs. When we have to work hard to bring it to consciousness, something cool happens: we learn.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php)

“9 THINGS YOU SHOULD KNOW ABOUT PORNOGRAPHY AND THE BRAIN”

“He rates [his lover] not only on attractiveness, but also on warmth and intelligence” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect)

“…more recently brain researchers have the ability to look into the brain while someone is viewing pornographic materials and see what effects it has on its activity.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“THE SCIENCE: WHAT HAPPENS TO THE TEENS BRAIN”


“Brain scans have also found the teenage brain is dominated by areas associated with pleasure and reward, and emotional response, perhaps explaining the emotional roller-coaster years associated with puberty.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

“Dopamine is a neurotransmitter that is central in our drive for personal reward. When teens take part in stimulating or potentially addictive habits, such as pornography, there is a flood of dopamine in the brain. With repetitive increases of dopamine released into the teen brain it is rewired to crave the same effect.” (“How Pornography Addiction Affects the Teenage Brain – Infographic"
“Teen brains are the most sensitive to dopamine at around age 15 and react up to four times more strongly to images perceived as exciting.” (“How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


“Sexuality specifically increases DeltaFosB a protein that serves a role as a mediator in natural reward memory. This study also found that overexpression of DeltaFosB induced a hypersexual syndrome.” (“How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

“She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed.” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“9 Things you Should Know About Pornography and the Brain”

[Note: The following contains a frank, though non-graphic, discussion of pornography addiction. Parents are therefore cautioned to examine the material themselves before sharing it with children or teenagers.]

“Because the human brain is the biological anchor of our psychological experience, it is helpful to understand how it operates.” says William M. Struthers, associate professor of psychology at Wheaton College. “Knowing how it is wired together and where it is sensitive can help us understand why pornography affects people the way it does.” Here are 9 things you should know about pornography affects the brain.
1. “Sexually explicit material triggers mirror neurons in the male brain. These neurons, which are involved with the process for how to mimic a behavior, contain a motor system that correlates to the planning out of a behavior. In the case of pornography, this mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. “The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on,” says Struthers. “In God's plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.”

2. “In men, there are five primary chemicals involved in sexual arousal and response. The one that likely plays the most significant role in pornography addiction is dopamine. Dopamine plays a major role in the brain system that is responsible for reward-driven learning. Every type of reward that has been studied increases the level of dopamine transmission in the brain, and a variety of addictive drugs, including stimulants such as cocaine, amphetamine, and methamphetamine, act directly on the dopamine system. Dopamine surges when a person is exposed to novel stimuli, particularly if it is sexual, or when a stimuli is more arousing than anticipated. Because erotic imagery triggers more dopamine than sex with a familiar partner, exposure to pornography leads to “arousal addiction” and teaches the brain to prefer the image and become less satisfied with real-life sexual partners.”

3. “Why do men seek out a variety of new explicit sexual images rather than being satisfied with the same ones? The reason is attributed to the Coolidge effect, a phenomenon seen in mammalian species whereby males (and to a lesser extent females) exhibit renewed sexual interest if introduced to new receptive sexual partners, even after refusing sex from prior but still available sexual partners. This neurological mechanism is one of the primary reasons for the abundance and addictiveness of Internet pornography.”
4. “Overstimulation of the reward circuitry—such as occurs with repeated dopamine spikes related to viewing pornography—creates desensitization. As Gary Wilson explains, “When dopamine receptors drop after too much stimulation, the brain doesn't respond as much, and we feel less reward from pleasure. That drives us to search even harder for feelings of satisfaction—for example, by seeking out more extreme sexual stimuli, longer porn sessions, or more frequent porn viewing—thus further numbing the brain.”

5. “The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make,” says Struthers. “Whenever the sequence of arousal and response is activated, it forms a neurological memory that will influence future processing and response to sexual cues. As this pathway becomes activated and traveled, it becomes a preferred route—a mental journey—that is regularly trod. The consequences of this are far-reaching.”

6. “What makes Internet porn unique? Wilson identifies a number of reasons, including: (1) Internet porn offers extreme novelty; (2) Unlike food and drugs, there are almost no physical limitations to Internet porn consumption; (3) With Internet porn one can escalate both with more novel “partners” and by viewing new and unusual genres; (4) Unlike drugs and food, Internet porn doesn't eventually activate the brain's natural aversion system; and (5) The age users start watching porn. A teen's brain is at its peak of dopamine production and neuroplasticity, making it highly vulnerable to addiction and rewiring.”

7. “Men's exposure to sexually explicit material is correlated with social anxiety, depression, low motivation, erectile dysfunction, concentration problems, and negative self-perceptions in terms of physical appearance and sexual functioning.”

8. “The following video offers a brief overview of the affect of pornography on the brain.”
9. “In this video, Gary Wilson discusses the disturbing symptoms showing up in some heavy Internet porn users, the surprising reversal of those symptoms, and the science behind these phenomena. Although it is not presented from a Christian perspective, the discussion is highly recommended for better understanding the deleterious and wide-ranging effects pornography has on men.”


(Joe Carter is an editor for The Gospel Coalition, the editor of the NIV Lifehacks Bible, and the Co-author of How to Argue Like Jesus: ILearning Persuasion from History’s Greatest Communicator. He serves as an elder at Grace Hill Church in Herndon, Virginia. You can follow him on Twitter.)
#2 INTRODUCTION

“What we’re saying here is that an event which lasts half a second within five to ten minutes has produced a structural change that is in some ways as profound as the structural changes one sees in [brain] damage.”

“…more recently brain researchers have the ability to look into the brain while someone is viewing pornographic materials and see what effects it has on its activity.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)


“To understand behavior, porn and the brain, one must understand our incredible brains.”

“GREY MATTER: 50 SHADES, PORNOGRAPHY AND THE SHAPING OF OUR BRAINS”


“Porn, and the way it is shaping our individual and collective cultural mindset, has moved on dramatically since I last wrote on the subject for this title six years ago. Sexually explicit material is no longer on the fringes of our culture; it’s in the mainstream.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Why, when the Church has apparently woken up to its porn problem, is its use even more prolific than we perhaps imagined? What has
enabled this? Is it time to respond in ways other than the existing, and seemingly flawed ones? To answer these questions, let’s take a step back and look at how society’s relationship with adult material has shifted in recent years.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Blurred Lines”

“The lines between pornographic and mainstream culture have become increasingly blurry; a slow creep in a more ‘liberated’ direction seems to have reached a tipping point. When poorly written publishing phenomenon Fifty Shades of Grey (Random House) made the transition from Kindle to paperback in 2012, pre-existing shame barriers simply disappeared. People were happy to discuss how much they enjoyed the sexually explicit book. They were proud to sit and read a copy on the train. Without any announcement, the boundaries of acceptability had shifted. I recently noticed a dad reading a copy as he sat poolside at our children’s swimming lesson.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Of course, erotic literature, just like risqué art house cinema, is nothing new. What is interesting is how this material is now viewed: not as something to be kept hidden, or at least to be enjoyed in private, but as culturally mainstream as The X Factor and James Bond. Just before Christmas, British porn star Brooklyn Blue even released an innuendo-based festive single, which received plenty of lighthearted media coverage, if not critical acclaim. Porn is no longer viewed as a dirty, secret habit. It is considered a bit of fun as long as it’s kept out of the hands of children.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

THE BRAIN SIZE


“It is estimated that the human brain has a raw computational power between 10 power(13) and 10 Power(16) operations per second. It is far more that 1 million times the number of people on Earth.” ("Amazing Facts About Human Brain", The Unusual Facts, September 21, 2015, http://www.theunusualfacts.com/2012/09/amazing-facts-about-human-brain.html)


“Participants in the study watched four hours of pornography per week. The researchers scanned the men’s brains using magnetic resonance imaging (MRI) technology while showing them sexually explicit images from websites, along with non-sexual images. When showed the sexually explicit images, the men’s MRIs revealed diminished function in the part of the brain responsible for motivation, suggesting a smaller amount of grey matter volume.” (Jim Liebelt, “Porn Viewing Linked to Less Brain Grey matter”, Home Word, June 3, 2014, https://homeword.com/2014/06/03/porn-viewing-linked-to-less-brain-grey-matter/#.VcJnB_lVhBc)

“There is no such thing as 'just looking' at porn…it affects us neurologically…” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)


“How does this ‘brain sabotage' occur? Brain scientists tell us that "in 3/10 of a second a visual image passes from the eye through the brain, and whether or not one wants to, the brain is structurally changed and memories are created - we literally 'grow new brain' with each visual experience." (Restak in Bill Moyers,' "Mind & Body: The Brain," PBSTV, February 1993.) (Hearing
The ease of access, variety of images, and the vigorous sensory constitution of this media go beyond the strength of mental imagery and fantasy. People can see whatever they want, whenever they want, however they want.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Women are perpetually available for their pleasure with minimal immediate consequences.” (Read Mercer Schuchardt, “Hugh Hefner’s Hollow Victory: How the Playboy Magnate Won the Culture War, Lost His Soul, and Left Us with a Mess to Clean Up,” Christianity Today, December 2003, 50–54)

1. Available
2. Accessable
3. Affordable
4. Anonymity
5. Appealing
6. Addictive
“Frequent porn consumption tends to escalate. Because of porn’s addictive nature, porn consumers usually need an ever-increasing dosage over time in order to feel the same level of enjoyment, and they often have to seek out more extreme and hard-core forms of porn. Porn consumers can reach a point where they enjoy porn less and less, but want it more and more.”


“Long-term abuse can wear out these pathways, reducing the number of receptors that respond to dopamine. Some of Volkow's more chilling PET scan images show the brains of former methamphetamine users: Some have been drug free for months but their dopamine systems are still not firing on all cylinders. Dopamine fuels motivation and pleasure, [and] it's also crucial for learning and movement.” (Science, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-35. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Once the brain becomes less sensitive to dopamine, it ‘becomes less sensitive to natural reinforcers,’ Volkow says, such as the ‘pleasure of seeing a friend, watching a movie, the curiosity that drives exploration.’ The only stimuli still strong enough to activate the sputtering motivation circuit, she says, are [euphoric exogenous or endogenously produced] drugs. (Science, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 984. Emphasis added.”) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“In “Getting the Brain's Attention,” Science reports that dopamine appears to highlight and aid addiction to biologically significant stimuli, even when the rewards are long since past (in this case, read pornographic, autoerotic activity) rather than merely signaling pleasure as previously thought.” (Science, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-37. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

“[T]he neurotransmitter dopamine may contribute to addiction…Dopamine release within the brain highlights, or draws attention to, certain significant or surprising events [not just]
consuming a tasty morsel of food or engaging in sexual activity, but also events that predict rewards, and stimuli, like loud noises and flashing lights, that are simply startling. By underscoring such events, say these researchers, the dopamine signal helps the animal learn to recognize them—and in some cases, to repeat them.” (Science, “Getting, the Brain’s Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-37. Emphasis added.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“This new view of dopamine as an aid to learning rather than a pleasure mediator may help explain why many addictive drugs, which unleash massive surges of the neurotransmitter in the brain, can drive continued use without producing pleasure—as when cocaine addicts continue to take hits long after the euphoric effects of the drug have worn off or when [sex and pornography] use continues long after it has become distasteful.” (Science, “Getting, the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-37. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“…dopamine functions within the body to motivate you to do what is in the best interest of your genes. The more dopamine that is released in your body, the more you are drawn to a particular experience. The highest amount of dopamine is released when someone is sexually stimulated and experiences sexual release. Other researchers have described dopamine as essentially the glue that holds together the connection of nerves in our brain that lead us to repeat behaviors.” (Daigle, N. (2010). Acquiring tastes and loves. In (J.R. Stoner & D.M. Hughes, Eds.) The social costs of pornography. USA: Witherspoon Institute.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Frequent porn consumption tends to escalate. Because of porn’s addictive nature, porn consumers usually need an ever-increasing dosage over time in order to feel the same level of enjoyment, and they often have to seek out more extreme and hard-core forms of porn. Porn consumers can reach a point where they enjoy porn less and less, but want it more and more.” (Fight the New Drug, August 23, 2017, “Why Consuming Porn Is an Escalating Behavior”, site accessed 11.1.17, http://fightthenewdrug.org/why-consuming-porn-is-an-escalating-behavior/)
“We learn from neuroscience that dopamine works alongside opioids. Dopamine influences the desire for an experience; the opioid makes you like it. Internet porn provides unlimited sexual stimuli, stimulating dopamine to continuously release to a chemical level that is nearly impossible to match through natural human bodily experiences. Thus the brain becomes trained for a level of stimulation (to quickly and constantly available computer images) that can’t possibly be duplicated in real life.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“In the process of using more and more pornography, the brain gets used to self-stimulation to porn and feeling a pleasurable release. What people don’t usually realize is that gradually, their brain starts to fight them. Professor Wilson found that when the brain keeps experiencing abnormally high levels of stimulation (such as with sexual release while watching porn), it moves into a protective mode of lowering the dopamine release, so that people will want less of the overly stimulating experience. So with less dopamine, the viewer becomes less satisfied with self-stimulating to the same old porn. The individual is then compelled to desperately seek stimulation that might elicit the same levels of a dopamine experienced previously. The brain changes, physically, and becomes desensitized to the images it saw before and needs more and more to reach the same levels of arousal. … This greater need for stimulation is called tolerance. And tolerance is one of the key markers of addiction.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


“In fact, teen brains respond to anything perceived as exciting with twice to four times the reward-circuitry activation of adults thanks to their extra dopamine sensitivity and bigger spikes of dopamine. Both novelty and searching/seekingspike dopamine in all human brains, but cyber erotica's endless possibilities prove an irresistible lure for many teens.”

_The first time I looked at those hot pictures the feeling seemed to be out of this world, just ineffable. Suddenly I knew there was something worth living for, everything else was just boring, everyday life. I fled to this artificial drug: porn and masturbation. It was not unusual to watch porn for hours a day._ (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)
“Ineffable?” Yes. Teens are more likely to register sexual arousal, and other highs, as transcendental, memorable experiences. That is why you can still recall the shimmering details of that first centerfold. But there’s more evidence of hypersensitivity to thrills.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“Importantly, the feedback loop doesn’t run on dopamine. It runs on glutamate. Both neurochemicals have the power to activate ‘Go get it!’ signals in your reward circuitry. Glutamate stimulation is why porn can still ring your chimes even when your reward circuitry has stopped responding to dopamine and real partners. Reward circuit (dopamine) → PFC (associations formed) → feedback loop (glutamate) to reward circuit.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“Our brains are wired to be drawn to things that provide natural rewards: things like food or sex. Porn mimics what our brains want to see, triggering surge after surge of dopamine, overriding our natural satiation mechanisms, and causing a buildup of the protein Delta-FosB in the brain’s reward circuit.” (Matt Fradd, “Does Porn Impact the Brain”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)

“This numbs a person’s response to other pleasures (desensitization) makes someone hyper-reactive to porn (sensitization), and leads to an erosion of willpower (hypofrontality) (Matt Fradd, “Does Porn Impact the Brain”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)

“Dr. Norman Doidge, author of The Brain That Changes Itself, explains in his book that porn is more exciting than satisfying because we have two separate pleasure systems in our brains: one for exciting pleasure and another for satisfying pleasure.” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/)

“Pornography, Doidge writes, hyperactivates the appetite system. But the satisfying system is left starving for the real thing, which includes actual touching, kissing, caressing, and a connection not only with the body but also the mind and soul. The satisfying system releases 

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<thead>
<tr>
<th>Reward Circuitry Research</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unique Adolescent Features</td>
<td>Notes</td>
</tr>
<tr>
<td>Enhanced sensitivity to cues and rewards</td>
<td>Especially if reward is unexpected, or violates expectations</td>
</tr>
<tr>
<td>Enhanced novelty seeking</td>
<td>Novelty is its own reward, as each new experience stimulates dopamine</td>
</tr>
<tr>
<td>Peak of baseline dopamine</td>
<td>Amplifies rewards</td>
</tr>
<tr>
<td>Peak of dopamine receptor density, enhancing rewards</td>
<td>Dopamine receptor density is almost 50% by early twenties</td>
</tr>
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<td>Cannabinoid (CB1) receptors peak during adolescence, enhancing rewards</td>
<td>Significant decline in CB1 receptors by adulthood</td>
</tr>
<tr>
<td>Loss aversion to overconsumption of drugs and natural rewards</td>
<td>Can consume more with fewer negative consequences</td>
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<td>Sex hormones enhance reward circuitry dopamine</td>
<td>Dopamine is central to libido and memory formation</td>
</tr>
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“Users also frequently notice numbed sensitivity to pleasure (probably from lower dopamine receptors), which shows up as skyrocketing libido, that is, a need for more frequent stimulation (more dopamine) to self-medicate restlessness or anxiety. Often they require more extreme material to achieve climax, develop erectile dysfunction, or discover that sex with a willing partner doesn’t satisfy them (leading back to supplemental, or perhaps exclusive) porn use.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“Cambridge Neuropsychiatrist Valerie Voon was featured last year in the UK documentary Porn on the Brain (http://www.deseretnews.com/article/865587003/New-UK-study-finds-porn-affects-brain-like-drugs-alcohol.html?pg=all). Her research demonstrates that the brains of habitual porn users show great similarity to the brains of alcoholics. A brain structure called the ventral striatum plays a significant role in the reward system of the brain – the pleasure pathways. It is the same part of the brain that ‘lights up’ when an alcoholic sees a picture of a drink.”

“Dr. William Struthers, author of Wired for Intimacy (http://www.amazon.com/Wired-Intimacy-Pornography-Hijacks-Brain/dp/0830837000), sounds a similar alarm, teaching that viewing pornography and masturbating actually weakens the region of our brain know as the cingulate cortex (http://www.covenanteyes.com/2012/07/09/how-does-porn-effect-the-body-and-brain/) – the region that is responsible for moral and ethical decision making and willpower.”

neurtransmitters involved when someone views porn and how each ingredient in this neuro-cocktail contributes to the problem:

- “When having sex or watching porn, dopamine is released into a region of the brain responsible for emotion and learning, giving the viewer a sense of sharp focus and a sense of craving ‘I have got to have this thing; this is what I need right now.’ It supplies a great sense of pleasure. The next time the viewer gets the ‘itch’ for more sexual pleasure, small packets of dopamine are released in the brain telling the user: ‘Remember where you got your fix last time. Go there to get it.’"
- “Norepinephrine is also released, creating alertness and focus. It is the brain’s version of adrenaline. It tells the brain, ‘Something is about to happen, and we need to get ready for it.’”
- “Sex or porn also trigger the release of oxytocin and vasopressin. These hormones help to lay down the long-term memories for the cells. They ‘bind’ a person’s memories to the object that gave him or her the sexual pleasure.”
- “The body releases endorphins, natural opiates that create a ‘high,’ a wave of pleasure over the whole body.”
- “After sexual release serotonin levels also change, bringing a sense of calm and relaxation.”

“This system works the way it is supposed to work when you’re having sex with your spouse. Together you can experience a high, an alertness of sexual pleasure, and the deep calm afterwards (norepinephrine, endorphins, and serotonin). With each sexual embrace you are emotionally bonding to this person (oxytocin and vasopressin). Over time a craving for sex is transformed into a desire for one another (dopamine).”

“But porn short-circuits the system.”

“Multiple problems happen when porn is used. First, instead of forming a deep connection to a person, your brain ends up ‘bonding’ to a pornographic experience. Your brain remembers where the sexual high was experienced, and each time you desire sexual
stimulation, you feel a sharp sense of focus: I’ve got to go back to the porn.”

“In addition, pornography gives the brain an unnatural high. In a recent TEDx talk, physiology teacher Gary Wilson (http://www.covenanteyes.com/2012/11/08/why-guys-get-addicted-to-internet-porn-the-neuroscience-behind-obsessive-behavior/) explained that when men look at porn, they experience surge after surge of dopamine in the brain. The brain eventually fatigues, stopping the production of dopamine, leaving the viewer wanting more but unable to reach a level of satisfaction. As a result, everyday pleasures stop causing excitement and the viewer seeks out more novel, more intense pornography to get the same high as before.”

“This imbalance in the brain leads to many problems: impotence with your spouse, frequent masturbation with very little satisfaction, anxiety, fatigue, lack of motivation, inability to concentrate, and escalating tastes for more bizarre or novel porn.”

“Get free from porn. From a behavioral standpoint, change is possible. Men and women have broken free from the grip of pornography and reclaimed their sexuality. You can learn more in the free book, The Porn Circuit: Understanding your Brain and Break Porn Habits in 90 Days (http://www.covenanteyes.com/science-of-porn-addiction-ebook/).”


“Scans show that porn can alter the reward centre too.”

“Once the reward centre is altered, a person will compulsively seek out the activity or place that triggered the dopamine discharge.” (Like addicts who get excited passing the alley where they first tried cocaine, the patients got excited thinking about their computers.) They crave despite negative consequences. (This is why those patients could crave porn without liking it.) Worse, over time, a damages dopamine system makes one more ‘tolerant’ to the activity and needing more stimulation, to get the rush and
quiet the craving. ‘Tolerance’ drives a search for ramped-up stimulation, and this can drive the change in sexual tastes towards the extreme.”

“The most obvious change in porn is how sex is so laced with aggression and sadomasochism. As tolerance to sexual excitement develops, it no longer satisfies; only by releasing a second drive, the aggressive drive, can the addict be excited. And so – for people psychologically predisposed – there are scenes of angry sex, men ejaculating insultingly on women’s faces, angry anal penetration, etc. Porn sites are also filled with the complexes Freud described: “Milf” (‘mothers I’d like to fuck’_ sites show us the Oedipus complex is alive; spanking sites sexualize a childhood trauma; and many other oral and anal fixations. All these features indicated that porn’s dirty little secret is that what distinguishes ‘adult sites’ is how ‘infantile,’ they are, in terms of how much power they derive from our infantile complexes and forms of sexuality and aggression. Porn doesn’t ‘cause’ these complexes, but it can strengthen them, by wiring them into the reward system. The porn triggers a ‘new-sexuality’ – an interplay between the pornographer’s fantasies, and the viewer’s.”

“Teenagers’ brains are especially plastic. Now, 24/7 access to internet porn is laying the foundation of their sexual tastes. In Beeban Kidron’s InRealLife, a gripping film about the effects of the internet on teenagers, a 15-year-old boy… it’s so hard for me to actually find a connection to a girl.”

“The sexual tastes and the romantic longings of these boys have become dissociated from each other. Meanwhile, the girls have ‘downloaded’ on to them the expectation that they play roles written by pornographers. Once, porn was used by teens to explore, prepare and relieve sexual tension, in anticipation of a real sexual relationship. Today, it supplants it.”

“In her book, Bunny Tales: Behind Closed Doors at the Playboy Mansion, Izabella St James, who was one of Hugh Hefner’s former ‘official girlfriends’, described sex with Hef. Hef, in his late 70’s would have sex twice a week, sometimes with four or more of his girlfriends at once, St James among them. He had novelty, variety, multiplicity and women willing
to do what he pleased. At the end of the happy orgy, wrote St James, came ‘the grand finale: he masturbated while watching porn’.

“Here, the man who could actually live out the ultimate porn fantasy, with real porn starts, instead turned from their real flesh and touch, to the image on the screen. Now, I ask you, what is wrong with this picture?” (Norman Doidge, The Guardian, September 26, 2013, “Brain scans of porn addicts: what’s wrong with this picture?”, https://www.theguardian.com/commentisfree/2013/sep/26/brain-scans-porn-addicts-sexual-tastes)

“The Science: What Happens to the Teens Brain”


“Brain scans have also found the teenage brain is dominated by areas associated with pleasure and reward, and emotional response, perhaps explaining the emotional roller-coaster years associated with puberty.” ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

“Dopamine is a neurotransmitter that is central in our drive for personal reward. When teens take part in stimulating or potentially addictive habits, such as pornography, there is a flood of dopamine in the brain. With repetitive increases of dopamine released into the teen brain it is rewired to crave the same effect.” ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

“Teen brains are the most sensitive to dopamine at around age 15 and react up to four times more strongly to images perceived as exciting.” ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

“A teen’s brain is at its peak of dopamine production and neuroplasticity, making it highly vulnerable to addiction and rewiring as their brain is not yet finished developing.” ("How Pornography Addiction
“Sexuality specifically increases DeltaFosB a protein that serves a role as a mediator in natural reward memory. This study also found that overexpression of DeltaFosB induced a hypersexual syndrome.”


“Why is it that some consider adrenaline and dopamine to be drugs if drug companies produce them, yet they will not acknowledge these same chemicals to be drugs if pornography stimulates the brain to produce them?” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).

“Porn Changes the Brain”


“Porn is like a Drug”


“Little things that used to make them happy, like seeing a friend or playing their favorite sport, can’t compete with the dopamine flood that comes with porn, so they’re left feeling anxious or down until they can get back to it.” (Paul, P. (2007). Pornified: How Pornography Is Transforming Our Lives, Our Relationships, and Our Families. New York: Henry Hold and Co., 90.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs)


“While dopamine is motivating your brain to do things and rewarding it for doing them, iFosB is quietly leaving trail markers in your brain, creating a pathway to help you get back there. When this happens with healthy behaviors, it’s a very good thing.” (Hilton, D. L. (2013). Pornography Addiction—A Supranormal Stimulus Considered in the Context of Neuroplasticity. Socioaffective Neuroscience & Psychology 3:20767.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs)

“…a teen brain’s reward pathway has a response two to four times more powerful than an adult brain—which means teen brains release even higher levels of dopamine.” (Sturman, D. and Moghaddam, B. (2011). Reduced Neuronal Inhibition and Coordination of Adolescent Prefrontal Cortex during Motivated Behavior. The Journal of Neuroscience 31, 4: 1471-1478.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs)


“A Drug Is a Drug”

“Dopamine is important in the parts of our brain that allow us to move, and when the dopamine-producing parts of the brain are damaged, Parkinson’s...
disease results. To treat Parkinson’s, physicians prescribe dopamine as a
drug, and it helps the patient move again. So is dopamine a drug only if the
pharmaceutical lab makes it, and not if the brain makes the same chemical
for the same purpose?” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs &
Changes Your Brain,” Salvo 13, Summer 2010,

“…both of these brain drugs are very important in human sexuality—and in
pornography and sexual addiction. Dopamine, in addition to its role in
movement, is an integral neurotransmitter, or brain drug, in the
pleasure/reward system in the brain.” (Donald L. Hilton, Jr., “Slave Master – How
Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010,

“Disruption of Dopamine”

“In the center of the brain is the nucleus accumbens. This almond-
sized area is a key pleasure reward center, and when activated by
dopamine and other neurotransmitters, it causes us to value and
desire pleasure rewards. Dopamine is essential for humans to desire
and value appropriate pleasure in life. Without it, we would not be as
incentivized to eat, procreate, or even to try to win a game.” (Donald L.
Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer

“It’s the overuse of the dopamine reward system that causes
addiction. When the pathways are used compulsively, a downgrading
occurs that actually decreases the amount of dopamine in the
pleasure areas available for use, and the dopamine cells themselves
start to atrophy, or shrink. The reward cells in the nucleus accumbens
are now starved for dopamine and exist in a state of dopamine
craving, as a downgrading of dopamine receptors on the pleasure
cells occurs as well. This resetting of the ‘pleasure thermostat’
produces a ‘new normal.’ In this addictive state, the person must act
out in addiction to boost the dopamine to levels sufficient just to feel
normal.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your

“As the desensitization of the reward circuits continues, stronger and
stronger stimuli are required to boost the dopamine. In the case of
narcotic addiction, the addicted person must increase the amount of
the drug to get the same high. In pornography addiction,

“Pornography addiction is frantic learning, and perhaps this is why many who have struggled with multiple addictions report that it was the hardest for them to overcome. Drug addictions, while powerful, are more passive in a ‘thinking’ kind of way, whereas pornography viewing, especially on the internet, is a much more active process neurologically. The constant searching for and evaluating of each image or video clip for its potency and effect is an exercise in neuronal learning, limited only by the progressively rewired brain. Curiosities are thus fused into compulsions, and the need for a larger dopamine fix can drive the person from soft-core to hard-core to child pornography—and worse. A paper published in the Journal of Family Violence in 2009 revealed that 85 percent of men arrested for child pornography had also physically abused children.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Dopamine is a neurotransmitter that is known to underlie all drugs of addiction. Dopamine seems to play an important role in helping people identify what things in their environment are significant. This chemical is going to be the primary reason why craving occurs. Often dopamine is referred to as a pleasure chemical. Its levels are increased when we do things that generally perpetuate our lives and the survival of our species. For example, satisfying hunger by eating a meal, satisfying thirst by drinking water, and satisfying the sex drive by engaging in intercourse all are correlated with heightened dopamine levels. External or internal sexual cues can trigger the release of dopamine in key brain regions that are also sensitive to testosterone. The key element to remember here is that dopamine is directing us toward resolving the tension that is being produced by the sexual images and anticipation of sexual release. It provides the rush that men feel when they view pornography.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“‘Because the human brain is the biological anchor of our psychological experience, it is helpful to understand how it operates,’ says William M. Struthers, associate professor of psychology at Wheaton College. ‘Knowing how it is wired together and where it is sensitive can help us understand why
pornography affects people the way it does.’ Here are 9 things you should know about pornography affects the brain.”

1. “Sexually explicit material triggers mirror neurons in the male brain. These neurons, which are involved with the process for how to mimic a behavior, contain a motor system that correlates to the planning out of a behavior. In the case of pornography, this mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. ‘The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on,’ says Struthers. ‘In God’s plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitable loosening that bond.”

2. “In men, there are five primary chemicals involved in sexual arousal and response. The one that likely plays the most significant role in pornography addiction is dopamine. Dopamine plays a major role in the brain system that is responsible for reward-driven learning. Every type of reward that has been studied increases the level of dopamine transmission in the brain, and a variety of addictive drugs, including stimulants such as cocaine, amphetamine, and methamphetamine, act directly on the dopamine system. Dopamine surges when a person is exposed to novel stimuli, particularly if it is sexual, or when a stimuli is more arousing than anticipated. Because erotic imagery triggers more dopamine than sex with a familiar partner, exposure to pornography leads to ‘arousal addiction’ and teaches the brain to prefer the image and become less satisfied with real-life sexual partners.”


“PORN, NOVELTY AND THE COOLIDGE EFFECT”

“Nothing natural comes close to releasing as much dopamine as sex… Dopamine is the ‘gotta get it!’ neurochemical behind all motivation. When

“…a primitive part of your brain assumes quantity of dopamine equals value of activity even when it doesn’t.” [value neutral] (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect)

“While dopamine and norepinephrine may provide the immediate rush that men get from viewing porn, the key event in determining whether or not viewing becomes a habitual pattern is going to be the release of endogenous opiates produced during sexual release (most notably in response to orgasm). Many men will report that this experience is accompanied by feelings of transcendence and euphoria that are known to be related to the release of endogenous opiates. It has been known for decades that the brain produces its own opiates…” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Dopamine isn't just released in response to novelty. When something is more arousing than anticipated the brain’s reward circuitry releases dopamine and fires like crazy. Internet porn always offers something unexpected, something kinkier.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect)


“Dopamine amps up the centrepiece of a primitive part of the brain known as the reward circuitry. It’s where you experience cravings and pleasure and where you get addicted.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p73)


“The bigger the squirt the more you want something. No dopamine and you just ignore it. High-calorie chocolate cake and ice cream – a big blast. Celery – not so much. Dopamine surges are the barometer by which you


“Bingeing on porn feels like a promise of pleasure, but recall that the message of dopamine isn't 'satisfaction'. It's, 'keep going, satisfaction is j-u-s-t around the corner'.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p81)

“What's a brain to do when it has unlimited access to a super-stimulating reward it never evolved to handle? Some brains adapt – and not in a good way. The process is gradual. At first, using porn and masturbating to orgasm resolves sexual tension and registers as satisfying.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p82)

“But if you chronically overstimulate yourself, your brain may start to work against you. It protects itself against excessive dopamine by decreasing its responsiveness to it, and you feel less and less gratified.” (P.J. Kenny, G. Voren and P.M. Johnson, " Dopamine D2 receptors and striatopallidal transmission in addiction and obesity," Curr Opin Neurobiol, 23/4 (2013): 535-538, doi: 10.1016/j.conb.2013.04.012. This has been confirmed by German researchers Simone Kühn and Jürgen Gallinat, "Brain Structure and Functional Connectivity
“This decreased sensitivity to dopamine pushes some users into an even more determined search for stimulation, which, in turn, drives lasting changes, actual physical alterations of the brain. They can be challenging to reverse. As one user said, ‘Porn goes in like a needle but comes out like a fishhook.'” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p82)

“Superficial conditioning (or learning) can be summed up as, ‘So this is how people have sex and this is how I should do it.’ Unconscious sexual conditioning can be summed up as, ‘This is what turns me on’ or, at a brain level, ‘This is what jacks up my dopamine’. It could be as simple as preferring redheads. Or maybe dainty feet or pecs appeal more than breasts.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

“However our preferences arise, our brains evolved to record what turns us on. This phenomenon rests on a crucial neural principle: Nerve cells that fire together wire together. Briefly, the brain links together the nerve cells for sexual excitement (in the reward circuit) with the nerve cells that store memories of the events associated with the excitement. For example, type in your favourite porn site and you activate nerve cells that blast your reward circuitry. Up goes your dopamine.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

“Even if you're watching tame porn and haven't developed any porn-induced fetishes, the issue of how you get your jollies can have repercussions. If you use internet porn, you may be training yourself for the role of voyeur or to need the option of clicking to something more arousing at the least drop in your dopamine, or to search and search for just the right scene for maximum climax. Also, you may be masturbating in a hunched-over position – or watching your smartphone in bed nightly.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)

“…dopamine…’feel-good neurotransmitter’ because it mediates pleasurable responses to stimuli like sex, drugs, and food. The addictive potential of a drug is related to how much it increases the pool of extracellular dopamine (meth spikes dopamine levels higher than food, sex,

“About a decade ago, Kent Berridge suggested that ‘liking’ (pleasure) and ‘wanting’ (incentive) are distinct reward center impulses that can be assessed separately, and that dopamine is primarily involved in ‘wanting.’” (Cicada, “You don’t always like what you want”, Bioephemera, March 4, 2007, http://bioephemera.com/2007/03/04/you-dont-always-like-what-you-want/)

“Dopamine, the chemical triggered by sexual arousal and orgasm, is also the chemical that triggers addiction pathways in the brain…Donald L. Hilton Jr., MD, a practicing neurosurgeon and a clinical associate professor of neurosurgery at the University of Texas, observes:

Pornography is a visual pheromone, a powerful 100 billion dollar-per-year brain drug that is changing sexuality even more rapidly through the cyber-acceleration of the Internet. It is “inhibiting orientation” and “disrupting pre-mating communication between the sexes by permeating the atmosphere.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

“How Pornography Drugs and Changes your Brain” G1 3.20.2017

“…current scientific evidence regarding the brain and addiction.”

“This article will seek to answer two questions: (1) Biologically, is the brain affected by pornography and other sexual addictions? (2) If so, and if such addictions are widespread, can they have a societal effect as well?”

“…brain drug…”

“Fallacy No. 1: Pornography is not a drug.”

“Fallacy No. 2: Pornography is therefore not a real addiction.”

“No one ever died from looking at porn.”

“…whether pornography is a ‘physical, chemical’ agent, i.e., ‘a drug,’”

“…adrenaline, also called epinephrine,…”
“…are excitatory neurotransmitters that tell the brain to Go! … when the dopamine-producing parts of the brain are damaged, Parkinson’s disease results. To treat Parkinson’s, physicians prescribe dopamine as a drug,…”

“Dopamine, in addition to its role in movement, is an integral neurotransmitter, or brain drug, in the pleasure/reward system in the brain.”

“…cerebral cortex, a layer of nerve cells that carry conscious, volitional thought. In the front, over the eyes, are the frontal lobes. … important in judgment, and, if the brain were a car, the frontal lobes would be the brakes. These lobes have important connections to the pleasure pathways, so pleasure can be controlled.”

“In the center of the brain is the nucleus accumbens. … key pleasure reward center, and when activated by dopamine and other neurotransmitters, it causes us to value and desire pleasure rewards.”

“It’s the overuse of the dopamine reward system that causes addiction. … decreases the amount of dopamine in the pleasure areas available for use, and the dopamine cells themselves start to atrophy, or shrink. … cells in the nucleus accumbens are now starved for dopamine and exist in a state of dopamine craving, as a downgrading of dopamine receptors on the pleasure cells occurs as well. This resetting of the ‘pleasure thermostat’ produces a ‘new normal.’ In this addictive state, the person must act out in addiction to boost the dopamine to levels sufficient just to feel normal.”

“…desensitization of the reward circuits continues, stronger and stronger stimuli are required to boost the dopamine. In the case of narcotic addiction, the addicted person must increase the amount of the drug to get the same high. In pornography addiction, progressively more shocking images are required to stimulate the person.”

“…the frontal lobes also atrophy, or shrink. … ‘wearing out of the brake pads.’ This physical and functional decline in the judgment center of the brain causes the person to become impaired in his ability to process the consequences of acting out in addiction. … hypofrontality, and have noted a similarity in the behavior of addicted persons to the behavior of patients with frontal brain damage.”
“…speak of the brain as being plastic, or subject to change and re-wiring.”

“Drug addictions, while powerful, are more passive in a ‘thinking’ kind of way, whereas pornography viewing, especially on the internet, is a much more active process neurologically. … Curiosities are thus fused into compulsions, and the need for a larger dopamine fix can drive the person from soft-core to hard-core to child pornography—and worse. A paper published in the Journal of Family Violence in 2009 revealed that 85 percent of men arrested for child pornography had also physically abused children.”

“Oxytocin and vasopressin are important hormones in the brain with regard to physically performing sexually. Studies show that oxytocin is also important in increasing trust in humans, in emotional bonding between sexual mates, and in parental bonding. We are wired to bond to the object of our sexuality.”

“…in the context of pornography use, it can result in the formation of a virtual mistress of sorts.”

“A frequent side effect is that it also dramatically reduces their capacity to love (e.g., it results in a marked dissociation of sex from friendship, affection, caring, and other normal healthy emotions and traits which help marital relationships). … develop an ‘alien ego state’ (or dark side), whose core is antisocial lust devoid of most values.”

“In time, the ‘high’ obtained from masturbating to pornography becomes more important than real life relationships. . . . Dr. Doidge notes, ‘Pornographers promise healthy pleasure and a release from sexual tension, but what they often deliver is addiction, and an eventual decrease in pleasure.’”

“Porn impotence,’ where the man experiences sexuality preferentially with porn instead of a woman, is a real and growing phenomenon. When a man’s sex drive has been diverted away from his spouse in this way, writes Dr. Cline, the wife can ‘easily sense this, and often [feels] very lonely and rejected.’”

“In 1934 Cambridge anthropologist Dr. J. D. Unwin published Sex and Culture. In it he examined 86 cultures spanning 5,000 years with regard to the effects of both sexual restraint and sexual abandon. His perspective was
strictly secular, and his findings were not based in moralistic dogma. He found, without exception, that cultures that practiced strict monogamy in marital bonds exhibited what he called creative social energy, and reached the zenith of production. Cultures that had no restraint on sexuality, without exception, deteriorated into mediocrity and chaos. In Houposia, The Sexual and Economic Foundations of a New Society, published posthumously, he summarized:

“In human records, there is no instance of a society retaining its energy after a complete new generation has inherited a tradition which does not insist on pre-nuptial and post-nuptial continence. . . . The evidence is that in the past a class has risen to a position of political dominance because of its great energy and that at the period of its rising, its sexual regulations have always been strict. It has retained its energy and dominated the society so long as its sexual regulations have demanded both pre-nuptial and post-nuptial continence. . . .”

“I know of no exceptions to these rules.”

“We must face the reality that pornography will affect virtually every family in some way. . . . data from five universities, 87 percent of college males and 31 percent of females view pornography.”

“Pornography has become the sex education venue for the majority of the next generation,…”

“. . .professionals to advocate a simple treatment plan that is based upon willpower or moral character.”

“I have found that there are four major factors that most predict success in recovery.”

• “First, the individual must be personally motivated to be free of his addiction and possess a willingness to do whatever it takes to achieve success. . . . You can never force a person to get well if he doesn’t want to. . . .”
• “Second, it is necessary to create a safe environment, which drastically reduces access to porn and other sexual triggers. . .”

• “Third, he should affiliate with a twelve-step support group. . .”

• “Fourth, the individual needs to select a counselor/therapist who has had special training and success in treating sexual addictions.”


“In fact, impaired/restored dopamine signalling may be behind many of the symptoms/improvements reported by recovering users. Again, I'll have a lot more to say about that in the next chapter.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p69)

“Our brains are wired to be drawn to things that provide natural rewards: things like food or sex. Porn mimics what our brains want to see, triggering surge after surge of dopamine, overriding our natural satiation mechanisms, and causing a buildup of the protein Delta-FosB in the brain’s reward circuit.” (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)

• “When having sex or watching porn, dopamine is released into a region of the brain responsible for emotion and learning, giving the viewer a sense of sharp focus and a sense of craving: ‘I have got to have this thing; this is what I need right now.’ It supplies a great sense of pleasure. The next time the viewer gets the ‘itch’ for more sexual pleasure, small packets of dopamine are released in the brain telling the user: ‘Remember where you got your fix last time. Go there to get it.’”

“This system works the way it is supposed to work when you’re having sex with your spouse. Together you can experience a high, an alertness of sexual pleasure, and the deep calm afterwards (norepinephrine, endorphins, and serotonin). With each sexual embrace you are emotionally bonding to this person (oxytocin and vasopressin). Over time a craving for sex is transformed into a desire for one another (dopamine). But porn short-circuits the system.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/)

“In addition, pornography gives the brain an unnatural high. In a recent TEDx talk, physiology teacher Gary Wilson explained that when men look at porn, they experience surge after surge of dopamine in the brain. The brain eventually fatigues, stopping the production of dopamine, leaving the viewer wanting more but unable to reach a level of satisfaction. As a result, everyday pleasures stop causing excitement and the viewer seeks out more novel, more intense pornography to get the same high as before. This imbalance in the brain leads to many problems: impotence with your spouse, frequent masturbation with very little satisfaction, anxiety, fatigue, lack of motivation, inability to concentrate, and escalating tastes for more bizarre or novel porn.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/)

“Wilson’s site references several studies that show how the brain is affected by porn, suggesting that too much Internet porn could be rewiring the brain, even if you’re not addicted, by ‘taking advantage of these innate types of reward circuit responses,’ he said, that keep dopamine—the feel-good chemical in the brain—surging. Although what’s on screen isn’t real sex, the brain naturally finds voyeurism, novelty, shock and surprise, seeking and searching and other aspects sexually stimulating. Every time a person watching porn clicks to a new video with new naked people and new surprises, his dopamine shoots up. David said that while he was watching porn six hours a day, he’d only watch each video for about 10 seconds and then move on to the next.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“In men, there are five primary chemicals involved in sexual arousal and response. The one that likely plays the most significant role in
pornography addiction is dopamine. Dopamine plays a major role in the brain system that is responsible for reward-driven learning. Every type of reward that has been studied increases the level of dopamine transmission in the brain, and a variety of addictive drugs, including stimulants such as cocaine, amphetamine, and methamphetamine, act directly on the dopamine system. Dopamine surges when a person is exposed to novel stimuli, particularly if it is sexual, or when a stimuli is more arousing than anticipated. Because erotic imagery triggers more dopamine than sex with a familiar partner, exposure to pornography leads to ‘arousal addiction’ and teaches the brain to prefer the image and become less satisfied with real-life sexual partners.” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain)

“Overstimulation of the reward circuitry—such as occurs with repeated dopamine spikes related to viewing pornography—creates desensitization. As Gary Wilson explains, ‘When dopamine receptors drop after too much stimulation, the brain doesn’t respond as much, and we feel less reward from pleasure. That drives us to search even harder for feelings of satisfaction—for example, by seeking out more extreme sexual stimuli, longer porn sessions, or more frequent porn viewing—thus further numbing the brain.’” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain)

“The extreme stimulation of today’s enticements can hijack our brains. There’s no way John Mayer would view the same vagina 300 times before rising if, say, he only had a porn magazine, or even a woman. Constant novelty-plus-erotica is riveting. His brain releases more dopamine with each new image, even as it shuts down key nerve cell receptors (to drive him to binge). He is tricked into valuing his pussy panorama even above 3-D stimuli.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)


“Dopamine is important in the parts of our brain that allow us to move, and when the dopamine-producing parts of the brain are damaged, Parkinson’s disease results. To treat Parkinson’s, physicians prescribe dopamine as a drug, and it helps the patient move again. So is dopamine a drug only if the pharmaceutical lab makes it, and not if the brain makes the same chemical for the same purpose?” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“…both of these brain drugs are very important in human sexuality—and in pornography and sexual addiction. Dopamine, in addition to its role in movement, is an integral neurotransmitter, or brain drug, in the pleasure/reward system in the brain.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Disruption of Dopamine”
“Let’s review some of the important components of the reward system of the brain. On the outside is the cerebral cortex, a layer of nerve cells that carry conscious, volitional thought. In the front, over the eyes, are the frontal lobes. These areas are important in judgment, and, if the brain were a car, the frontal lobes would be the brakes. These lobes have important connections to the pleasure pathways, so pleasure can be controlled.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“In the center of the brain is the nucleus accumbens. This almond-sized area is a key pleasure reward center, and when activated by dopamine and other neurotransmitters, it causes us to value and desire pleasure rewards. Dopamine is essential for humans to desire and value appropriate pleasure in life. Without it, we would not be as incentivized to eat, procreate, or even to try to win a game.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“It’s the overuse of the dopamine reward system that causes addiction. When the pathways are used compulsively, a downgrading occurs that actually decreases the amount of dopamine in the pleasure areas available for use, and the dopamine cells themselves start to atrophy, or shrink. The reward cells in the nucleus accumbens are now starved for dopamine and exist in a state of dopamine craving, as a downgrading of dopamine receptors on the pleasure cells occurs as well. This resetting of the ‘pleasure thermostat’ produces a ‘new normal.’ In this addictive state, the person must act out in addiction to boost the dopamine to levels sufficient just to feel normal.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“As the desensitization of the reward circuits continues, stronger and stronger stimuli are required to boost the dopamine. In the case of narcotic addiction, the addicted person must increase the amount of the drug to get the same high. In pornography addiction, progressively more shocking images are required to stimulate the person.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“These Characteristics include novelty-at-a-click, effortless access, and constant violation of expectations via startling stimuli. All of these release the neurotransmitter dopamine in the reward circuitry. Overconsumption
can therefore dysregulate dopamine response in some brains, thus tampering with mood, confidence and ability to respond to pleasure.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain On Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Nothing natural comes close to releasing as much dopamine as sex… Dopamine is the ‘gotta get it!’ neurochemical behind all motivation. When dopamine drops, so does motivation.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect)


“…a primitive part of your brain assumes quantity of dopamine equals value of activity even when it doesn’t.” [value neutral] (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect)

“When people look at sexual imagery, dopamine floods these brain regions, causing an intense feeling of pleasure. Over time, people come to associate those direct images (called reinforcers) with the pleasurable feelings. Anything associated with those images, including Playboy's trademark bunny image, could also prime people to seek out that positive rush. [6 (Other) Great Things Sex Can Do for You]” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“However, if that pleasure response gets triggered over and over — with frequent doses of Playboy or other sexually charged imagery — a person will need bigger hits to feel a response, Plaud said.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“‘The more you do and the greater degree of access, the more explicit [it is], you seem to need more and more,’ Plaud told Live Science.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“Pornography viewing releases dopamine in the brain. This actually occurs in any type of sexual stimulation. Since dopamine supplies a sense of pleasure, it’s release trains the brain to return to the same source to get more of it. In the context of a marriage relationship, this release of pleasure inducing dopamine can be a force helping partners return to each other for
sexual pleasure.”

“Pornography points the individual back to pron. If viewed for long periods of time, surges of dopamine can create an unnatural high in the brain eventually leading to fatigue. Once fatigued, the brain limits it’s release of dopamine, leaving the individual wanting more but unable to reach satisfaction. At this point the brain has become desensitized.”

(The Effects of Pornography – Taylor Counseling Group Article, site link not working 9.22.17, https://taylorcounselinggroup.com/the-effects-of-pornography/)

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“How Porn Affects the Brain Like A Drug”

“Since the brain can’t tell the difference between the drugs and a real, healthy reward, it goes ahead and activates the reward center.”

“Want to guess what else does that? Porn.”

“Researchers have found that internet porn and addictive substances like tobacco have very similar effects on the brain, and they are significantly different from how the brain reacts to healthy, natural pleasures like food or sex. Think about it. When you’re munching a snack or enjoying a romantic encounter, eventually your cravings will drop and you’ll feel satisfied. Why? Because your brain has a built-in “off” switch for natural pleasures.

“Dopamine cells stop firing after repeated consumption of a ‘natural reward’ (e.g. food or sex),” explains Nora Volkow, Director of The National Institute of Drug Abuse. But addictive drugs go right on increasing dopamine levels without giving the brain a break. The more hits drug users take, the more dopamine floods their brain, and the stronger their urges are to keep using. That’s why drug addicts find it so hard to stop once they take the first hit. “[O]ne hit may turn into many hits, or even a lost weekend.”

“Scientists have long known that sexual interest and performance can be increased simply by introducing something new—like a different sexual position, a toy, or a change of partner. That’s because the brain responds to new sexual stimuli by pumping out more and more dopamine, flooding
the brain just like a drug. And “new” is exactly what internet porn sites provide: an endless stream of fresh erotic images delivered at high speed, in vivid color, 24/7. Before consumers even start to get bored, they can always give themselves another dopamine boost just by clicking on something different, something more stimulating and hardcore than before.”


#4 BRAIN DEVELOPMENT

“As neuroscientist Sandra Aamodt quipped on NPR, ‘The car rental companies got to it first, but neuroscientists have caught up.’ Aamodt explained that the prefrontal cortex – that is the area of the brain responsible for impulse control – is not fully developed until your twenties, making 18-year-old ‘adults’ more likely to engage in risky behavior.” (“14 Things You Didn’t Know About Your Brain”, Huffington Post, November 6, 2014, http://www.huffingtonpost.com/2014/11/06/brain-fun-facts-list_n_5597311.html)


“Though you may think your darling is growing like a weed as chubby toddlerhood gives way to lanky kid, in the first three years of your child’s life, their brain is growing faster than any other body part. At birth, a baby's brain is about one-third the size of an adult's brain. In 90 days, it more than doubles its volume, to 55 percent of its final size. The cerebellum in particular, a brain structure at the back of the brain involved in controlling movement, grows the fastest of all brain structures; in just three months it will be 110 percent bigger than it was at birth.” (Jordan Rosenfeld, “10 Amazing Facts About the Infant Brain”, October 22, 2015, Mental Floss, http://mentalfloss.com/article/70105/10-amazing-facts-about-infant-brain)

“By the age of 7, our brains are 95 percent of their adult size.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you)

“When you were born, your brain was about the size it is now. That is one reason why babies have such large heads relative to their bodies.” (Clement Ejiofor, “Discover These Amazing Facts About Your Brain”, NAIJ, February, 2015, https://www.naij.com/373420-discover-these-amazing-facts-about-your-brain.html)


“There’s another side to the fact that memories do not decay. That’s the idea that although memories may become less accessible, they can be revived.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php)

“Even things that you have long been unable to recall are still there, waiting to be woken. Experiments have shown that even information that has long become inaccessible can still be revived. Indeed, it is then re-learned more quickly than new information.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php)

“She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed.” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“Scan images show that watching online ‘adult’ sites can alter our grey matter which may lead to a change in sexual tastes.”

“Men who describe themselves addicted to porn (and who lost relationships because of it) develop changes in the same brain area – the reward centre – that changes in drug addicts. Knowing the reward centre is changed explains some porn paradoxes.”
“The patient would also report that, far from getting more turned on by the idea of sex with his partner, he was less attracted to her (paradox 3). Through porn he acquired new sexual tastes.”

“We often talk about addicts as though they simply have ‘quantitative problems’. The ‘use too much’, and should ‘cut back’. But porn addictions also have a qualitative component: they change sexual taste. Here’s how.”

“Until recently, scientists believed our brains were fixed, their circuits formed and finalized in childhood, or ‘hardwired’. Now we know the brain is ‘neuroplastic’, and not only can it change, but that it works by changing its structure in response to repeated mental experience.”

“One key driver of plastic change is the reward centre, which normally fires as we accomplish a goal. A brain chemical, dopamine, is released, giving us the thrill that goes with accomplishment. It also consolidates the connections between neurons in the brain that helped us accomplish that goal. As well, dopamine is secreted at moments of sexual excitement and novelty. Porn scenes, filled with novel sexual ‘partners’, fire the reward centre. The images get reinforced, altering the user’s sexual tastes.” (Norman Doidge, The Guardian, September 26, 2013, “Brain scans of porn addicts: what’s wrong with this picture?”, https://www.theguardian.com/commentisfree/2013/sep/26/brain-scans-porn-addicts-sexual-tastes)

“WHY SHOULDN’T JOHNNY WATCH PORN IF HE LIKES IT?”

“What is it about the adolescent brain that makes this guy's experience not unusual? Answer: During adolescence a temporary neurological imbalance develops. The ‘sex, drugs and rock & roll’ part of the brain is in overdrive. The ‘let's give this some thought’ part is still under construction, and won't reach maturity until adulthood.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes It”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“There's a kicker though. The capacity of our teen to wire up new sexual associations mushrooms around 11 or 12 when billions of new neural connections (synapses) create endless possibilities. However, by adulthood his brain must prune his neural circuitry to leave him with a manageable assortment of choices. By his twenties, he may not exactly be stuck with the sexual proclivities he falls into during adolescence, but they
can be like deep ruts in his brain – not easy to ignore or reconfigure.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldn-t-johnny-watch-porn-if-he-wants-to/)


“Teen brains differ from adult brains”

“When we dug into the brain research on adolescents, we were astonished at how malleable teen brains are. Radical changes in the sexual environment hit them hardest. Here are four vulnerabilities unique to teen brains:” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

1. “Much stronger "Go get it!" signals”

“The reward circuitry is the core of all drives (including libido), emotions, likes, dislikes, motivation...and addiction. In adolescence, sex hormones propel this ancient circuitry into a window of hyperactivity, which subsides by the early twenties. As journalist David Dobbs explains.

“We all like new and exciting things, but we never value them more highly than we do during adolescence. Here we hit a high in what behavioral scientists call sensation seeking: the hunt for the neural buzz, the jolt of the unusual or unexpected. ... This love of the thrill peaks at around age 15.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)


2. “Weaker ‘Stop!’ signals”

“The sex hormones that initiate teen sensitivity to thrills unfortunately do nothing to speed up development of their brain's self-control center. A teen brain is like a new car with a Ferrari engine and Ford

“At puberty, an extremely reactive ‘accelerator’ comes online: the brain's emotion-motivation mechanism, or reward circuitry, located below the rational cortex. It overpowers the ‘brakes,’ the brain’s ‘CEO’ or prefrontal cortex in the forehead, which won't fully mature for a decade. The latter assesses risk, thinks ahead, chooses priorities, allocates attention and controls impulses.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“Meanwhile, teens often base their choices on their emotional impulses as opposed to reasoning or planning. Later, as the prefrontal cortex matures, there will be fewer ‘I can't believe he did that’ moments. Teens make sounder judgments and modulate mood, plan and remember more effectively.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“In the meantime, teens have trouble perceiving the consequences of ‘going for it.’ Again, this is no accident. Daredevil tendencies during adolescence serve species that must take risks then to strike out on their own or find mates. In the case of adolescent humans, evolution has simply not had time to adapt to the hazards of recreational drugs, fast cars, or excessive consumption of junk food, online gaming or Internet porn. That's why we have the Darwin Awards.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

3. “Extreme neuronal growth followed by pruning”

“Human brains go through two stages of dramatic neuronal growth: one in utero and throughout the first several months of life, the other between the ages of 10 and 13— just when most boys (and now, many girls) begin to look at Internet porn. Ideally, during this critical developmental period, we humans are exposed to age-appropriate sexual behavior. We learn how to flirt and connect with potential partners.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“This second burst of neuronal activity entails first multiplication and then subtraction of neural connections. No wonder mood swings are a
hallmark of adolescence! Together, genes and environment sculpt the clay of a teen's frontal cortex. As use-it-or-lose-it proceeds, the brain reorganizes and fine-tunes itself:

*The cortex prunes away little used circuits, while strengthening well-worn neural pathways. Nerve cell axons in favored pathways become better insulated with myelin, increasing the speed of nerve impulses. Little branches that receive messages (called dendrites) grow like vines to better hear the incoming signal. The connections between axons and dendrite (synapses) multiply on strong circuits and vanish on weaker ones. In the end you have memories, skills, habits, preferences and ways of coping that stand the test of time.* (ibid., Dobbs, emphasis added) (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“In less glowing terms, we restrict our options—without realizing how critical our choices were during our final, pubescent, neuronal growth spurt.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“No birds or bees, just pixels please”

“Meanwhile, the adolescent brain is ripe for a perfect storm as the genetically driven hunt for novelty and the unexpected collides with the endless erotica of the Internet. Hypnotic Web-surfing—requiring no effort but scrolling and fapping—replaces leaving one’s tribe to search the savanna for fertile mates.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“NEW RESEARCH ON ADOLESCENT BRAIN DEVELOPMENT AND ITS IMPLICATION FOR PREVENTION, INTERVENTION AND TREATMENT PROGRAMS”

“Objectives:”
- “Participants will learn how the adolescent brain is constructed”
- “Participants will examine effective and ineffective programs serving adolescents”
• “Participants will review new research on the adolescent brain”

“Learning Points:"
  • “The adolescent brain is more similar to the brain of a child than an adult”
  • “Environmental experience impacts adolescent brain development”
  • “Many current prevention programs do not assist adolescents”
  • “There are key elements that are necessary for prevention, intervention and treatment programs to be effective”

“Adolescent Brain Development”


“Adolescent Brain = Construction Zone”

“Imaging Tracks Brain Maturation from ages 5 to 20”

“Frontal Cortex”

- “CEO’ of the brain”
- “Responsible for planning, strategizing and judgment”
- “Growth spurt – ages 11-12”
- “Pruning / Organizing teen years”


“Prefrontal Cortex and Adolescents”

- “Know right from wrong and unable to act on knowledge”
- “Unable to hold impulses in check”
- “Children from low socioeconomic backgrounds more likely to commit crimes”
- “Make riskier choices than adults because it’s enjoyable”


“Socioeconomic Impact on brain Physiology of Children”

- “Functional differences in prefrontal cortex response in lower socioeconomic status kids”
- “Lower socioeconomic levels show brain physiology patterns similar to someone who has frontal lobe damage”
- “Not everyone with lower socioeconomic status has low frontal lobe response”
- “Impoverished environments result in reduction in important brain activities such as less reading, fewer games, social isolation and family chaos”
- “Manifest in poorer problem solving skills and school performance”
- “The solution is proper intervention and training”

“Brain Activity in Bullies”
- “Conduct disorder diagnosed adolescents vs. controls”
- “Controls functional MRI’s showed amygdala activated at the same time as prefrontal cortex”
- “Conduct disordered subjects showed activity in amygdala and ventral striatum which is associated with pleasure and reward”
- “Bullies do not respond to people being hurt with negative emotions, but with pleasure”

“Neurotransmitters & Agression: Serotonin”
- “Serotonin levels decline temporarily in most adolescents”
- “Lower serotonin levels are associated with impulsive behavior”

“Neurotransmitters: Dopamine”
- “Dopamine is part of the REWARD/FEEL GOOD brain circuitry”
- “Nearly all of the addictive drugs (cocaine, heroin, amphetamines, alcohol) INCREASE DOPAMINE LEVELS in the brain”
- “Dopamine levels decreases throughout the brain during adolescence”

“What Does This Mean in Terms of Behavior”
- “Impulsiveness”
- “Mood changes”
- “Inadequate emotional control”
- “Seeks out risks”

“Addiction”
- “Drugs and alcohol activate a pleasure-producing chemistry of the brain.”
• Over-stimulation of pleasure pathways causes them to neuroadapt, interfering with the normal experience of pleasure.”
• “Addiction is a disease of the pleasure-producing chemistry of the brain; neuroadaptation is the mechanism of the disease.”
• “Transition to addiction from substance abuse arises from the development of tolerance and withdrawal.”
• “Once neuroadaptation occurs, cessation of drug use leads to ‘inversion of the high’; sobriety becomes pleasureless.”

“Addiction and Brain Functioning”
• “Baseline metabolism falls in the prefrontal cortex.”
• “Drop due to decreased excitatory dopamine input.”
• “Impaired decision making results from direct interference in prefrontal cortex.”
• “Problems with reasoning, logic and understanding consequences.”
• “The mind overvalues reward, fails to appreciate risk and fails to warn of impending danger.”
• “The mind misjudges adverse consequences.”

“Adolescents are affected differently by repeated, heavy drinking”
• “More likely to black-out than pass out”
• “Higher levels of alcohol-impaired memory”
• “Reduced sensitivity to the sedative effects of alcohol and the effects on motor coordination.”
“Confrontation and Scared Straight Type Programs”
- “Nine studies conducted between 1967-1992”
- “Eight different states”
- “Average age of participants was 15 to 17”
- “Interventions increased the odds of offending by 1.6 to 1.7 to 1 compared to non-treatment control groups.”

“Comprehensive vs. Abstinence”
“Programs must:
1. “Provide information”
2. “Encourage Abstinence”
3. “Promote condom use for those who are sexually active”
4. “Encourage fewer sexual partners”
5. “Educate about early identification of treatment of STI’s”
6. “Teach sexual communication skills”
“Once new connections form, teen brains hold tightly to these associations. In fact, research shows that our most powerful and lasting memories arise from adolescence – along with our worst habits.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p87)

“Three Components of the Healthy Brain”

“This Exhibit thus addresses below how the Playboy/Spencer sex and licit and illicit drug addiction lures would alter the sexual, cognitive, and emotional functions of children who see, handle, laugh about and/or purchase such Playboy/Spencer products. Included here are a sample of relevant brain studies that suggest how millions of vulnerable, immature young brains have been and are being violated as they unsuspectingly, trustfully browse in more than 600 of Spencer’s sex and drug international conglomerates now inexplicitly ensconced in our community malls, our new “Main Street” USA.” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“The following brief multi-disciplinary review of research relevant to the undeveloped, emerging, youthful brain needs to be framed by the three components of a healthy brain, defined by pioneering neurologist A.R. Luria: (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

1. “To be alert, awake, aware of reality”
2. “To collect and store environmental data”

“The realization that the “Teenage brain [is] a work in progress” (Image taken from the National Institute of Mental Health No, 01-4929 at The Brain exhibit at the Smithsonian, December 29, 2001, co-sponsored by the NIMH and the Smithsonian.) (left) underscores how the three tasks of the human brain are compromised by addiction lures for drugs, alcohol, and pornography at every Universal (Studios) Spencer’s Gift store, exploiting ersatz gag items, posters, books, cards, shirts and the like. Moreover, the research finds that each addiction commonly leads to others, to multiple addictions, dramatically damaging the three main tasks of the brain and directly injuring the health and welfare of millions of Spenser/Playboy underage consumers and salespersons.” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
“Tween and Teen Brains”


1. The above brain scans are taken from a study by Dr. Jay Giedd, chief of brain imaging, the child psychiatry branch at the National Institute of Mental Health (NIH). Dr. Giedd tested 1,800 youths via magnetic resonance imaging (MRI), creating an MRI photo every two years of the growing brain. The photograph above demonstrates typical brain maturation from age 5 to age 20. Says Dr. Giedd: (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

2. “So if a teen is doing music or sports or academics, those are the cells and connections that will be hard-wired. If they’re lying on the couch or playing video games or MTV, those are the cells and connections that are going [to] survive….It’s sort of unfair to expect [teems] to have adult levels of…decision-making before their brains are finished being built….The frontal lobe is often called the CEO, or the executive of the brain. It's involved in things like planning and strategizing and organizing, initiating attention and stopping and starting and shifting attention. It’s a part of the brain that most separates man from beast, if you will…." [Emphasis added]” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)


“In his book, The Porn Circuit, Sam Black explains how porn impacts the human brain. A cocktail of hormones and neurotransmitters are released while watching porn. This gives the brain an unnatural high as surge after surge of dopamine is released. Eventually the brain fatigues, leaving the viewer wanting more but unable to reach a level of satisfaction. S999 As a result, the viewer starts to become numb to everyday pleasures. He or she begins to seek out novel, more intense porn to get the same high. Repeatedly watching porn also weakens the cingulate cortex, the region of the brain responsible for moral and ethical decision making. It weakens our ability to control sexual thoughts on a day-to-day level.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“Neurology is like the new archaeology of the soul. Just as a new archaeological find in the Holy Land can buttress our faith and call attention to passages long forgotten, so scientific studies of the human brain can be used by God to awaken us to believe in truths God wrote centuries ago.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“Your Brain Is Like a Garden”

“Imagine your brain is a garden, except instead of growing flowers, fruits, and vegetables, you grow synaptic connections between neurons…Glial cells are the gardeners of your brain…other glial cells are the waste removers, pulling up weeds, killing pests, raking up dead leaves…the synaptic connections that get used less get marked by a protein, C1a (as well as others). When the microglial cells detect that mark, they bond to the protein and destroy – or prune – the synapse. In other words, your glial cells wash your brain, removing thoughts that are not being accessed. It’s like your brain’s recycling bin. It certainly gives the verse in Ephesians 5:26, ‘the washing with water through the word’ a whole new significance. Two
thousand years ago Paul was telling us that Scripture had the power to wash our brains – literally.” (Conquer Series.com, “How to Delete Porn from Your Brain”, sight accessed 9.15.17, https://conquerseries.com/how-to-delete-porn-from-your-brain/)

“Nightly Brain Cleanse”

“According to Pollack and Cabane: ‘Your brain cleans itself out when you sleep – your brain cells shrink by up to 60% to create space for your glial gardeners to remove the waste and prune the synapses.’” (Conquer Series.com, “How to Delete Porn from Your Brain”, sight accessed 9.15.17, https://conquerseries.com/how-to-delete-porn-from-your-brain/)

“What’s fascinating is 10% of your brain works when you’re awake, and 90% works when you’re not. That’s why sleep matters. Have you ever woken up thinking sharper than the night before? Your glial cells have been at work – clearing out all the trash. That’s when we get most of our ‘aha’ moments.” (Conquer Series.com, “How to Delete Porn from Your Brain”, sight accessed 9.15.17, https://conquerseries.com/how-to-delete-porn-from-your-brain/)

“Renewing of the Mind”

“To prepare for the battle each night is: meditate on Scripture before bed. Why? Because God’s word has the power to physically restructure our brain.” (Conquer Series.com, “How to Delete Porn from Your Brain”, sight accessed 9.15.17, https://conquerseries.com/how-to-delete-porn-from-your-brain/)

“It empowers us to take every thought into captivity to Christ. And this new study proves this because you actually have some control over what your brain decides to delete while you sleep. According to Pollack and Cabane: ‘It’s the synaptic connections you don’t use that get marked for recycling. The ones you do use are the ones that get watered and oxygenated. So be mindful of what you’re thinking about.” (Conquer Series.com, “How to Delete Porn from Your Brain”, sight accessed 9.15.17, https://conquerseries.com/how-to-delete-porn-from-your-brain/)

“That is, independent science now confirms that the brain’s cognitive and moral decision making skills do not architecturally mature until an individual is twenty-two to twenty-five years of age. Therefore, exposing minors to pornographic images and devices subconsciously restructures millions of immature brains-minds and memories and nullifies their ability to give
informed moral and cognitive consent.” (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain”
http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“Says Dr. Winters, the nucleus accumbens directs motivated behavior with the youthful, developing nucleus accumbens apparently preferring “high excitement.” Winters cites to “real-world observations” in that youngsters are drawn to risky behaviors, such as video games and substance use as high excitement with low investment. However, this applies as well to youthful use of pornography.” (7 Ken C. Winters, Professor, Department of Psychiatry, University of Minnesota in a special report to the Treatment Research Institute, Science Addiction, on Adolescent Brain Development and Drug Abuse November 2004, http://www.factsontap.org/docs/2004Nov_AdolescentBrain.pdf, June 30, 2008.) (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain”
http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“The brain matures back to front. The prefrontal cortex, just behind the forehead (called “the seat of sober second thought”) is the last part of the brain to be fully up and running. This brain area handles complex information, says Winters, “from making judgments, to controlling impulses, foreseeing consequences, and setting goals and plans. An immature prefrontal cortex is thought to be the neurobiological explanation for why teenagers show poor judgment and too often act before they think.” (9 Adolescent Brain Development and Drug Abuse: New findings indicate that brain development still in progress during adolescence; immature brain structures may place teenagers at elevated risk of substance abuse and arrested brain development. Ken C. Winters, Department of Psychiatry, University of Minnesota, A Special Report Commissioned by the Treatment Research Institute, Philadelphia, PA, November 2004, http://www.factsontap.org/docs/2004Nov_AdolescentBrain.pdf, June 30, 2008.) (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain”
http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“Youths’ architectural brain change as almost immediate.” (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain”
http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“Dr. Giddens suggests that just as sexual images restructure the brain, sexual images also restructure the body.” (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain”
http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“Over 1000 studies from the Surgeon General, NIMH, key medical and public health figures are in agreement.” (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain”
http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
“The Developing Nucleus Accumbens Septi: Susceptibility to Alcohol's Effects [with focus on adolescence] Rex Montgomery Philpot, Dissertation, 3/2—4, U S. Florida, ‘[M]esolimbic dopamine (DA) activity increases in the nucleus accumbens septi (NAcZ) with exposure to natural reinforcers.’ The study finds that the developmental immaturity of adolescents ‘renders them susceptible to addiction. That children are and have been early exposed to pornography and that pornography is a natural dopaminergic, testosterone, etc., releasing factor. Sexual stimuli should find its influenced on the nucleus accumbens septi, a common marker for addiction – hence a marker for pornography addiction in adolescents.” (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain¹ http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
#5 PREFRONTAL CORTEX


#6 PATHWAYS

“Change is Gradual, But It Will Come”

Neuroplasticity

“As neuropsychologist Dr. Tim Jennings (In the Conquer Series) explains, ‘Any type of repetitive behavior will create trails in our brain that are going to fire on an automatic sequence.’ By repeatedly watching porn - or repeating any activity, really - you are programming your thought life and actions, so that they become second nature.” (Luke Gibbons, “6 things the porn industry doesn’t want you to find out”, Premier Christianity, September 13, 2017, https://www.premierchristianity.com/Blog/6-things-the-porn-industry-doesn-t-want-you-to-find-out)

The human mind is a fascinating thing, and far more flexible than we assume. The mind can transform over time, learning to cope with everything from daily challenges such as stress to even catastrophic injury. This flexibility has a name: neuroplasticity. (Chris Myers, “How To Rewire Your Brain To Better Handle Stress”, Forbes, August 4, 2016, http://www.forbes.com/sites/chrismyers/2016/08/04/how-to-rewire-your-brain-to-better-handle-stress/#1fbe0f9c69ef)

Put simply; your brain has the amazing ability to reorganize itself, create new neural pathways, and expand neural networks. One simple way to create these pathways is to change your recurring thought pattern. (Chris Myers, “How To Rewire Your Brain To Better Handle Stress”, Forbes, August 4, 2016, http://www.forbes.com/sites/chrismyers/2016/08/04/how-to-rewire-your-brain-to-better-handle-stress/#1fbe0f9c69ef)

“See, the brain is made up of about 100 billion special nerves called neurons, [5] that carry electrical signals back and forth between parts of the brain and out to the rest of the body. Imagine you’re learning to play an E chord on the guitar: your brain sends a signal to your hand telling it what to do. As that signal zips along from neuron to neuron, those activated nerve cells start to form connections because ‘neurons that fire together, wire together.’ Those newly-connected neurons form what’s called a ‘neuronal pathway.’ [6]”

“Think of a neuronal pathway like a trail in the woods. Every time someone uses the trail, it gets a little wider and more permanent. Similarly, every time a message travels down a neuronal pathway, the pathway gets stronger. [7] With enough repetitions, your neuronal pathway will get so strong you’ll be strumming that E chord without even thinking about it. That process of building better, faster neuronal pathways is how we learn any new skill, whether it’s memorizing math formulas or driving a car. Practice makes perfect.”

“But there’s a catch. Your brain is a very hungry organ. It may only weigh 2% of your body weight, but it eats up 20% of your energy and oxygen, [8] so resources are scarce up there in your head. There’s some pretty fierce competition between brain pathways, and those that don’t get used enough will likely be replaced. [9] Use it or lose it, as they say. Only the strong survive.”

“The ideal conditions for forming strong neuronal pathways are when you’re in what scientists call ‘flow.’ Flow is ‘a deeply satisfying state of focused attention.’ [12] When you’re in flow, you get so deep into what you’re doing that nothing else seems to matter. [13] You’ve probably experienced it before, playing a game or having a conversation with friends or reading a great book. You were so focused on what you were doing that you lost track of time, and everything around you disappeared. You wanted it to keep going forever. That’s flow.”
When you’re in flow, it’s like you have superhuman abilities. Athletes call it being ‘in the zone,’ when you seem to do everything right. Your focus is intense. Your memory is phenomenal. Years later, you’ll still recall exact words of the conversation or details of what you read.”


Dr. Struthers observed,

“The male brain seems to be built in such a way that visual cues that have sexual relevance (e.g., the naked female form, solicitous facial expressions) have a hypnotic effect on him. When these cues are detected, they trigger a cascade of neurological, chemical, and hormonal events. In some ways they are like the “hit” of a drug—there is a rush of sexual arousal and energy that accompanies it. How a man learns to deal with this energy and to form an appropriate response to it is part of becoming a mature adult. The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make. Whenever the sequence of

Josh McDowell Ministry 2018 74

“As men fall deeper into the mental habit of fixating on these images, the exposure to them creates neural pathways. Like a path is created in the woods with each successive hiker, so do the neural paths set the course for the next time an erotic image is viewed. Over time these neural paths become wider as they are repeatedly traveled with each exposure to pornography. They become the automatic pathway through which interactions with women are routed. The neural circuitry anchors this process solidly in the brain. With each lingering stare, pornography deepens the Grand Canyon-like gorge in the brain through with images of women are destined to flow.” (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, [http://www.covenanteyes.com/brain-ebook/](http://www.covenanteyes.com/brain-ebook/))

Those chemicals do more than make you feel great. While you’re enjoying that good feeling, your brain is also building new nerve pathways to connect the pleasure you’re feeling to the activity you’re doing. [5] It’s the brain’s way of making sure that whatever you’re doing, you’ll come back to it again. The association between the activity and the “reward” happens automatically, even if you don’t intend it, because “neurons that fire together, wire together.” [6] (See How Porn is Like a Drug.)


“YOUR SEXY PLASTIC BRAIN: PORN ADDICTION CAN’T BE BLAMED ON BIOLOGY”

“By ‘plasticity’ he means that our brains and our sexuality are molded by our experiences, interactions, and other means of learning, which is why people vary in what they say is attractive or what turns them on. The brain actually creates neural pathways that label a specific type of person or activity as arousing.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/)

“In Elizabethan times lovers were so enamored of each other’s body odors that it was common for a woman to keep a peeled apple in her armpit until it had absorbed her sweat and smell. She would give this ‘love apple’ to her lover to sniff in her absence. We, on the other hand, use synthetic aromas of fruits and flowers to mask our body odor from our lovers. Which of these two approaches is acquired and which is natural is not so easy to determine. A substance as ‘naturally’ repugnant to us as the urine of cows is used by the Masai tribe of East Africa as lotion for their hair — a direct consequence of
the cow’s importance in their culture. Many tastes we think ‘natural’ are acquired through learning and become ‘second nature’ to us. We are unable to distinguish our ‘second nature’ from our ‘original nature’ because our neuroplastic brains, once wired, develop a new nature, every bit as biological as our original.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/)

“This will come as sad news to many. The attraction, compulsion, and even addiction to porn are learned behaviors, which means people play a huge role in their own habituation. Don’t blame it on biology or evolution.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/)

“When you have the same thoughts or emotions automatically triggered by a certain event, this emotion or thought comes from a neural network that was wired when you experienced that event for the first time. Every time you experience a similar event, the same network is triggered and you can’t even remember where it comes from and why you feel that way.” (“Amazing Facts About Human Brain”, The Unusual Facts, September 21, 2015, http://www.theunusualfacts.com/2012/09/amazing-facts-about-human-brain.html)

“This is like the fact that you never forget how to ride a bike, but it doesn’t just apply to motor skills, it also applies to memory and recall.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php)

“Gary Wilson has conducted a series of studies about pornography and the brain. Wilson is the author of the book Your Brain on Porn and the website of the same name. His research supports the conclusion that pornography retrains the brain. He found that the very maps that nerve cells travel through the brain become re-routed as people use more and more pornography. A main point to remember is ‘nerve cells that fire together, wire together’ (Wilson, 2014, p. 68).” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“When people’s memories are tested, the more work they have done to construct, or re-construct, the target memory, the stronger the memory eventually becomes. This is why proper learning techniques always involve


“What we're saying here is that an event which lasts half a second within five to ten minutes has produced a structural change that is in some ways as profound as the structural changes one sees in [brain] damage.”

Neuroscientist, Dr. Gary Lynch, University of California at Irvine, discovering the brain's processing of sensory communication. In the award winning program series The Brain: Learning and Memory, The Annenberg/CPB Collection, WNET, 1994.)
“A visual signal first goes from the retina to the thalamus, before it is translated into the language of the brain. Most of the message then goes to the visual cortex, where it is analyzed and assessed for meaning and appropriate response: if that response is emotional, a signal goes to the amygdala to activate the emotional centers.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“For, ‘The child looks and recognizes before it can speak…seeing comes before words’ (John Berger (1977). Ways of Seeing. The British Broadcasting Corporation, London: Pelican, at 8) says famed British art historian John Berger. As noted earlier, reading anything (left hemisphere ‘speech’) requires literacy and some understanding of the words and concepts read in order to stimulate ‘feeling’ in readers. Despite some local idiosyncratic subtleties, both children and illiterates instantly decode, ‘feel’ and experience images like; ice cream, steaks, beer, women, men, children, cats, dogs, people eating, drinking and (depending upon ones’ experience) images of people or animals engaging in sexual acts. No matter what the exotic foreign language is, these largely right hemisphere visual stimuli are decoded, entered into long term conscious or unconscious memory and relived later by young and old alike.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“In competition for attention, only the most ‘essential, the unusual…dangerous’ messages ‘get through to the brain regions above the brainstem’ that arrive every second from the ‘100 million messages’ carrying ‘information from the body’s senses.’ (Jack Fincher, The Brain: Mystery of Matter and Mind, Torstar Books, New York, 1984, at 122) Neurologist David Galin wonders which hemisphere will…gain control of the shared functions and dominate overt behavior?” (Roy Pinchot, Ed., (1984) The Human Body: The Brain. Torstar Books, New York, at 122-123. On point, before brainimaging technology was common, marketing researcher Jerry Mandler identifies television’s “law of strength,” in his pioneering 1977 work, Four Arguments for the Elimination of Television. Here, said Mandler, images move too fast to be cognitively processed and overwhelm cognition, likened to pornography’s neurochemical effects. “When you are watching TV, you are experiencing mental images...[T]hese mental images are not yours. They are someone else's. Because the rest of your capacities have been subdued, and the rest of the world dimmed, these images are likely to have an extraordinary degree of influence. Am I saying this is brainwashing or hypnosis or mind-zapping or something like it? Well, there is no question but that someone is speaking into your mind and wants you to do something. First, keep watching. Second, carry the images around in your head. Third, buy something. Fourth, tune in tomorrow.” (at 169).}
Neuropsychologist A.R. Luria provides the answer that reappears later as it serves as the thesis of this paper:” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)


“[LeDoux] was the first to work out neural pathways for feelings that bypass the neocortex. Those feelings that take the direct route through the amygdala include our most primitive and potent; this circuit does much to explain the power of emotion to overwhelm rationality…[LeDoux discovered]...something like a neural back alley— [that] allows the amygdala to receive some direct inputs from the senses and start a response before they are fully registered by the neocortex…The amygdala can have us spring to action while the slightly slower…neocortex unfolds its more refined plan for reaction…LeDoux overturned the prevailing wisdom about the pathways traveled by emotions through his research on fear.” (Daniel Goleman, Emotional Intelligence, Bantam Books, New York 1995, at 18. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)
“Long term potentiation (LTP) is the basis of learning and memory. It can be summarized as ‘nerve cells that fire together, wire together.’ Memories arise in two steps. First, your reward circuitry signals that an experience is important by sending dopamine to your prefrontal cortex (PFC). The more dopamine the more importance your brain attaches to an experience.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“Second, the PFC responds to your ‘This is important!’ signal by (1) knitting together everything associated with the reward, and (2) forming a neural feedback loop heading back to the reward circuitry. Thereafter, any thought, memory, or cue associated with a particular reward activates the pathway, and sets your reward circuitry a buzzin’. It could be smells associated with your favorite burger joint. For a tomcat it could be the hole in the fence that led to a female in heat. For a bird it might be seeing the guy who fills the birdfeeder. It's evolutionary purpose is to help you remember the who, what, where, when and how of sex, food and rock 'n' roll.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)


“So far, the process is business as usual. Sensitization, however, transforms this normal PFC → glutamate feedback pathway to the reward circuitry into a super-memory in three steps:” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

1. “With sensitization, explicit memories (such as facts and events) transform into habits, which are known as implicit memories. Example: knowing how to ride a bike without thinking. Addiction-related implicit memories are like Pavlovian conditioning on steroids—very hard to ignore. When a recently sober alcoholic walks by a bar, all the sounds of laughter and smell of stale beer can whip this sensitized circuit into a frenzy, setting off strong cravings…and possibly eliminating all resolve.” (Gary Wilson, “Why Do I Find Porn More Exciting than a
2. “LTP strengthens the feedback pathway such that a little squirt of glutamate is all you need to fire up the nerve cells that signal, ‘Gotta have this now!’ Sensitized pathways are a non-dopamine mechanism for activating reward-circuitry neurons—come hell or high water. This sneaky feature seems to be at the core of all additions. Traffic jam on the main dopamine highway keeping you from feeling pleasure from real sex? No problem. You have another way to get home, but it’s only allowing one type of vehicle (stimulation): PORN.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

3. “Continued use of your addiction activates a third mechanism in the sensitization process: long term depression (LTD). The reward circuitry’s innate braking system (GABA) weakens, further amplifying the ‘Go for it!’ glutamate signals. Instead of normal brain operation, which is more like city driving where you check for oncoming traffic at every intersection, your sensitized porn pathway is the autobahn. There are no traffic lights and porn is the only BMW M-5 on the road.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“The autopilot thing is definitely familiar to me. It’s like being possessed by a porn-crazed demon, and then once you’re finished, your real self returns and wonders what the hell just happened and why you just wasted all this time looking at disgusting videos.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“Sensitized pathways and withdrawal...ugh”
“Let’s say you decide to make the ultimate sacrifice and stop using porn. You’ll probably feel rotten for a while. Remember, your brain initially perceived your heavy porn use as a genetic bonanza. It thought you were making babies with each ejaculation. It laid down the super-memories so you wouldn’t abandon your ‘valuable’ bevy of
“beauties (or whatever you were climaxing to).” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“I’m finding that just random pictures in ads and stuff are setting off cravings. Even when the models are fully clothed, I really want to give in.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“During recovery, it’s easy to mistake an activated sensitized pathway for true libido. This is particularly true if you experience the typical radical drop in libido at some point in your recovery. During this ‘flatline’ phase, a porn cue may still fire you up, and even trigger an impressive erection. This can fool you into thinking that porn is the cure for your sluggish libido. The real cure is to patiently wait for structures in your brain to catch up with your new direction. Meanwhile, all other stimuli, including your partner, are less arousing.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“Two months into my recovery I saw a simple frame of bare ass on an adult movie channel. Honest to god, it felt like I got injected with some kind of drug. I had the biggest urge in my penis and my mind, to put it back on. I literally ran upstairs and brushed my teeth. Had I stayed downstairs, I would have relapsed 100%. I could feel a part of me going, ‘WHAT THE HELL MAN? GO BACK DOWNSTAIRS!!!!!!!’. I was shaking and panting. After 8 min of brushing my teeth non-stop, I was back to normal.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“The exciting system, fueled by dopamine and anticipation, is all about appetite, such as imagining your favorite meal or a sexual episode.” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/)

“The satisfying system involves actually having the meal or having sex, which provides a calming, fulfilling pleasure. This system releases opiate-like endorphins that provide feelings of peace and euphoria.” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/)
“Pornography? It's a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora's box of visuals. There have probably been days when I saw 300 vaginas before I got out of bed.—John Mayer, musician” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“The extreme stimulation of today's enticements can hijack our brains. There's no way John Mayer would view the same vagina 300 times before rising if, say, he only had a porn magazine, or even a woman. Constant novelty-plus-erotica is riveting. His brain releases more dopamine with each new image, even as it shuts down key nerve cell receptors (to drive him to binge). He is tricked into valuing his pussy panorama even above 3-D stimuli.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)


“As a result, the boys in the film echo the claims of youth specialists, who say that pornographic behaviours are being normalised in the way many teenagers now conduct their relationships. Jason Royce, director of Christian youth project Romance Academy, says the sexual expectations among young men and women are often defined by what they see on screen.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“‘The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make,’ says Struthers. ‘Whenever the sequence of arousal and response is activated, it forms a

“The Effects of Porn on the Male Brain”
“…discussion has focused on the neurobiological aspects of its allure, addictive properties, and long-lasting effects. …What if pornography merely hijacks a part of our nature that is intended for something better? What if our sexual drive and our neurological nature are wired for intimacy and not just sensuality?”

“In a 2010 interview with Playboy Magazine, Grammy Award-winning musician John Mayer …”

“Pornography? It’s a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora’s Box of visuals. There have probably been days when I saw 300 [women] before I got out of bed….Internet pornography has absolutely changed my generation’s expectations….You’re looking for the one photo out of 100 you swear is going to be the one you finish to, and you still don’t finish. Twenty seconds ago you thought that photo was the hottest thing you ever saw, but you throw it back…How does that not affect the psychology of having a relationship with somebody? It’s got to.” (Rob Tannenbaum, “Interview with John Mayer,” Playboy Magazine (March 2010) (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“The on-demand availability of robust sexual stimuli presents a unique problem for developing and maintaining a healthy sexuality. The ease of access, variety of images, and the vigorous sensory constitution of this media go beyond the strength of mental imagery and fantasy. People can see whatever they want, whenever they want, however they want. In doing so they can generate, serve, and satisfy their sensual nature. Pornography creates a world today where the consumer (usually men) has the ability to bring up at their whim graphic (and sometimes interactive) depictions of nudity and sexual encounters. Women are perpetually available for their pleasure with minimal immediate consequences. People become
“...the brain’s involvement in how we live and have our being is undeniable. The brain is constantly changing in response to what it is being given to process. The things that we see, smell, hear, taste, touch, and experience throughout our day affect it and modify it.”


“The brain integrates what it is being fed into memories, making sense of the world, and developing our sense of self. If the brain is being fed Scripture, it should come as no surprise that it sees the world through the lens of Scripture.”


“The human body consumes and digests food. In a similar way, we can think about the brain as a consumer of stimuli and information. When we eat, food is broken down by the digestive system and used to supply the body with the energy it needs to survive and thrive. Once it has been fully digested, whatever that is unusable (waste) is excreted. This helps to ensure the healthy functioning of the organism. If we take this analogy and extend it to the brain, the brain’s job is to consume and digest information. This information is taken in through the eyes and other senses and digested and stored with meaning and memories. Anything that might have strong emotional content or is highlighted as being important information is stored and used later. The brain doesn’t always get to decide what it wants to keep and what it doesn’t. Sexual images are inherently powerful and have emotional content. As such, pornography forces itself on the brain. Whether one consents or not, pornography becomes a part of the fabric of the mind.”


“The male brain seems to be built in such a way that visual cues that have sexual relevance (e.g., the naked female form, solicitous facial expressions) have a hypnotic effect on him. When these cues are detected, they trigger a cascade of neurological, chemical, and hormonal events.”5 (Harold Mouras et al., ‘Brain Processing of Visual Sexual Stimuli in Healthy Men: A Functional Magnetic Resonance Imaging Study,’ Neuroimage 20, 2 (October 2003): 855–69) (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“In some ways they are like the 'hit' of a drug—there is a rush of sexual arousal and energy that accompanies it. How a man learns to deal with this energy and to form an appropriate response to it is part of becoming a mature adult. The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make. Whenever the sequence of arousal and response is activated, it forms a neurological memory that will influence future processing and response to sexual cues. As this pathway becomes activated and traveled, it becomes a preferred route—a mental journey—that is regularly trod. The consequences of this are far-reaching.” (William M. Struthers, Wired for Intimacy: How Pornography Hijacks the Male Brain (Downers Grove, IL: InterVarsity Press, 2009) (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Another relevant finding by those who are conducting brain research is in the area of what are being called mirror neurons. These neurons make up a circuit located in the frontal and parietal lobes (the region near the top of your head). These neurons are involved with the process for how to mimic a behavior. They contain a motor system that correlates to the planning out of a behavior. Consider this example: if you see someone grab a hammer and pound it, the same part of your brain that you would use to actually pound a hammer would also be activated. Other brain regions may hold that behavior in check, but you now have primed a neural circuit to hammer a nail. These neurons were originally called ‘monkey see, monkey do’ neurons (they were first discovered in monkeys), and constitute the way we neurologically learn by observing others. Whenever we see a behavior, there is a silent echo; a neurological mirror of ourselves doing that behavior resides in the brain. This is a wonderful thing as we can learn by watching


“This mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on. In God’s plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“These chemicals include the neurotransmitters that brain cells use to communicate with each other, as well as the hormones the body and the brain produce in response to sexual arousal and sexual activity.” (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)


“The human body consumes and digests food. In a similar way, we can think about the brain as a consumer of stimuli and information. When we eat, food is broken down by the digestive system and used to supply the body with the energy it needs to survive and thrive. Once it has been fully digested, whatever that is unusable (waste) is excreted. This helps to ensure the healthy functioning of the organism. If we take this analogy and extend it to the brain, the brain’s job is to consume and digest information.
This information is taken in through the eyes and other senses and digested and stored with meaning and memories. Anything that might have strong emotional content or is highlighted as being important information is stored and used later. The brain doesn’t always get to decide what it wants to keep and what it doesn’t. Sexual images are inherently powerful and have emotional content. As such, pornography forces itself on the brain. Whether one consents or not, pornography becomes a part of the fabric of the mind.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“…the brain’s involvement in how we live…The brain is constantly changing in response to what it is being given to process. The things that we see, smell, hear, taste, touch, and experience throughout our day affect it and modify it.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Ulysses’s Will Power”

“Ulysses and his crew were on a long and dangerous journey. On the way, they sail by an island where Sirens lived. Sirens are beautiful-bodied, sweet-voiced temptresses who lure passers by with their songs. The sailors are lulled to the island and they crash their boats ashore. When they do, the Sirens destroy them.” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)

“Ulysses knows this temptation, so he has the others bind him to the mast. As they sail by, he loves the Sirens’ songs and desperately wants to go in closer. But he’s restrained. He can’t follow his urge — the overwhelming appetite. In his battle against temptation, he had won, but he wasn’t free.” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)

“From Pleasure to Pleasure”

“There are two ways to say no to sin: compulsion and repulsion. By compulsion, I mean the ability we possess to grit our teeth and
overcome the allure of sin with sheer will. It’s possible to white-
knuckle your way through the hour of temptation, at least for a time. I did for years. But God is after more than subduing our hands; he wants our hearts. That is where the second way of conquering sin comes in: repulsion.” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)


“There is no fleeing from one pleasure without also fleeing to a greater pleasure. When we find ourselves before something more desirable than whatever we’re currently chasing, we’ll let go of our former love, finding it repulsive by comparison. We’d be insane not to trade crumbs for a banquet.” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)

“This research paper therefore focuses only on pornography’s place in the field of brain communication study that identifies the laws of mental life (psychonomics), dubbed by neurobiologist Candace Pert a ‘psychosomatic communications network.’” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)
“If you’re wondering what a neuron is and why it’s on fire, here’s what that means. A neuron is a brain cell, and when brain cells get activated at the same time by something you see or hear or smell or whatever, they release chemicals that help strengthen the connection between those neurons.”

“Think of the brain as a forest where trails are worn down by hikers who walk along the same path over and over again, day after day. The exposure to pornographic images creates similar neural pathways that, over time, become more and more “well-paved” as they are repeatedly traveled with each exposure to pornography. Those neurological pathways eventually become the trail in the brain’s forest by which sexual interactions are routed. Thus, a pornography user has “unknowingly created a neurological circuit” that makes his or her default perspective toward sexual matters ruled by the norms and expectations of pornography.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

“These “brain trails” are able to be initiated and “paved” because of the plasticity of brain tissue. Norman Doidge, MD—a psychiatrist, psychoanalyst, and author of the New York Times and international bestseller, The Brain That Changes Itself—explores the impact of neuroplasticity on sexual attraction in an essay in The Social Costs of Pornography. Dr. Doidge notes that brain tissue involved with sexual preferences (i.e., what “turns us on”) is especially malleable. Thus, outside stimuli—like pornographic images—that link previously unrelated things
(e.g., physical torture and sexual arousal) can cause previously unrelated neurons within the brain to learn to “fire” in tandem so that the next time around, physical torture actually does trigger sexual arousal in the brain. This in-tandem firing of neurons creates “links” or associations that result in powerful new brain pathways that remain even after the instigating outside stimuli are taken away.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

“Dr. Hilton argues that sexual images are “unique among natural rewards” because sexual rewards, unlike food or other natural rewards, cause “persistent change in synaptic plasticity.” In other words, internet pornography does more than just spike the level of dopamine in the brain for a pleasure sensation. It literally changes the physical matter within the brain so that new neurological pathways require pornographic material in order to trigger the desired reward sensation.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

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Not only do these addictive pathways cause us to filter all sexual stimulation through the pornographic filter; they awaken craving for “more novel/pornographic content like more taboo sexual acts, child pornography, or sadomasochistic pornography.” (John Piper, “Pornography the New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)
“Each of these cues, or triggers, can now light up your reward circuit with the promise of sex ... that isn't sex. Nevertheless, nerve cells may solidify these associations with sexual arousal by sprouting new branches to strengthen connections. The more you use porn the stronger the nerve connections can become, with the result that you may ultimately need to be a voyeur, need to click to new material, need to climax to porn to get to sleep, or need to search for the perfect ending just to get the job done.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)


“Adolescents wire together experiences and arousal much faster and more easily than young adults will just a few years later. The brain actually shrinks after age 12 as billions of nerve connections are pruned and reorganized. The use-it-or-lose-it principle governs which nerve connections survive.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)

“Once our neurochemical pathways are established they are difficult or impossible to delete. Erotic images also commonly trigger the viewer’s ‘fight or flight’ sex hormones producing intense arousal states that appear to fuse the conscious state of libidinous arousal with unconscious emotions of fear, shame, anger and hostility.” (Richard Restak, (1988). The Mind, Bantam Books, New York. "Inhibition rather than excitation is the hallmark of the healthy brain. If all of the neurons in the brain were excitatory we would be unable to do something as simple as reaching out for a glass of water," p. 283) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“It often feels as if all this frantic activity creates a constant state of twitchy anxiety, as any addiction usually does. Moreover, having read a freshly published and hotly controversial book about the effect of digital media on the human mind, I may have very good reason to feel scared. Its thesis is simple enough: not only that the modern
world's relentless informational overload is killing our capacity for reflection, contemplation, and patience – but that our online habits are also altering the very structure of our brains.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)


“But here is the really important thing. Carr claims that our burgeoning understanding of how experience rewires our brain's circuits throughout our lives – a matter of what's known as ‘neuroplasticity’ – seems to point in one very worrying direction. Among the most hair-raising passages in the book is this one: ‘If, knowing what we know today about the brain's plasticity, you were to set out to invent a medium that would rewire our mental circuits as quickly and thoroughly as possible, you would probably end up designing something that looks and works a lot like the internet.’”

“Rewiring for Intimacy:”
“What I found was that it was not enough for me to just quit porn, cold-turkey. I had to be strategic about cultivating new behaviors to take it's place in my life – to fill the void – and I needed to practice healthier ways of meeting the very real needs that I thought porn was satisfying. To do this has meant re-discovering basic skills of breath, presence, and intimacy.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Rewiring as I’ve come to understand it, is the process of re-creating neural pathways in the brain, associated with actual human connection, sensation, love, and intimacy.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking
“For me, the biggest new learning has been moving out of my head and into my body. After so much time in the ‘neck-up’ world of pixelated pornographic fantasy, I’m now beginning to learn how to drop into my heart, my belly, my breath.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Not that there’s anything wrong with fantasy – fantasy can be an exciting part of authentic sexual expression. But when I realized that my fantasies were no longer connected to my body, I knew something was out of balance.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“YBOP contends that watching too much onanistic material in adolescence affects the brain in multiple ways. "Porn trains your brain to need everything associated with porn to get aroused," Wilson says. That includes not only the content but also the delivery method. Because porn videos are limitless, free and fast, users can click to a whole new scene or genre as soon as their arousal ebbs and thereby, says Wilson, "condition their arousal patterns to ongoing, ever changing novelty." [a spouse becomes boring…J.D.M] (Belinda Luscombe, March 31, 2016, Time, “Porn and the Threat to Virility”, http://time.com/4277510/porn-and-the-threat-to-virility/)

“Internet Pornography is the new crack cocaine, leading to addiction, misogyny, pedophilia, boob jobs and erectile dysfunction, according to clinicians and researchers testifying before a Senate committee Thursday.”

“Witnesses before the Senate Commerce Committee’s Science, Technology and Space Subcommittee spared no superlative in their description of the negative effects of pornography.”

“Mary Anne Layden, co-director of the Sexual Trauma and Psychopathology Program at the University of Pennsylvania’s Center for
Cognitive Therapy, called porn the ‘most concerning thing to psychological health that I know of existing today.”

“'The internet is a perfect drug delivery system because you are anonymous, aroused and have role models for these behaviors,’ Layden said. ‘To have drug pumped into your house 24/7, free/and children know how to use it better than grown-ups know how to use it – it’s a perfect delivery system if we want to have a whole generation of young addicts who will never have the drug out of their mind.’”

“Pornography addicts have a more difficult time recovering from their addiction than cocaine addicts, since coke users can get the drug out of their system, but pornographic images stay in the brain forever, Layden said.”

“Jeffrey Satinover, a psychiatrist and advisor to the National Association for Research and Therapy of Homosexuality echoed Layden’s concern about the internet and the somatic effects of pornography.”

“Pornography really does, unlike other addictions, biologically cause direct release of the most perfect addictive substance, Satinover said. That is, it causes masturbation, which causes release of the naturally occurring opioids. It does what heroin can’t do, in effect.”

“The internet is dangerous because it removes the inefficiency in the delivery of pornography, making porn much more ubiquitous than in the days when guys in trench coats would sell nudie postcards, Satinover said.”

“Sen. Sam Brownback (R-Kansas), the subcommittee’s chairman, called the hearing the most disturbing one he’d ever seen in the Senate. Brownback said porn was ubiquitous now, compared to when he was growing up and some guy would sneak a magazine in somewhere and show some of us, but you had to find him at the right time.”

“The hearing came just days after a controversy over a sexually suggestive Monday Night Football ad that has many foreseeing a crackdown on indecency by the Federal Communications Commission.”

“It is unclear what the consequences of Thursday’s hearing will be since it was not connected to any pending or proposed legislation.”
“Brownback, a conservative Christian, is also scheduled to be rotated off the sub-committee in the next session.”

“When Brownback asked the panelists for suggestions about what should be done, the responses were mild, considering their earlier indictment of pornography. Several suggested that federal money be allocated to fund brain-mapping studies into the physical effects of pornography.”

“Judith Reisman of the California Protective Parents Association suggested that more study of ‘erototoxins’ could show how pornography is not speech-protected under the First Amendment.”

“The panelists all agreed that the government should fund health campaigns to educate the public about the dangers of pornography. The campaign should combat the messages of pornography by putting signs on buses saying sex with children is not OK, said Layden.”

“However, as the panelists themselves acknowledged, there is no consensus among mental health professionals about the dangers of porn or the use of the term ‘pornography addiction.’”

“Many psychologists and most sexologists find the concepts of sex and pornography addiction problematic, said Carol Queen, staff sexologist for the San Francisco-based, woman-owned Good Vibrations.”

“Queen questioned the validity of the panel for not including anyone who thinks ‘pornography is not particularly problematic in most people’s lives.’”

“Queen acknowledges she can name people who have compulsive and destructive behavior centered on pornography, but argues that can happen with other activities, such as gambling and shopping.”

“Queen also criticized the methodology behind research showing that pornography stimulates the brain like drugs do, saying the research needs to take into account how sex itself stimulates the brain.”

“There’s no doubt the brain lights up when sexually aroused, Queen said.”

“Queen too would like to see more money devoted to research on sex, but thinks it is unlikely that researchers on either side of the divide are likely to receive large grants any time soon.”

“Studies intended to show the harmful effects of pornography must contend with ethical rules prohibiting harm to human subjects, while sex
researchers have a hard time getting any funding, unless their study is specifically HIV-related, according to Queen.”


“When you’re in flow, it’s like you have superhuman abilities. Athletes call it being ‘in the zone,’ when you seem to do everything right. Your focus is intense. Your memory is phenomenal. Years later, you’ll still recall exact words of the conversation or details of what you read.” (“How Porn Affects the Brain”, Fight the New Drug, August, 2017, https://fightthenewdrug.org/)

“Now imagine someone sitting in front of the computer at 3:00 in the morning, looking at porn. That person is so absorbed in his or her porn trance that nothing else can compete for the consumer’s attention, not even sleep. This person is in the ideal condition for forming neuronal pathways, and that’s what they are doing. Clicking from page to page in search of the perfect image, not realizing that every image seen is reinforcing the pathways the consumer is forging in his or her brain. By now, those images are burned so deeply into their mind that they will remember them for a long time to come, maybe the entirety of their life.” (“How Porn Affects the Brain”, Fight the New Drug, August, 2017, https://fightthenewdrug.org/)

Josh McDowell Ministry 2018

Basically, the DeltaFosB is saying, ‘This feels good. Let’s be sure to remember it so we can do it again.’” (“How Porn Affects the Brain”, Fight the New Drug, August, 2017, https://fightthenewdrug.org/)


“The good news is, neuroplasticity works both ways. If porn pathways aren’t reinforced, they’ll eventually disappear, so the same brain mechanisms that lay down pathways for porn can replace them with something else. (Doidge, N. (2007). The Brain That Changes Itself. (Xiiv-Xiv) New York: Penguin Books; Kolb, B., Gibb, R., & Robinson, T.E. (2003). Brain Plasticity And Behavior, Current Directions In Psychological Science, 12(1) 1-5.) If the time has come for you or someone you love to begin that healing process, learn more about how to get help.” (“How Porn Affects the Brain”, Fight the New Drug, August, 2017, https://fightthenewdrug.org/)


“For a smoker, a cue may be the smell of cigarette smoke. An alcoholic may develop pathways triggered by the sight of a bottle or the voice of a drinking buddy. Cues can be anything the brain associates with the experience. For a porn consumer, it may be the memory of a porn scene or a place or time of day he or she can be alone with the internet. For an addict, the whole world starts to seem like a collection of cues and triggers leading them back to their addiction. (Volkow, N. D., Koob, G. F., & McLellan, A. T. (2016). Neurobiological Advances From The Brain Disease Model Of Addiction. New England Journal Of Medicine, 374, 363-371. Doi:10.1056/NEJma1511480; See Also Doidge, N. (2007). The Brain That Changes Itself. New York: Penguin Books, (104). (Describing How, For Porn Addicts, Their Fantasies Overshadow Their Actual Sexual Lives, Leaving Them “Increasingly Dominated By The Scenarios That They Had, So To Speak, Downloaded Into Their Brains.”)) Gradually, the porn pathways become sensitized, meaning they are easily triggered by the cues that are all around. (Berridge, K. C., & Robinson, T. E. (2016). Liking, Wanting, And The Incentive-

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“How Porn Damages Consumers’ Sex Lives”

“When you have a sexual experience that feels good, your brain starts creating new pathways to connect what you’re doing to the pleasure you’re feeling. A Essentially, your brain is redrawing the sexual part of your map so you’ll be able to come back later and repeat the experience.” B

“But here’s the catch: brain maps operate on a “use it or lose it” principle. C Just like a hiking trail will start to grow over if it’s not getting walked on, brain pathways that don’t get traffic become weaker and can even be completely replaced by stronger pathways that get more use.”

“As you might expect, consuming porn is a very powerful experience that leaves a strong and lasting impression in the brain. (See How Porn Changes The Brain.) Every time someone consumes porn—especially if they heighten the experience by masturbating—the part of the brain map that connects arousal to porn is being strengthened. D Meanwhile, the pathways connecting arousal to things like seeing, touching, or cuddling
with a partner aren’t getting used. Pretty soon, natural turn-ons aren’t enough, and many porn consumers find they can’t get aroused by anything but porn.”

“Young people imitate what they see in porn, and when teens learn about sexuality from porn, they are in danger of adopting the misleading, harmful biases embedded there. Many teens never have the chance to learn what a healthy relationship is like before porn starts teaching them its version—which is typically filled with domination, infidelity, abuse, and violence. Since most people aren’t too excited about entering a relationship with someone who has attitudes like that, teens who get their sex ed from porn often find that they struggle to connect with real romantic partners.”

“Fortunately, the brain is a resilient organ. The sexual dysfunction caused by porn can be reversed, and a brain map can be rewired to work well again once porn is out of the picture.”


#7 DRUGS AND PORN RESPONSES

“Again, it is argued in the body of this paper that sexual arousal, however it is prompted, elicits an intoxicating cocktail of endogenously produced drugs that are merely mimicked by exogenous ‘street drugs.’ Moreover, as addressed further on, as such polydrug ‘highs’ are repeatedly practiced in viewing pornographic stimuli (seen in national television advertisements such as Victoria Secret, Calvin Klein, etc.,) millions of vulnerable ‘normal subjects’ of all ages and both genders are covertly programmed into sexual dysfunctions.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Researchers at Harvard Medical School and Massachusetts General Hospital in Boston found that the male response to a pretty woman ‘turns on’ the same reward circuitry deep in the brain, as does cocaine, chocolate or money.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Like the Neuron researchers, Childress and others, neuropsychiatrist, Daniel Amen in Change Your Brain, Change Your Life, made a similar, independent connection between the arousal state of those experiencing ‘intense love’ and persons consuming cocaine. The data suggest that intense ‘sexual arousal’ provokes more brain chaos then does ‘intense love.’ Writes Amen:” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“[T]he basal ganglia are likely involved in the pleasure control loops of the brain. One brain-imaging study...looked at where cocaine and Ritalin work in the brain. Both were taken up mostly by the basal ganglia....Dr. Volkow’s group postulated that activation of the basal ganglia by cocaine perpetuates the compulsive desire for the drug.” (Daniel G. Amen, Change Your Brain, Change Your Life, Times Books, New York, 1998, “Images Into the Mind: SPECT is a sophisticated nuclear medicine mechanism that "looks" directly at cerebral blood flow and indirectly at brain activity (or metabolism). "A radioactive isotope is bound to a substance that is readily taken up by the cells in the brain...A supercomputer then reconstructs off line images of brain activity levels. The elegant brain snapshots that result offer us a sophisticated blood flow/metabolism brain map. With these maps, physicians have been able to identify certain patterns of brain activity that correlate with psychiatric and neurological illnesses. SPECT studies belong to a branch of medicine called nuclear medicine. SPECT studies actually show which parts of the brain are activated when we concentrate, laugh, sing, cry, visualize, or perform other functions....The 3-D active brain image compares average brain activity to the hottest 15 percent of activity. These images are helpful for picking up areas of overactivity...[versus] average activity everywhere else. 86.) (Judith A. Reisman, PhD, DRAFT -
“Intense romantic love can also have a cocaine like effect on the brain, robustly releasing dopamine in the basal ganglia. Love has real physical effects...[like] a drug high...To my amazement, [Bill-in-love’s] brain looked as if he had just taken a lot of cocaine. The activity in both the right and left basal ganglia was very intense, almost to the point of resembling seizure activity.” (Daniel G. Amen, *Change Your Brain, Change Your Life*, Times Books, New York, 1998, “Images Into the Mind: SPECT is a sophisticated nuclear medicine mechanism that "looks" directly at cerebral blood flow and indirectly at brain activity (or metabolism). “A radioactive isotope is bound to a substance that is readily taken up by the cells in the brain...A supercomputer then reconstructs off line images of brain activity levels. The elegant brain snapshots that result offer us a sophisticated blood flow/metabolism brain map. With these maps, physicians have been able to identify certain patterns of brain activity that correlate with psychiatric and neurological illnesses. SPECT studies belong to a branch of medicine called nuclear medicine. SPECT studies actually show which parts of the brain are activated when we concentrate, laugh, sing, cry, visualize, or perform other functions....The 3-D active brain image compares average brain activity to the hottest 15 percent of activity. These images are helpful for picking up areas of overactivity...[versus] average activity everywhere else. 14-18.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Amen’s conclusion is that ‘Love has real effects on the brain, as powerful as addictive drugs.’ If so, then what effects would ersatz love (anxiety provoking pornographically induced sexual lust) have upon the brain, mind and memory? Adds Amen, as in love:” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)


“DOES PORN IMPACT THE BRAIN”

“MRI scans of the brain show similarities between the brains of heavy porn users and drug addicts or alcoholics.” (Matt Fradd, “Does Porn Impact the Brain”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)

“Cambridge Neuropsychiatrist Valerie Voon says her research demonstrates that the brains of habitual porn users show great similarity to the brains of alcoholics. A brain structure called the ventral striatum plays a significant role in the reward system and pleasure pathways of the brain. This part of the brain ‘lights up’ on a brain scan when an alcoholic sees a picture of a drink. Likewise, those who believe they are addicted to porn show similar brain activity when shown a pornographic image.” (Luke Gilkerson, “Porn Addiction is a Myth: The Debate Continues”, Covenant Eyes, September 26, 2014, http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/)

“As the brain is hard-wired to believe in a millisecond what the eyes see, the brain … the effects of sexually graphic images on public thought and conduct.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“affects the brain chemically and physically in a manner similar to that of illegal chemical substances.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

“Cocaine is considered a stimulant that increases dopamine levels in the brain. Dopamine is the primary neurotransmitter that most addictive substances release, as it causes a “high” and a subsequent craving for a repetition of the high, rather than a subsequent feeling of satisfaction by way of endorphins. Heroin, on the other hand, is an opiate, which has a relaxing effect. Both drugs trigger chemical tolerance, which requires higher quantities of the drug to be used each time to achieve the same intensity of effect.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

“It is as though we have devised a form of heroin – usable in the privacy of one’s own home and injected directly to the brain through the eyes,” says Dr. Jeffrey Satinover of Princeton University, describing porn’s effect to a U.S. Senate committee.” (“Fighting the New Drug: Pornography”, First Things, Accessed September 26, 2017, http://firstthings.org/fighting-the-new-drug-pornography/)
“It probably doesn’t come as much of a shock to people that using drugs can damage the brain. Studies have shown that those addicted to meth or cocaine show volume loss, or shrinkage, in different areas of the brain—in particular, the frontal control regions.” (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)

“What neuroscientists are now finding, however, is that process or ‘natural’ addictions work the same way. MRI scans of the brain show similarities between the brains of heavy porn users and drug addicts or alcoholics. In this video I give a run-down of the hormones and neurotransmitters triggered while watching pornography.” (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)

“Cambridge Neuropsychiatrist Valerie Voon was featured last year in the UK documentary Porn on the Brain. Her research demonstrates that the brains of habitual porn users show great similarity to the brains of alcoholics. A brain structure called the ventral striatum plays a significant role in the reward system of the brain—the pleasure pathways. It is the same part of the brain that ‘lights up’ when an alcoholic sees a picture of a drink.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/)  

“A few studies have explored connections between drug and porn addiction, suggesting that the same parts of the brain are involved in both compulsive drug and porn use. A study by the University of Cambridge published last year suggested that a porn addict’s brain looks similar to a drug addict’s brain. It assessed 19 men with ‘compulsive sexual behavior’ and 19 men without, monitoring brain function of both groups while they looked at short videos with either sexually explicit content or sports. The study found that three drug-related regions in the brain were more active in those with a compulsive penchant for porn.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)  

“It is a proven fact that porn affects the brain the exact same way as other addictive drugs. Educate yourself on the matter.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)  

“Rothbart talked to a behavioral therapist named Andrea Kuszewski who explained that when people have orgasms, their brains release a potent
mixture of dopamine and oxytocin, the two chemicals responsible for pleasure (and addiction), and emotional bonding, respectively. Studies have shown that the dopamine rush acts like a drug, leading porn users to crave their next fix. But the oxytocin gives them a powerful emotional bond to the source of the increased flow. Normally, that’s another human being. But for porn users, Kuszewski told Rothbart, it’s the porn itself. ‘You’re bonding with it,’ she said.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life)

“How Porn Affects the Brain Like A Drug”

“Studies have shown that porn stimulates the same areas of the brain as addictive drugs, making the brain release the same chemicals.”

“Your brain is hardwired.”

“They give the brain a ‘false signal.’ [5] Since the brain can’t tell the difference between the drugs and a real, healthy reward, it goes ahead and activates the reward center. [6]”

#8 PORN POWERFUL INFLUENCES

“Should pornographic psychopharmacology dominate the limbic system’s responses in love, pain, pleasure and memory, such feelings would give the pornographic drug the emotional centers, immense power to influence the functioning of the rest of the brain—‘including its centers for thought.’ Indeed, the ‘[c]onnections between the limbic system and the cerebrum [that] permit an interplay between reason and emotion’ can be ‘easily upset.’” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 11-12.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)


4. “Decreased sensitivity to aversion”

“Having spent Friday night playing ‘World of Warcraft’ until 4AM, while washing down eight slices of pizza and a bag of Dorritos with a six-pack of Mountain Dew, our hero is ready to do it all again come Saturday night. Research shows that teens are less deterred by symptoms of excess. Aversion is a reward-circuitry function, and teens can handle more wattage before their circuits overload.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“Ever wonder why Slasher + Teens (sex)² = Summer Box-Office Hit? It all comes down to the marvels of the brain. No wonder porn images that adults find shocking, ‘eeeew,’ or violent, register as abnormally exciting to teens. Also keep in mind that teens are less able to take other people’s feelings into account (even bad actors).” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“When I was 14/15 I encountered [transsexual] porn while surfing the Internet. I still remember the graphic nature of the advert. Something just snapped in my pubescent brain. All the straight and lesbian porn I had watched for several years seemed ordinary. My heart started racing. My head was thumping, and the fear of
getting caught...not just watching porn, but watching what some could consider not exactly 100% straight porn...made it all the more memorable. I remember crying after I finished. I didn't know what came over me. I was so terrified I wanted to curl up into a ball in my bedroom. But I didn't stop watching it. I was still attracted to girls, but with the [transexual] porn, I could orgasm quicker.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“Same problem with asking them about porn's effects on mood. Users always ‘feel better’ when using, even if the more they use, the worse they feel overall. So why would porn be seen as the problem? Moreover, when users try to quit, they sometimes face weeks of severe withdrawal symptoms, so controlling use can be mistaken for the problem instead of the solution.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“Fact is, most heavy users who are going to hit a wall from excess, don't do so until their twenties—just about the time their reward circuitry has curtailed its hypersensitivity. For example, by adulthood, dopamine receptors in the reward circuitry gradually decrease by a third or a half. Now, thrills aren't as thrilling, and the consequences of excess are more disconcerting. Once nature's foot is off the reward accelerator, it's time for a hunter-gatherer to settle down and raise some youngins.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“The prefrontal cortex is the region of the brain associated with decision making and willpower. This means that heavy porn users are also more likely to have a compulsive relationship with porn.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/)

“PLAYBOY: You'd rather jerk off to an ex-girlfriend than meet someone new? MAYER: Yeah.... Internet pornography has absolutely changed my generation's expectations. How could you be constantly synthesizing an orgasm based on dozens of shots? You're looking for the one ... out of 100 you swear is going to be the one you finish to, and you still don't finish. Twenty seconds ago you thought that photo was the hottest thing you ever saw, but you throw it back and continue your shot hunt and continue to

“This is how food and sex, which throughout evolution have generally contributed to our well-being and led naturally to warm feelings of satiety, morph into drug-like and addictive superstimuli that don't. When we plunge in, we fall for enticements that are not especially valuable, and sometimes risky. Not only can they steal our attention from soothing connections with real people (and nutritional food), they can actually hook us.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“Here's the key point: Most people don't abuse substances because they haven't tried them, don't get much of a buzz, or find the effects aversive. But who doesn't like sweets or sexual arousal? And who doesn't like an especially tempting treat or hyper-arousing visual—especially if his brain's pleasure response is numb from over-stimulation? Our brains are more vulnerable than we currently believe.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine", Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“Porn Affects Your Behavior

“That’s why the types of behaviors we link our pleasure response to tend to become habits and stick around.” (“Porn Affects Your Behavior”, Fight the new Drug, August 8, 2014, http://fightthenewdrug.org/porn-affects-your-behavior/#sthash.8intUAKv.dpbs)


“One study found that people exposed to significant amounts of porn thought things like sex with animals and violent sex were twice as common as what those not exposed to porn thought.” (Zillmann, D., and Bryant, J. (1984). Effects of Massive Exposure to Pornography. In N. M. Malamuth and E. Donnerstein (Eds.) Pornography and Sexual Aggression. New York: Academic Press,) (“Porn Affects Your Behavior", Fight the new Drug, August 8, 2014, http://fightthenewdrug.org/porn-affects-your-behavior/#sthash.8intUAKv.dpbs)

“There are few things in the world that can grab someone’s attention like the naked human body, and fewer still than naked bodies engaged in an intimate sexual act.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“From time to time, brain scientists confirm something that we seem to know intuitively. The question, ‘Do men like looking at porn?’ would seem to be one that common sense and straightforward observation would be sufficient to answer. If, however, one felt the need to actually prove it with brain imaging technology such as a multimillion dollar fMRI machine, then one can rest assured that there is actual scientific data to make this claim. In a small number of studies where people have had their brains imaged while viewing sexually explicit material, the effects on sexual response have been observed, resulting in several interesting findings.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Viewing pornography does not just activate circuits; it generates feelings intended for sexual longing, desire, love, and romance…the hormones the body and the brain produce in response to sexual arousal and sexual activity.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“It provides a false, or counterfeit, way of feeling the need for intimacy.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“The regular consumer of porn will begin to find that he fantasizes throughout the day about sex. Each woman he sees will be seen through a pornographic lens. People become an object of consumption or a competitor against whom they compare
“...people are pieces of meat for our consuming pleasure and entertainment...the objectification and commoditization of people will seep into other parts of the viewer’s mind. It will affect the way he views people when he is not watching porn...he fantasizes throughout the day about sex. Each woman he sees will be seen through a pornographic lens...they will be evaluated as to their stimulating ability. It should come as no surprise that that these consequences can destroy a marriage, family, ministry, or career. While it offers the promise of intimacy and connection, pornography only delivers isolation, disconnectedness, and depravity.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain)
“In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption”. (Knudsen SV, Mårtenson LL, Månsson S-A. Generation P? Aarhus, Denmark: Aarhus Universitetsforlag; 2007)


“Individuals with lower striatum volume may need more external stimulation to experience pleasure and might therefore experience pornography consumption as more rewarding, which may in turn lead to higher PHs.” (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)


“It should come as no surprise that many men who can’t remember what they had for breakfast last week can still remember the image of the first Playboy centerfold that they ever saw. Norepinephrine serves to help store these memories and get these images stuck in the brain because, presumably, they were memories that were important to be stored.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“As Jay Phelan, UCLA biology professor and co-author of Mean Genes: From Sex to Money to Food, Taming Our Primal Instincts observed, the real cause is changed environment:”
“All excessive stimulations of the reward circuitry of the brain that are not tied to the behaviors for which the circuitry originally evolved are problematic. While this has become appreciated for drug addiction such as cocaine (and for issues relating to food), it is not yet appreciated for porn.”

“We need to understand who we are as a species and why we have self-control problems. Like crack and Krispy Kreme donuts, Internet porn is another manifestation of "mismatch," the phenomenon of our modern world deviating from the world to which we became adapted over evolutionary time.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)


“How Pornography Addiction Affects the Teenage Brain”

“Visual turnoff”

“Problem or not?”

“Even though scientists are beginning to tease out the effects of porn on the brain, there’s still a lot they don’t understand, in particular about the long-term effect porn has on young viewers, Plaud said.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“5 Ways Porn Affects the Brain”

“The incredible shrinking brain”

“The Psychopharmacology Of Pornography: A ‘Clear And Present Danger’”
“…focuses on how the brain processes images—decodable by children and illiterates alike. New brain imaging and mapping technologies provide photographic neurological evidence that visual pornography exerts a ‘law of strength’ in which the brain commonly processes a stronger over a weaker stimulus. ‘The law of strength’ would explain the significant power of real, pseudo, or virtual pictorial pornography over…” (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

“As the brain is hard-wired to believe in a millisecond what the eyes see, the brain … the effects of sexually graphic images on public thought and conduct.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“What we’re saying here is that an event which lasts half a second within five to ten minutes has produced a structural change that is in some ways as profound as the structural changes one sees in [brain] damage.” (Neuroscientist, Dr. Gary Lynch, University of California at Irvine, discussing the brain’s processing of sensory communication. In, the award winning program series The Brain: Learning and Memory, The Annenberg/CPB Collection, WNET, 1984) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“This research paper therefore focuses only on pornography’s place in the field of brain communication study that identifies the laws of mental life (psychonomics), dubbed by neurobiologist Candace Pert a ‘psychosomatic communications network.’” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Although most of the Mapplethorpe jury felt the selected Museum photographs were obscene, these average citizens ruled the images of urinary, rectal and graphic child sex exposure not ‘obscene.’ For, in numerous media interviews jury members reported they believed the art ‘experts’ claims that the five photographs were harmless, cutting-edge ‘art’ and thereby protected by the First Amendment.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Medicine.Net.com reports that ‘Post Traumatic Stress Disorder’ (PTSD) in teenagers and children reveal that over 40% have endured at least one traumatic event, resulting in the development of PTSD....Up to 100% of children who have….endured sexual assault or abuse tend to develop PTSD.’ (http://www.medicinenet.com/posttraumatic_stress_disorder/article.htm,
June 26, 2008.) Neuroscientists agree, ‘memories are stored in the amygdala as rough, wordless blueprints for emotional life. (Goleman, in Consciousness, Brain, States of Awareness, and Mysticism. ibid., at 22.) In his schematic (left) child trauma specialist, Bruce Perry, M.D., Ph.D., notes that child sexual abuse sets off alarm mechanisms in children that further compromise a child victim’s already immature cognitive and emotional development. It follows then from the data that a molested child, innocently browsing Spencer’s pornography, penises, picture books of sex positions, whips and handcuffs, etc., would often subconsciously re-experience the toxic ‘alarm’ that relives the original or ongoing ‘traumatic event’” (JAR) (Image and text taken from the National Institute of Mental Health No, 01-4929 at The Brain exhibit at the Smithsonian, December 29, 2001, co-sponsored by the NIMH and the Smithsonian. Of the millions of Spencer’s child employees and/or customers, roughly 25% of girls and 16% of boys enter and/or work in the store carrying a subconscious or conscious sexual abuse memory. In 1986 the American Medical Association reported one in four girls, and one in eight boys as sexually abused before the age of 18. Two years later, The Handbook on Sexual Abuse of Children, reported one in four girls, and one in six boys sexually abused by age 18.13 The National Institute of Health repeats that children’s brains are not firm. “Viewing emotional images…teens… activated the amygdala, a brain center that mediates fear and other “gut” reactions, more than the frontal lobe [rational, cognitive].”)
#9 PORN TRIGGERS

“SEX ADDICTION RECOVERY: AVOIDING SEXUAL TRIGGERS”

“The Internet is the number one stumbling block for almost all the people struggling with sexual sin. It’s not prostitutes, affairs, or adult bookstores—it’s the Internet.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“Few seem to understand the importance of an Internet filter. However, without it, you constantly open the door to temptation and self-sabotage. You don’t defeat sexual sin by opening up an adult bookstore in your home. Imagine an alcoholic who has a bar in his living room. Do you really think that’s going to work? For many of you, having access to the Internet is the exact equivalent.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“How Sexual Triggers Work”

“Unfiltered Internet means triggers. One thing you need to understand is every time you kick-start a biochemical response by looking at porn or staring at a woman, you’ve just flooded your body and mind with arousal chemicals (like turning on a lamp floods a house with light).” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“In other words, you’ve just kick-started your addict brain. You’re now fighting chemical cravings, neural ruts in your brain, and your basic sinful nature. This is classic self-sabotage. You have put yourself in a no-win situation where the only likely outcome is sin.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)


“Pavlov’s Porn: Finding Your Triggers”
“A trigger stimulates you to act, feel, and/or think a certain way. Remember Pavlov’s dogs? Scientists rang a bell when they gave dogs food; they soon figured out that just ringing the bell, even without food present, made the dogs salivate (the technical term is ‘conditioning’). The dogs had been conditioned to associate the noise of the bell with the pleasure of eating food.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“We have ‘conditioned’ ourselves to associate pornography with pleasure. The good news is that such conditioning is entirely reversible. It takes time and energy (just like it took to form the conditioning), but anyone can do it.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“Triggers, then, are whatever makes you salivate. For those dealing with sexual addiction, this means porn. These pictures create a physical arousal, a chemical reaction in the brain, and a longing in the spirit. This stimulus will often lead to masturbation; the orgasm is the reward for the stimulus.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“External triggers are the stimuli around you: pictures, billboards, bars, clubs, commercials, computers, Internet, other people, movies, and so on. Internal triggers are the stimuli inside of you: normally your own thoughts and emotions. Fantasy, loneliness, boredom, anger, fear, memories, hunger, past trauma, and so on, can all trigger a person towards certain behavior. You must learn what triggers you specifically and go through a methodical process of dealing with each trigger.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“What Is Most Important To You?”

“The good news is that there are a variety of options for dealing with the Internet. Filters have improved dramatically. You can even have a list of all the websites you visit e-mailed to someone (I recommend putting your mother on the list; that will kill your Internet wandering quickly!). You can also allow only the websites you need to access.”
“Here’s the bottom line: it will take you some deliberate work to use the Internet and stay pure. If you cannot figure out how to stay pure with the Internet, then guess what? The Internet will have to go, plain and simple.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell’ (Matthew 5:29-30).” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“Internet access is a luxury. If it causes you to sin, either get a foolproof plan or get rid of it entirely!” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“During the initial stages of recovery, the primary reason men I personally counsel do not achieve consistent purity is failure to remove access to porn through the Internet. Ignorance of what your triggers are will result in living life going from relapse to relapse. However, once you start to pay attention to your triggers and shut down access to them, you will find it much easier to avoid relapse.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“Obviously this is only one factor to achieving consistent purity, but it is vital! The men and women who are willing to pay the price to shut down access to their triggers are the ones who achieve consistent purity. Which is more important, unfiltered Internet access or freedom from sexual sin?” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, http://www.covenanteyes.com/2013/09/27/tim-davis-post/)

“Science provides additional support for pornographic autoerotism as a brain change agent that activates endogenous drug production at the cellular level via normal and abnormal environmental sexual cues. Such cues would include but not be limited to a sexy night gown, an “oral sex” cue in a food advert, a “Raggedy Anne doll” associated with a pornographic
pseudo-child sex cue or just a child riding a bicycle, a girl eating an ice cream cone, etc. The following supportive findings come from many memory researchers, including Steven Hyman, director of the National Institute of Mental Health in Bethesda, Maryland.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

“These cues ‘can goad an individual to drug seeking in the absence of conscious awareness,’ says Robinson. While briefly addressing ‘sexual addictions,’ both Science and the brain research barely touch on our glut of daily sexual trigger sights and their associated sadosexual memories. Such triggers would document media’s role in pandemic child sexual abuse and sexual crimes in general. The proliferation of pornographic cues in adverts, films, books, magazines, television shows and such overwhelm any social costs from the drug, alcohol, gambling, eating or shopping addictions researchers report on in Science. The human and economic costs of the mass media as environmentally breeding sadosexual predators should have long elicited governmental attention and investment. As one of the few formerly state-funded pornography researchers, this author can state that the contrary has been the case.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)


“When I'm with a girl, I'll wish I was watching pornography, because I'll never get rejected,’ he explained. The brains of young men are actually becoming ‘digitally rewired’ by these new pastimes.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)
#10 SOLUTIONS TO CHANGE THE BRAIN

“RESTRUCTURING THE IMMATURE BRAIN”

HIJACKING BACK YOUR BRAIN FROM PORN

Last week I wrote about the physiological dimension of addiction to pornography. New brain research suggests it is as strong as addiction to cocaine and heroin because of its unique combination of stimulant and opiate. Pornography lays down real physiological paths in the brain. All sexual experience tends to migrate to these paths. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

I concluded that none of this brain research takes God by surprise. He designed the interplay between the brain and the soul. Discoveries of the connections between physical and spiritual reality do not nullify either. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Don’t Be Part of Abolishing Man

So don’t let this new brain research make you think of yourself as mere flesh and chemicals. This is the great myth of the modern world — what C.S. Lewis called the abolition of man. This is the theory that human thought is nothing but movement in the brain. It is a theory developed to destroy itself. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

There will always be evidence, and every month fresh evidence, to show that religion is only psychological, justice only self-protection, politics only economics, love only lust, and thought itself only cerebral biochemistry. (“Transposition,” in *The Weight of Glory*, 114–115) (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

But Lewis saw that nobody really acts as though they believe this. They are playing a language game. He illustrates this with the relationship between thought and brains: (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

We are certain that, in this life at any rate, thought is intimately connected with the brain. The theory that thought therefore is merely a movement in the brain is, in my opinion, nonsense; for if so, that theory itself would be merely a movement, an event among atoms, which may have speed and direction but of which it would be meaningless to use the words “true” or "false." (“Transposition,” 103) (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Lewis is not playing counter-games here. He is blood-earnest that the abolisher of man are refusing to see that they claim to make meaningful statements while destroying meaning. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

**Take the Mind-Body Connection by the Horns**

Meaning is rooted in supra-material truth. You are not mere matter and energy. You are an embodied soul who will live forever in heaven or in hell, created in the image of God, unlike mere animals, and, as a Christian, bought with the blood of the Son of God, and indwelt by the very Spirit of God himself. These are stupendous realities — greater realities than endorphins and dopamine. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)
God wove together physical nerves and supra-physical spiritual affections — desire, fear, joy, anger, pity, admiration, trust, cherishing, love. Instead of letting this connection discourage you, take it by the horns and make it serve your holiness. This is what the Bible calls you to do. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Don’t think the Bible is silent on this all-important question of mind and body — thinking and brains, affections and chemicals. God made these connections between physical and supra-physical, and God has wisdom for living in them.

Consider these four hope-filled observations.

1. Deep Renewal, Including Your Brain

Brain research is an infant science, publishing its first baby steps. They have scarcely begun to even name the mysteries of how truth and beauty is mediated through language, and then enters the mind as thought, and then is transposed into corresponding chemical processes.

Therefore, we should take hold of this amazing connection and claim what the Bible claims: Beholding the glory of the Lord, we are being changed (2 Corinthians 3:18). Of course seeing nudes changes the brain. But why should we think that seeing the glory of Christ exerts a weaker change? If brain paths pervert our affections and our behavior, do not make the wild mistake of assuming sanctification can only make weaker paths.

Paul calls you to “be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness” (Ephesians 4:23–24). Watch out, lest you assume that the renewal of the spirit of your mind leaves no trace in the paths of the brain. It does.
Paul says, “Put on the new self, which is being renewed in knowledge after the image of its creator” (Colossians 3:10). If the seeing of internet nakedness creates new paths in the brain, how much more the seeing of Christ — the spiritual sight of “the gospel of the glory of Christ, who is the image of God” (2 Corinthians 4:4). We are not left to create new brains for ourselves: “we are his workmanship, created in Christ Jesus” (Ephesians 2:10). Do not be cowed by brain research. God made the brain and wrote the Book.

2. Bloody Christ, Bad Odors, and Bears

Moreover, we know from experience that we are not slaves of these powerful pornographic changes in our brains. I do not minimize them. Judging by the ongoing effects, even in my sixties, of my teenage tomfoolery, I have tasted the amazing staying power of old sinful patterns. But we are not horses or mules that can only be curbed with bit and bridle (Psalm 32:9). (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

You know this. If you were in the grip of great sexual desire for pornography, and Jesus himself stood before you in your room, blood splattered, hands trembling with pain, eyes brimming with love, breathing heavily like a dying man, you know — yes, you know — you would have power in that moment to not look at the pornography as Jesus stood there. You are not enslaved. The well-beaten neural paths in your brain would not win. They are not God. They do not have the last say. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Or just at the physical level, you know from experience that a mere smell — say of human feces, or rancid garbage, or your own armpit can knock the sexual drive right out of your groin. What does that mean? It means those neural paths are not final. They can be trumped. You are not a mere victim. (John Piper, “Hijacking Back Your Brain
Or consider this. You are about to commit fornication in a tent in the woods. You never dreamed it would come to this, but now the tidal wave of desire has simply conquered you. Or has it? What if, in the moment of hottest passion, before entry, you heard the sound of a grizzly bear, and saw silhouetted on the tent his mammoth size, would you be the slave of lust? Or would not fear utterly triumph over those chemicals? (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Beware of thinking you are a victim of the euphoric effect of dopamine and endorphins. You are not. God has ways of revealing his bloody Christ, and staggering you with odors and bears to rescue you for himself. He will stoop to this for love’s sake. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

3. Satan, Sex, and Chemicals

Supra-chemical emotions — spiritual affections — are transposed into corresponding physical responses in the brain. That means you can fight physical fire with spiritual fire. And it works the other way as well. God ordains that we fight for spiritual fruit by wielding physiological weapons with spiritual hands. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Have you ever considered the stunning implications of Paul’s Satan-defeating sexual counsel in 1 Corinthians 7:5? Be careful, single people. You are likely to jump to the conclusion that this is either irrelevant for you, or bad news. It’s not. Paul says to husbands and wives, (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)
Do not deprive one another [of sexual relations], except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

This implies that Paul intends for Christian couples to fight against the supernatural power of Satan by having sufficiently frequent sexual relations. To put the point physiologically: There are brain chemicals that increase desire for sex as the length of abstinence increases. The power of those chemicals decreases after orgasm. Therefore, Paul says, make use of that physiological reality in marriage to reduce your vulnerability to Satan’s temptation to adultery and pornography.

Of course, this is not the only or the main weapon in our arsenal. But it is one. And it illustrates the validity of using physiological weapons against physiological foes. Single people may rightly say, I don’t have that particular marriage weapon in my arsenal. That’s right. And I admire you for saying it. But embrace the principle as it applies to you. There are physiological realities that you know affect your vulnerability to temptation. Use them to make war. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

4. The Holy Spirit, Sleep, and Self-Control


It is a fruit of the Spirit (Galatians 5:23), but not “rather than” a fruit of other forces. The Spirit’s way of producing his fruit often includes very natural means. For example, another fruit of the Spirit is patience (Galatians 5:22). But who of us would deny that our patience rises
and falls with how much sleep we get? Love, Paul says, is “patient” and “not irritable” (1 Corinthians 13:4–5). But we are more easily irritated, and less patient, when we have not gotten the rest we need. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

What I infer from this is that one of the many weapons in the arsenal of the Holy Spirit is sleep. He humbles us to realize we are not God and that we need to be as helpless as a baby seven or eight hours a day, in order to be the loving, patient people he calls us to be. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Similarly with sexual self-control. The Holy Spirit teaches us from Scripture, and from experience, and from each other, how our bodies work. He means for us to lean on his power as we use the physiological counter-weapons he gives us. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Finding True Ecstasy

Brain research is right: Our brains are deeply shaped by what we see. And the more we see, the more well-beaten and controlling those paths become. But we are not their victims. These physiological powers are not ultimate. God is ultimate. And he has given us spiritual weapons just as physiologically powerful as pornography. He too means to be seen — often and deeply (2 Corinthians 3:18; 4:4). (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)

Moreover, the spiritual powers of his word and Spirit have the right to conscript physiological forces into their service. And in the end, God can hijack back the very paths of pornography and transpose the scintillations of those very paths into the ecstasies of knowing Christ. (John Piper, “Hijacking Back Your Brain from Porn”, Desiring God, October 15, 2013, http://www.desiringgod.org/articles/hijacking-back-your-brain-from-porn)
“NIDA director Nora Volkow also felt that her institute’s name should encompass addictions such as pornography, gambling, and food, says NIDA adviser Glen Hanson. (Science, July 6, 2007, Vol. 317. no. 5834, p. 23),” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“As set forward in this Exhibit A, recent technical advancements in the brain sciences provides evidence that fits historic, literary, legal and common sense observation, as well, arguably, as proprietary psychographic marketing analyses owned by Spencer’s and Playboy. That is, independent science now confirms that the brain’s cognitive and moral decision making skills do not architecturally mature until an individual is twenty-two to twenty-five years of age. Therefore, exposing minors to pornographic images and devices subconsciously restructures millions of immature brains-minds and memories and nullifies their ability to give informed moral and cognitive consent.” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

To read complete article please click here: Restructuring the Immature Brain

“Neuropsychiatrist, Richard Restak agrees. Writing in The Brain Has A Mind of Its Own, Restak is enthusiastic about scientific confirmation that ‘we can change how our brain operates.’ But, if, as Restak, Volkow, Amen, Nestler, Robinson and other researchers have shown, ‘we can literally change our brain for the better as a result of new interests and the development of new talents,’ then drug consumption and/or the regular use of pornographic or violent media stimuli will ‘literally change our brain for the worse.’ And, if such psychopharmacological stimuli, restricted in the past to the affluent and aberrant elite, are now widely accessed by young and old alike, such pornographic psychopharmacological stimuli will ‘literally change,’ worsen and brutalize the national brain.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)
“If a teen is doing music or sports or academics, those are the cells and connections that will be hardwired. If they're lying on the couch or playing video games or MTV [or Internet porn], those are the cells and connections that are going to survive.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“The good news is that the brain is a plastic organ—that is, it changes over time. How can a man or woman strengthen these shrunken and malformed regions of the brain? Through the development of good, healthy habits.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/)

“In The Porn Circuit, Sam Black writes that our new habits that replace porn should be naturally rewarding: an entertaining and engaging hobby, physical exercise, meditation. Yes, one still needs to rid his or her life of the potentially tempting sources of porn, but ultimately this old habit must be replaced with new ones.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/)

“In short, it's not the neurochemical blast of orgasm that hooks Internet porn addicts, although orgasm also reinforces porn use. The more potent hook is the ever-available novelty of Internet porn. Not surprisingly, when a guy attempts to ‘reboot’ his brain, this experience is common:”

“Even though I have had some strong urges for porn during this reboot, I have never had a strong desire to masturbate. Perhaps that is the most concerning thing, that my brain misses the porn more than it misses the masturbation/orgasm.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“HE RESTOREETH MY SOUL”

“…understanding the difficulty of treating pornography and sexual addiction adequately from a spiritual perspective alone.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)

“It is necessary to describe the problem frankly because there are those who doubt they even need to change.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)
“...advocate a simple treatment plan that is based upon willpower or moral character.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)


“Meanwhile, lobby groups on the other side of the argument are firmly pushing for more. Christian group Safer Media, working with Premier and others, has successfully campaigned for more responsible Internet filtering from Internet service providers (although this doesn’t apply to most mobile media, the platform through which the majority of pornography is accessed), while Christian Tory MP Claire Perry has led the charge within Parliament to address underage exposure to adult material.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Pornography is a difficult issue for the politically nuanced to get right. On the one hand, its regulation could be deemed to limit freedoms and can smack of Daily Mail-style moral panic. On the other, an increasing body of evidence suggests that porn is having a dangerous and as yet unquantified effect on the brains of those who use it.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“The Impact: Dulling and Erosion”

“If that last claim sounds wild, let me introduce Dr William Struthers, a neuroscientist-slash-theologian specialising in the scientific impact of adult material on the human brain, and a professor at Wheaton College, Chicago.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the


“'[As a result]…the generation that has been raised on porn is becoming less able to enjoy sexual intimacy, connectedness and the empowerment that comes in healthy sexual relationships, especially in the context of marriage.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Struthers believes our brains are being dulled by pornography, and that our relational abilities are being damaged and eroded as a result. So porn is potentially doing us neurological damage. Even if you want to lay to one side the very valid concerns about the porn industry’s links with human trafficking, or the connections between hard-core pornography use and sexual violence, there’s a strong argument that this is, in fact, a public health issue.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“A Shift in Christian Engagement”

“Not only does the Church need to get its own house in order, it also needs to find ways to speak with grace and compassion about porn,
sex and relationships. Sexual violence isn’t compatible with the kingdom of God, and media-induced neurological damage probably doesn’t have a place in it either. I’d like to suggest a few steps we could meaningfully take in the right direction:” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

1. “Recognise the nature of the issue”

“Firstly, a reality check – if one is still needed – for anyone who thinks the Church doesn’t have an issue with porn. My December 2014 survey (something of a straw poll, but sufficiently quantitative to hold some weight) suggested that around 55% of Christian men view Internet porn more than once a month, with a further 20% admitting that they succumb to temptation every so often. That’s 75% of Christian men engaging with pornography on, let’s say, a monthly basis. Among women the figure was much, much lower. Just 15% said they viewed porn online more than once a month, with a further 20% visiting porn sites occasionally.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“However, within those stats there are some interesting details. Only 5% of men said they looked at Internet porn on a daily basis, but a disproportionate 42% said they would describe their behaviour as ‘compulsive or an addiction’. If these men are truly suffering from an addiction, shouldn’t these two percentages be closer together? Is it possible that Christian men who have heard warnings from the Church about porn addiction and feel ashamed of their own occasional use mistakenly believe they are suffering from an addiction they can’t control? By calling them addicts, we have given them a mental excuse to concede defeat. Is that right in the majority of cases? Or can we actually call them higher, to train themselves to steer clear of porn? Of course, there are true addicts, but correctly labelling the issue for the majority could be a simple but key step in changing those statistics.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)
2. “Rethink accountability”

“My 2009 research highlighted that, after prayer, the main strategy for tackling porn was ‘accountability’, either in the form of face-to-face meetings or via computer software, which monitored Internet use and sent reports of any indiscreet online behaviour to a trusted friend. Struthers thinks this approach is deeply flawed. In many cases, he says, accountability groups ‘become an exercise in either shaming or ‘sin reminiscing’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“He says: ‘As a result of the extended period of time that can elapse between meetings, and the nature of confessing something that is embarrassing, these kinds of groups often dissolve because of a lack of efficacy. In contrast, some groups easily fall into a permissive, locker room atmosphere. It becomes more about telling stories about how the week went [reminiscing] and an attitude that lacks the calling to a higher standard.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Struthers is not entirely cynical about their worth, but he says that ‘accountability groups that are lazily structured and have no purpose other than confession without instruction are useless’. So, if the approach is accountability it needs to be oriented around building groups of men and women with integrity, not a continual focus on a uniting ‘sin’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Alongside this, and bearing in mind that we may be mislabelling casual porn use as ‘addiction’, it is perhaps time to re-embrace the most countercultural gift: self-discipline. This might seem a deeply unremarkable idea, but it’s a firmly biblical one; the fruit of the Spirit that is best suited to helping us conquer temptation (Galatians 5:23). A commitment to prayer and personal discipline is the strongest weapon available to anyone wanting to fight the

3. “Interrupt the porn conversation”
   “Even if we want to flee from the evils of porn, we have a problem. We’re called to be part of a world that is saturated with sexualised materials, and to meet and love the people who live in it. It’s not our job to judge people who think pornography is healthy, but there are ways that a compassionate Christian voice can and should be expressed to the contrary.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

   “The Church has already been heavily involved in campaigning to ensure children and young people have a better chance at avoiding repeated pornography exposure. We can also play a key role in modelling healthy relationships that don’t use pornography as a guidebook. There is also a part for the Church to play in reaching out to the UK’s adult industries, just as XXXchurch does in the US.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

   “Encouragingly, Struthers believes the future isn’t quite as dark as we might imagine. ‘I see the culture waking up to the reality that pornography has saturated it with a litany of broken promises,’ he declares. ‘The false presentation of ecstasy, intimacy and power presented in porn are finally being seen as hollow.’”  (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“It is important to remember that the guidelines we are given in Scripture about how to conduct ourselves sexually are fairly straightforward.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“When we follow these guidelines, we will be more likely to develop minds that focus on those things that are good and noble, right, and pure. When we choose not to follow these guidelines and act in a way that is sexually immoral, we are affected—our thoughts and bodies become polluted. The same can be said for watching immorality, that is to say, viewing pornography.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“This is not only a spiritual reality, but also a neurological one. When a husband and wife restrict themselves to each other, directing their sexual energies toward one another, they will find that they occupy each other’s thoughts. They will find that they will be more closely bound to each other. This is God’s plan for a husband and wife—that they will image God’s exclusive love for His people as they exclusively set this part of themselves (their reproductive nature) aside for one another. For the single person, realizing that needs for intimacy can be met in ways beyond sexual gratification is an important process. When someone is deceived into thinking that sexual intimacy (i.e., sexual intercourse) is a necessary part of living a life worth living, it comes as no surprise that pornography, masturbation, or promiscuity become a cycle of unmet needs and unfulfilled promises of intimacy, love, and connectedness.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“God uses our embodied nature and the laws that govern it to our benefit and His glory. We can begin to move beyond objectification and false intimacy to real relationships, which honor the dignity of each person.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Sexual intimacy is a complex neurochemical, hormonal, and spiritual event. It is one of the most powerful God-given means by which
#11 PORN AND RATIONAL THOUGHTS

“NEUROSCIENCE SPEAKS: HOW USING PORN DESTROYS YOUR WILLPOWER”

“When we give into our cravings we give up on our reasoning.”

“Neuroscience now knows that willpower is a function of the prefrontal lobes of the brain. Scientific studies have also confirmed that using porn over and over actually reshapes these areas of the brain, literally eroding our willpower and our moral compass.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Another study of the brain that has just been released, according to Dr. Donald Hilton, is research showing that the more people watch pornography each week, the more their brains shrink. Related research has also shown that viewing pornography slows down the working memory of people who view it, in other words, your short-term memory. (Laier, C., Schulte, F. P., & Brand, M. (2013). Pornographic picture processing interferes with working memory performance. Journal of Sex Research, 50(7), 642-652. doi:10.1080/00224499.2012.716873) So yes, if you thought that porn makes you less intelligent, there is now evidence from neurologists to support that conclusion. Consistent with this line of research is another study that found decreased grey matter in the brain in the areas responsible for motivation and decision-making. This study, not on porn addicts but simply on male users of pornography, was among the first to find brain changes in those not addicted but who are using pornography.” (Kuhn, S. & Gallinat, J. (2014). Brain Structure and Functional Connectivity Associated With Pornography Consumption The Brain on Porn. JAMA Psychiatry, doi:10.1001/jamapsychiatry.2014.93.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Neuroscientists call it hypofrontality. Hypofrontality is a state in which there is decreased blood flow to the prefrontal lobes of the brain. Hypofrontality is observed in schizophrenia patients and is also observed in all manner of addictions.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
“What is Hypofrontality?”


“‘Compulsiveness is a good descriptor of hypofrontality. Many porn users feel focused on getting to porn and masturbating even when a big part of them is saying, ‘Don’t do this.’ Even when negative consequences seem imminent, impulse control is too weak to battle the cravings.’” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, [www.covenanteyes.com/2014/02/28/hypofrontality/](http://www.covenanteyes.com/2014/02/28/hypofrontality/))

“The porn-addicted brain has trouble thinking logically. When impulses and desires come from the midbrain, instead of being moderated, the brain feels these desires as compelling needs. The prefrontal region is supposed to be able to weigh consequences and situations and judiciously shut down cravings, but hypofrontality means the addict’s ability to do this is impaired.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, [www.covenanteyes.com/2014/02/28/hypofrontality/](http://www.covenanteyes.com/2014/02/28/hypofrontality/))

“To the addict, when the craving for porn surfaces, their whole body gears up for action. As unhindered hormones are released and neurotransmitters fire, the craving consumes them. The heart begins to race, blood pressure rises, and the addict is consumed by a single thought: ‘Just one more time.’” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, [www.covenanteyes.com/2014/02/28/hypofrontality/](http://www.covenanteyes.com/2014/02/28/hypofrontality/))

“What Causes Hypofrontality?”

“Compared to other creatures on earth, human beings have a very well developed prefrontal region. When our prefrontal lobes are working properly, then we have ‘executive control’ of the processes going on in our brains. It is where we do our abstract thinking, make goals, solve problems, regulate behavior, and where we suppress emotions, impulses, and urges. But the more one masturbates to porn, the more dopamine is released in the brain. Eventually dopamine receptors and signals in the brain fatigue, leaving the viewer wanting more but unable to reach a level of satisfaction. The viewer becomes numb to things once


“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)

“As director of the National Institute on Drug Abuse, Alan Leshner observes the power of an addiction over rational thought, saying, ‘it isn't the case that the crack-addicted mother does not love her children. She just loves drugs more.’ One may say similarly; it isn't the case that the pornographically addicted father does not love his children. He just loves pornography more.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“[T]he amygdala can take control over what we do even as the thinking brain, the neocortex is still coming to a decision...when impulsive feeling overrides the rational...Fear sends urgent messages to every major part of the brain: it triggers the secretion of the body’s fight-or-flight hormones [e.g.: endogenous drugs]...centers for movement...the cardiovascular system, muscles and the gut.” (Daniel Goleman, Emotional Intelligence, Bantam Books, New York 1995, at 15-16. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“The amygdala signals the brainstem to ‘fix the face in a fearful expression’ speeding heart rate, raising blood pressure and slowing breathing. Any memory needed to further expand experience takes ‘precedence over other strands of thought.’ LeDoux has shown that
sensory signals from eye or ear, say, pornographic images or its music, will reach the amygdala for response long before the neocortex is alerted. Goleman explains how meaningful LeDoux's findings are for understanding our current emotional environment.” *(Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 17) *(Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)*

“Goleman’s explanation of the amygdala’s role would seem critical to any discussion of ‘free speech’ laws applicable to pictorial pornography. Again, pornographic stimuli is immediately processed by those who cannot read--children or illiterates--due to its ability to bypass the neocortex and reach the emotion/motor phase of arousal. I therefore quote extensively from LeDoux and his discoveries. Those who feel that this bypass action is clear may wish to skip over the following page and a half. Says Goleman:" *(Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)*

“Anatomically the emotional system can act independently of the neocortex,’ LeDoux told me. ‘Some emotional reactions and emotional memories can be formed *without any conscious, cognitive participation at all.*’ The amygdala can house memories and response repertoires that *we enact without quite realizing why we do so because the shortcut from thalamus to amygdala completely bypasses the neocortex. This bypass seems to allow the amygdala to be a repository for emotional impressions and memories that we have never known about in full awareness.” *(Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 18-19. Emphasis added.) *(Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)*

“LeDoux additionally notes the legal issues surrounding children’s exposure to sexual stimuli, both pictorial and abusive sexual stimuli which is commonly a result of pornographic exposure in the child’s home or, of late, in public libraries or on mainstream television.” *(Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)*

“[M]emories are stored in the amygdala as rough, wordless blueprints for emotional life. Since these earliest emotional memories are established at a time before infants have words for their experience, when these emotional memories are triggered in later life there is no


“The amygdala can react in a delirium of rage or fear before the cortex knows what is going on because such raw emotion is triggered independent of, and prior to, thought... The connections between the amygdala (and related limbic structures) and the neocortex are the hub of the battles or cooperative treaties struck between head and heart, thought and feeling. This circuitry explains why emotion is so crucial to effective thought, both in making wise decisions and in simply allowing us to think clearly.” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 24. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“But circuits from the limbic brain to the prefrontal lobes mean that the signals of strong emotion--anxiety, anger, and the like--can create neural static, sabotaging the ability of the prefrontal lobe to maintain working memory. That is why when we are emotionally upset we say we ‘just can't think straight’...The emotional brain, quite separate from those cortical areas tapped by IQ tests, controls rage and compassion alike. These emotional circuits are sculpted by experience throughout childhood--and we leave those experiences utterly to chance at our peril.” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 27. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Professor Livingston apparently does not take into account the possible long-term effect of even a millisecond of fear-inducing sexual imagery on the psychopharmacology of some vulnerable child’s short and long-term memory. Neurologist Richard Restak stresses the conflicting, even warring roles of the left and right hemispheres in learning in his book, *The Brain Has a Mind of Its Own*.”

“[U]nder conditions of extreme duress the limbic system is capable of overwhelming the cerebral cortex...where interpretation, judgment, and restraint are formulated.115 ...Whenever you interfere with the inhibitory influences of the cerebral hemispheres [as in the child’s processing a pornographically triggered endogenous, mood altering

“As late as the 1950s, it was assumed that communication between nerve cells in the brain occurred predominantly, if not entirely, by electrical impulses.’ But by the 1960s Carlsson and his colleagues had demonstrated chemical transmission was manifest in the central nervous system.” (Science Magazine, November 18, 2001, pp. 1021.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“In recent decades, innocuous natural rewards like food and sex have been joined by some very unnatural kin. These imposters trip the same neural triggers as the natural rewards our brains evolved to pursue. *Our limbic brains love them*—and are inclined to overlook their drawbacks.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“On the road to a thoughtless society” –Josh D. McDowell

“It often feels as if all this frantic activity creates a constant state of twitchy anxiety, as any addiction usually does. Moreover, having read a freshly published and hotly controversial book about the effect of digital media on the human mind, I may have very good reason to feel scared. Its thesis is simple enough: not only that the modern world’s relentless informational overload is killing our capacity for reflection, contemplation, and patience – but that our online habits are also altering the very structure of our brains.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

**“Abnormal White Matter.”** Gray matter is responsible processing information, whereas white matter comprises the communication pathways between different parts of the brain. Abnormalities of pathways between reward circuit structures and the frontal cortex are related to poor impulse control and reduced cognitive abilities. *Study 1, study 2, study 3.*” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

**“NEUROSCIENCE SPEAKS: HOW USING PORN DESTROYS YOUR WILLPOWER”**

“When you are engaged in fantasy, you lose your ability to connect between action and reaction. You no longer follow cause and effect. The more you fantasize, the more you become disconnected from what I call common sense. It affects your business judgment and it affects your ability to interact properly with other employees. It affects your ability to be intimate with your wife. The reality is most people don’t realize how pornography reaches out and grabs people.” (“9 Warning Signs of Porn Addiction”, First Things, Accessed September 26, 2017, http://firstthings.org/warning-signs/)

“Neuroscience now knows that willpower is a function of the prefrontal lobes of the brain. Scientific studies have also confirmed that using porn over and over actually reshapes these areas of the brain, literally eroding our willpower and our moral compass.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Neurosurgeons frequently treat people with frontal lobe damage. In a car crash, for instance, the driver’s brain will often decelerate into the back of his forehead inside his skull, bruising the frontal lobes. Patients with frontal lobe damage exhibit a constellation of behaviors we call frontal lobe syndrome. First, these patients are impulsive, in that they thoughtlessly engage in activities with little regard to the consequences. Second, they are compulsive; they become fixated or focused on certain objects or behaviors, and have to have them, no matter what. Third, they become emotionally labile, and have sudden and unpredictable mood swings. Fourth, they exhibit impaired judgment.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“So cortical hypofrontality, or shrinkage of the frontal lobes, causes these four behaviors, and they can result from a car wreck or from

“A study on cocaine addiction published in 2002 shows volume loss, or shrinkage, in several areas of the brain, particularly the frontal control areas. A study from 2004 shows very similar results for methamphetamine. But we expect drugs to damage the brain, so these studies don’t really surprise us.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Consider, though, a natural addiction, such as overeating leading to obesity. You might be surprised to learn that a study published in 2006 showed shrinkage in the frontal lobes in obesity very similar to that found in the cocaine and methamphetamine studies. And a study published in 2007 of persons exhibiting severe sexual addiction produced almost identical results to the cocaine, methamphetamine, and obesity studies. (Encouragingly, two studies, one on drug addiction [methamphetamine] and one on natural addiction [obesity] also show a return to more normal frontal lobe volumes with time in recovery.)” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“So we have four studies, two drug and two natural addiction studies, all done in different academic institutions by different research teams, and published over a five-year period in four different peer-reviewed scientific journals. And all four studies show that addictions physically affect the frontal lobes of the brain.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“BRAIN STRUCTURE AND FUNCTIONAL CONNECTIVITY ASSOCIATED WITH PORNOGRAPHY CONSUMPTION”

“Importance. Since pornography appeared on the Internet, the accessibility, affordability, and anonymity of consuming visual sexual stimuli have increased and attracted millions of users. Based on the assumption that pornography consumption bears resemblance with reward-seeking behavior, novelty-seeking behavior, and addictive behavior, we hypothesized alterations of the frontostriatal network in frequent users.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)


“Results. We found a significant negative association between reported pornography hours per week and gray matter volume in the right caudate (P < .001, corrected for multiple comparisons) as well as with functional activity during a sexual cue–reactivity paradigm in the left putamen (P < .001). Functional connectivity of the right caudate to the left dorsolateral prefrontal cortex was negatively associated with hours of pornography consumption.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)

“Conclusions and Relevance. The negative association of self-reported pornography consumption with the right striatum (caudate) volume, left striatum (putamen) activation during cue reactivity, and lower functional connectivity of the right caudate to the left dorsolateral prefrontal cortex could reflect change in neural plasticity as a consequence of an intense stimulation of the reward system, together with a lower top-down modulation of prefrontal cortical areas. Alternatively, it could be a precondition that makes pornography consumption more rewarding.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)

“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those

“Alexander Rhodes

“The headmaster of the all-boys boarding school I attended when I was a teenager was always wary of admitting students to the academy that had been exposed to pornography. Among his reasons for this was that boys who had carnal knowledge—even on the level that pornography affords—very often found it an impediment in the process of their education. Now I am the headmaster of that same boarding school, and I am increasingly convinced of the reasoning behind my old headmaster’s reticence over such applicants. Pornography is a destroyer of innocence, and the innocence proper to certain years of a boy’s life is an important factor in his education—especially if that education is informed by the classical pedagogies of wonder, imagination, and delight.” (Sean Fitzpatrick, “Boys, Porn and Education”, Crisis Magazine, October 31, 2014, http://www.crisismagazine.com/2014/boys-porn-education)


“In this study, experts at Germany’s Max Planck Institute found:"

1. “Higher hours per week/more years of porn viewing correlated with a reduction in grey matter in sections of the reward circuitry (striatum) involved in motivation and decision-making. Reduced grey matter in this reward-related region means fewer nerve connections. Fewer nerve connections here translates into sluggish reward activity, or a numbed pleasure response, often called desensitisation (more on that below). The researchers interpreted this as an indication of the effects of longer-term porn exposure.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp92-93)
2. “The nerve connections between the reward circuit and prefrontal cortex worsened with increased porn watching. As the researchers explained, ‘Dysfunction of this circuitry has been related to inappropriate behavioural choices, such as drug seeking, regardless of the potential negative outcome.’ In short, this is evidence of an association between porn use and impaired impulse control.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp92-93)

3. “The more porn used, the less reward activation when sexual images were flashed on the screen. A possible explanation is that heavy users eventually need more stimulation to fire up their reward circuitry. Said the researchers, ‘This is in line with the hypothesis that intense exposure to pornographic stimuli results in a downregulation of the natural neural response to sexual stimuli.’ Again, desensitisation is common in all kinds of addicts.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp92-93)

“To sum up: More porn use correlated with less gray matter and reduced reward activity (in the dorsal striatum) when viewing sexual images. More porn use also correlated with weakened connections to the seat of our willpower, the frontal cortex.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp92-93)

“Keep in mind that this study did not examine causation, but rather correlation.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp92-93)

“Here are some brain changes that show up in all addictions, whether substance or behavioural:” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

“If users and/or victims are organically unable to critique the psychopharmacological changes formed in their brains, minds and memories, the users/victims cannot consent to the unforeseen consequences of their neurochemical ‘resculpting’ or ‘brainwashing.’ The argument that pornographic lust/stimuli are ‘information’ or ‘speech’ is then scientifically contraindicated since such stimuli, processed by the emotional, not the thinking brain would undermine the goal of rational debate and discourse, the foundation of civil society and the First Amendment protections. And, as noted, it is no small thing that Shakespeare himself defined ‘lust’ as standing outside cognition, dominated by shame, cruelty, savagery and ‘madness’.” (Judith A. Reisman, PhD,
FOR COMPLETE, REVISED ARTICLE, PLEASE GO TO: The Psychopharmacology of Pictorial Pornography - Restructuring Brain, Mind & Memory & Subverting Freedom of Speech


“In addition, Dr. William Struthers says research shows that masturbating to pornography actually weakens the cingulate cortex of the brain—the region that is responsible for moral and ethical decision making and willpower—a process that is seen in every addiction. This phenomenon is known as hypofrontality. In The Porn Circuit, Sam Black explains: ‘Compulsiveness is a good descriptor of hypofrontality. Many porn users feel focused on getting to porn and masturbating even when a big part of them is saying, ‘Don’t do this.’ Even when negative consequences seem imminent, impulse control is too weak to battle the cravings.’” (Luke Gilkerson, “Porn Addiction is a Myth: The Debate Continues”, Covenant Eyes, September 26, 2014, http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/)

 “…cingulate cortex, the region that is responsible for moral and ethical decision making…repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)


This numbs a person’s response to other pleasures (desensitization), makes someone hyper-reactive to porn (sensitization), and leads to an erosion of willpower (hypofrontality). (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)


“Let’s review some of the important components of the reward system of the brain. On the outside is the cerebral cortex, a layer of nerve cells that carry conscious, volitional thought. In the front, over the eyes, are the frontal lobes. These areas are important in judgment, and, if the brain were a car, the frontal lobes would be the brakes. These lobes have important connections to the pleasure pathways, so pleasure can be controlled.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“The prefrontal cortex is one of the things that makes us unique from other creatures on earth. By reclaiming it we are reclaiming more than our willpower. We are reclaiming our humanity.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)


“Should pornographic psychopharmacology dominate the limbic system’s responses in love, pain, pleasure and memory, such feelings would give the pornographic drug the emotional centers, immense power to influence the functioning of the rest of the brain—including its centers for thought.’ Indeed, the [c]onnections between the limbic system and the cerebrum [that] permit an interplay between reason and emotion’ can be ‘easily upset.’” (Daniel Goleman, Emotional Intelligence, Bantam Books, New York 1995, at 11-12.) (Judith A.


“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, [http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/](http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/))


“Surprisingly little research has looked into the internet’s effects on the brain, but the work that forms Carr’s holy grail was carried out in 2008, by a trio of psychiatrists at UCLA led by Dr Gary Small, himself the co-author of a book titled *iBrain: surviving the technological alteration of the modern mind*. Under their supervision, 12 experienced web users and 12 digital newcomers used Google, while their brains were scanned. The results, published under the title *Your Brain On Google*, pointed up a key initial difference between the two groups: in an area of the brain called the dorsolateral prefrontal cortex, which deals with short-term memory and decision-making, the rookies showed hardly any activity, whereas the web veterans were
“Six days later, the novices having been told to spend an hour a day online, the two groups' brains were scanned again – and this time, things got even more interesting: in images of both sets of brains, the pattern of blobs representing mental activity was virtually identical. As Small put it: ‘After just five days of practice, the exact same neural circuitry in the front part of the brain became active in the internet-naive subjects. Five hours on the internet, and the naive subjects had already rewired their brains.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“He goes on: ‘It's a basic principle that the brain is very sensitive to any kind of stimulation, and from moment to moment, there is a very complex cascade of neurochemical electrical consequences to every form of stimulation. If you have repeated stimuli, your neural circuits will be excited. But if you neglect other stimuli, other neural circuits will be weakened.’ This is the nub of Carr's argument: that the online world so taxes the parts of the brain that deal with fleeting and temporary stuff that deep thinking becomes increasingly impossible. As he sees it: 'Our ability to learn suffers, and our understanding remains shallow.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/)

“Design, Setting, and Participants. In a study conducted at the Max Planck Institute for Human Development in Berlin, Germany, 64 healthy male adults covering a wide range of pornography consumption reported hours of pornography consumption per week. Pornography consumption was associated with neural structure, task-related activation, and functional resting-state connectivity.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and

“We found a significant negative association between reported pornography hours per week and gray matter volume in the right caudate. Functional connectivity of the right caudate to the left dorsolateral prefrontal cortex was negatively associated with hours of pornography consumption.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry. 2014;71(7):827-834, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)


“I became aware of the power this thing had over me and that I was actually acting against my will”. (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If, as brain science research now shows, emotionally threatening/stimulating media bypass the neocortex, overwhelming rational thought, then pornographic lust would psychopharmacologically subvert the first amendment goals of informed consent and free speech – the search for truth.” (Daniel Goleman, Emotional Intelligence, Bantam Books, New York, 1997, f5 at 17) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)
“There is common agreement that the neural substrates of addiction consist of brain areas that are part of the reward network such as midbrain dopamine neurons, the striatum, and the prefrontal cortex. Compromised prefrontal cortex function is among the major neurobiological modifications discussed in the research on substance abuse disorders common in humans and animals.”


“The ubiquity of sex offenders suggests that even adults are susceptible to pornographic ‘impulses’ that elude rational control.” (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain”

http://www.drjудithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
#12 DESENSITIZATION

“**Sensitization.** Hyper-reactivity to addiction-related cues. Leads to hard-to-ignore cravings for one's particular addiction. Study 1, study 2

“**Desensitization.** Just as in any chemical dependency, the amount of pornography the addict previously used is not enough to stimulate these brain chemicals. Dopamine loves novelty. When the reward wears off, the dopamine release declines, therefore pleasure declines, the libido declines, and may cause erectile dysfunction in males. Less gratification leads to the desire for greater amounts of hardcore porn. A vicious cycle reigns. Addicts need to intensify reaching the pleasure points in their brains again, only on a more advanced level.” (Susan Knight, *The Five Stages of Pornography Addiction*, News OK, April 6, 2016, http://newsok.com/article/5407775)

“Now, as you defy your brain by abstaining, your already low dopamine drops further. Also, libido-squelching brain stress hormones CRF and norepinephrine shoot up. Your desensitization is in overdrive, so a real partner doesn’t stand a chance. No wonder most guys experience such intense withdrawal symptoms. They're feeling less pleasure than ever in response to normal stimuli, feeling *more* anxious, *and* trying to quit the one thing that can still goose their reward circuitry. There are solid reasons why addictions are so tough to beat.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, *Your Brain on Porn*, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“Study co-author Simone Kühn says, ‘Since the striatum is part of the brain network that is known to respond to sexual cues, one can assume that this reflects a blunting of the reaction to erotic stimuli.’ In other words, heavy porn users are more likely to be desensitized to real-life sex.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/)

“Also, the study showed that the connection between the striatum and prefrontal cortex worsened as more porn was consumed.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/)

“**Update:** since this article was written, Brain Scan Studies on Porn Users, have found evidence of desensitization, escalations of use, and less arousal to normal sexual stimuli, along with sensitization and changes in the frontal cortex. As we explained, the symptoms heavy porn users...
complain of could logically be explained by the same brain changes observed in rats with unrestricted access to super-goodies. (Incidentally, rats and humans are distant relatives, and share the same primitive brain mechanisms for appetite and addiction.)” ("Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine", Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“Desensitization. Refers to a general dialing down of one's responsiveness to all pleasure...a baseline change. Leaves the addict less sensitive to pleasure, and ‘hungry’ for dopamine-raising activities/substances of all kinds. Representative Internet addiction studies: Study 1, study 2.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)


“If, as brain science research now shows, emotionally threatening/stimulating media bypass the neocortex, overwhelming rational thought, then pornographic lust would psychopharmacologically subvert the first amendment goals of informed consent and free speech – the search

“If users and/or victims are organically unable to critique the psychopharmacological changes formed in their brains, minds and memories, the users/victims cannot consent to the unforeseen consequences of their neurochemical ‘resculpting’ or ‘brainwashing.’ The argument that pornographic lust/stimuli are ‘information’ or ‘speech’ is then scientifically contraindicated since such stimuli, processed by the emotional, not the thinking brain would undermine the goal of rational debate and discourse, the foundation of civil society and the First Amendment protections. And, as noted, it is no small thing that Shakespeare himself defined ‘lust’ as standing outside cognition, dominated by shame, cruelty, savagery and ‘madness’.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)
"Escalation. The addict desires greater pleasure, expanded novelty, so he or she ups the dose. They pursue pernicious, indecent images from the Internet. Porn has become their drug of choice, and self-medication rises to new levels. Licentious sexual images, urges and fantasies dominate the thoughts. This over-stimulation interferes with the normal balance of the addict's brain chemicals. They now crave extreme novelty. Most viewing is done in secret." (Susan Knight, The Five Stages of Pornography Addiction", News OK, April 6, 2016, [http://newsok.com/article/5407775](http://newsok.com/article/5407775))

“In The Porn Circuit, Sam Black describes the various hormones and neurotransmitters involved when someone views porn and how each ingredient in this neuro-cocktail contributes to the problem:”

“This system works the way it is supposed to work when you're having sex with your spouse. Together you can experience a high, an alertness of sexual pleasure, and the deep calm afterwards (norepinephrine, endorphins, and serotonin). With each sexual embrace you are emotionally bonding to this person (oxytocin and vasopressin). Over time a craving for sex is transformed into a desire for one another (dopamine). But porn short-circuits the system.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us", Covenant Eyes, February 3, 2014, [http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/](http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/))

“Social scientists, clinical psychologists, and biologists have begun to clarify some of the social and psychological effects, and neurologists are beginning to delineate the biological mechanisms through which pornography produces its powerful negative effects.” (Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, [http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community](http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community))

“Why Consuming Porn is an Escalating Behavior”
“Porn consumers can reach a point where they enjoy porn less and less, but want it more and more.”

“Have you ever wondered how pornographers who charge for their material stay in business when there’s so much porn available for free? As Wendy Seltzer—an attorney and fellow at Yale Law School—explained, the answer is actually pretty simple: once porn consumers get hooked, they’ll want more and more. “Seeing [free porn] just whets their appetite for more,” Seltzer said. “Once they get through what’s available for free, they’ll move into the paid services.”

Wanting

“The “Wanting” system is a much larger area in the reward center, and it causes the brain to rewire itself in response to intense pleasure. With the help of a protein called DeltaFosB, the “Wanting” system builds new brain connections so you can remember the experience and repeat it later.”

“It’s called the “Wanting” system because those new nerve connections make you crave the pleasurable experience. The more often the experience is repeated, the stronger those nerve connections become, and the stronger the cravings grow. DeltaFosB is sometimes called “the molecular switch for addiction” because it reinforces cravings and, if it builds up enough in the brain, it can switch on genes that leave the consumer more vulnerable to addiction.”

“An alcoholic may develop pathways triggered by the sight of a bottle or the voice of a drinking buddy. Cues can be anything the brain associates with the experience. For a porn consumer, it may be the memory of a porn scene or a place or time of day he or she can be alone with the internet. For an addict, the whole world starts to seem like a collection of cues and triggers leading them back to their addiction. Gradually, the porn pathways become sensitized, meaning they are easily triggered by the cues that are all around.”

“… the user wants it more and more, even while he or she likes it less and less.”


#14 NOVELTY

“...the amygdala, not hammering the reward circuitry directly (as porn does). In social bonds, it appears that oxytocin triggers the release of dopamine to make them rewarding via a slightly different brain pathway. Some assume that porn users ‘bond’ to porn in lieu of women, perhaps due to the spurt of oxytocin often released at climax. This seems doubtful. Porn hijacks our drive to mate, which is probably the most powerful, most dug-like, neurochemical response we humans experience. Porn can certainly lead to subsequent dissatisfaction and a desire for more. But porn users don’t desire more of the same. Instead they desire the more intense stimulation of novelty. So they generally aren’t ‘bonding’ to specific porn; most are simply becoming dependent on the neurochemicals of intense arousal.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)

“Educating young people about porn and the brain is challenging, but possible. In fact, learning about the reward circuitry helps kids understand all addictions, including junk food (obesity). To this end, a free audiobook directed to kids and their parents to help both understand the risks of porn addiction in terms of its effects on the brain.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)


“Greg is a secondary school teacher in a private school and part-time graduate student who is about to turn 30. He comes across as charismatic, good looking, and thoughtful. Greg is a devout follower of Jesus. He also admits to a lifelong battle, indeed addiction, to pornography. He described some of his initial forays into pornography like this:” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“'At first watching people have sex disturbed me, I didn’t want to see it. But then slowly, it is totally a drug. I developed tolerance. So what shocked me became interesting and what used to interest me
became boring. And it took more variety, more frequency to get the same effect. And the really wicked part about it is it gets more perverted. So I felt that happening and it terrified me. After a while I realized I was addicted and I needed to do anything it takes to get out of this.’” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Neurobiologist Peter Milner explains that our brains are wired to be attracted to that which is unfamiliar and novel. This inward drive is what helps us to learn new things and adapt to our environment. But, he explains, it is possible ‘to become addicted to novelty and uncertainty.’ (Judith Reisman, “The impotence pandemic” WorldNetDaily. September 27, 2007. http://www.drjudithreisman.com/archives/2007/10/the_impotence_p_2.html (accessed November 18, 2011)). Over time the brain that feeds on erotic media is trained to equate sexual excitement with the novelty and variety of pornography. Eventually the familiar face, body, and sexual performance of a spouse don’t arouse the way it used to.” (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, http://www.covenanteyes.com/brain-ebook/)

“‘Constant novelty, at the click of a mouse, can cause addiction,’ said Gary Wilson of TEDx, in ‘The Great Porn Experiment.’ Dopamine rewards you for seeking the visual pleasures porn presents. It makes you feel good. The brain chemicals motivate some to repeat this behavior. You keep coming back. You can’t stop. You’re hooked. Because of this chemical release — and the consequences of behavior — pornography addiction is considered to be a form of chemical brain damage. People become dependent on pornography for physical and emotional satisfaction.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2)

“Pornography? It's a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora's box of visuals. There have probably been days when I saw 300 vaginas before I got out of bed.—John Mayer, musician” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“As we’ve seen, junk food fits this model. So does free Internet porn. Yet porn poses unique risks. Food sets limits on consumption: stomach capacity and the natural aversion that kicks when we can't face one more bite of something. But there are no physical limits on Internet porn
consumption, other than the need for sleep and bathroom breaks. One can ‘edge’ to porn for hours without climaxing and without satiety or aversion kicking in...hours of supranormal neurochemical stimulation of the appetite mechanisms of the brain. Each click to a novel video ‘violates our expectations’ with something new and exciting, releasing more and more dopamine into the brain.” ("Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine", Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“Pornography? It’s a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora’s Box of visuals. There have probably been days when I saw 300 [women] before I got out of bed....Internet pornography has absolutely changed my generation’s expectations....You’re looking for the one photo out of 100 you swear is going to be the one you finish to, and you still don’t finish. Twenty seconds ago you thought that photo was the hottest thing you ever saw, but you throw it back...How does that not affect the psychology of having a relationship with somebody? It’s got to.” (Rob Tannenbaum, “Interview with John Mayer,” Playboy Magazine (March 2010) (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“The on-demand availability of robust sexual stimuli presents a unique problem for developing and maintaining a healthy sexuality. The ease of access, variety of images, and the vigorous sensory constitution of this media go beyond the strength of mental imagery and fantasy. People can see whatever they want, whenever they want, however they want. In doing so they can generate, serve, and satisfy their sensual nature. Pornography creates a world today where the consumer (usually men) has the ability to bring up at their whim graphic (and sometimes interactive) depictions of nudity and sexual encounters. Women are perpetually available for their pleasure with minimal immediate consequences. People become disposable.” (Read Mercer Schuchardt, “Hugh Hefner’s Hollow Victory: How the Playboy Magnate Won the Culture War, Lost His Soul, and Left Us with a Mess to Clean Up,” Christianity Today, December 2003, 50–54)(William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“…a group of neurologists studied more brain scans of people who use pornography. They used an experimental design in order to demonstrate cause and effect. They found that people who use more pornography become less able to wait for gratification than people who use less pornography. Because Internet pornography supplies a never-ending supply of potential visual rewards and given that sexual rewards are so strongly reinforcing (due to dopamine), the brain becomes retrained to demand more rewards earlier, rather than waiting for better rewards later.” (Negash, S., Sheppard, N. V. N., Lambert, N. M., & Fincham, F. D. (2015). Trading later rewards for current pleasure: Pornography consumption and delay discounting. *Journal of Sex Research*, 1-12.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“One possibility is boredom or habituation meeting the developing adolescent brain. Teens are thrill seeking and easily bored. They love novelty. The stranger the better. Many a young man has described masturbating with one hand while clicking through videos with the other hand. Lesbian porn grows boring, so he tries out transgender porn. Novelty and anxiety ensue – and both increase sexual arousal. Before he knows it he has climaxed and a new association begins imprinting his sexual circuits.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p51)


#15 PORN INDUCED ERECTILE DYSFUNCTION (PIED)

“This is one reason why polls asking teens how Internet porn use is affecting them are unlikely to reveal the extent of porn's effects. Kids who have never masturbated without porn have no idea how it is affecting them. (It's like asking them, ‘How has being male affected you?’) They have nothing to compare with. Keep in mind that older porn users often do not connect their porn-related symptoms with heavy porn use—even when they develop porn-induced sexual dysfunction (PISD). Porn always seems like the ‘cure,’ because even if they can't get it up for sex, they can usually get it up if they watch enough extreme porn. Can we expect teens to figure it out?” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“When I was 18, I had sex for the first time. When she said she was ‘down all the way’, I ran to the nearest store to pick up condoms like I had the Reaper chasing me. After the deed, my thoughts were, ‘Hmm...it didn't feel that much different from masturbation, and it required a hell of a lot more work! Meh, I'll stick to porn and not bother with a girlfriend.’” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

“Another guy responded,”
“My thoughts EXACTLY. Just back pain, muscle strain, breathlessness, sweatiness and performance anxiety. MUCH less stress to just crack one off, plus you got your own 'Iron Fist' that gets you off better than that real vagina. Not only that, you always get a 'good visual' with a 'porn girlfriend.' You can see all those beautiful body contours in perfect lighting, breasts n' butts n' thighs look glorious, and *always* visible. In real life that's rarely the case. The first time I did it, I didn't truly enjoy it (even though we both came a lot). My first time should've felt like a TRIUMPH, given how 'successful' it was, but it felt artificial. It was then I KNEW there was perhaps something a tad wrong. The sex in my *mind* always seemed sexy and enjoyable. The *real* sex I had was primarily industrial and unexciting. Not good.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)

Josh McDowell Ministry 2018
“Today's teens sometimes wire their arousal to Internet porn's unnaturally intense, synthetic stimuli for as long as a decade before they try to connect with real partners. The situation is even more precarious if a teen's innocent pursuit of jollies has led to more fundamental brain changes, i.e., addiction. Again, teens are more susceptible to addiction than adults, due to their hyperactive reward circuitry and immature executive control.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/)
#16 PORN & BRAIN SIZE


“It isn’t clear from the study if one phenomenon causes the other. Are those born with smaller brains more drawn to porn? Does porn cause the shrinkage? Are both caused by some yet unknown issue? While neuroscientists are unsure, others are connecting the dots from what they know to be true about the brain: any repetitive activity, especially ones that are highly stimulating, cause brain changes.”


“Researchers found that the forebrain structure called the striatum was smaller among participants who consumed more. This region of the brain is associated with motivating behavior through rewards.”


“The incredible shrinking brain”

“Porn may also literally shrink the brain, a 2014 study in the journal JAMA Psychiatry found. Men who regularly consumed porn had smaller brain volume and fewer connections in the striatum, a brain region tied to reward processing, compared with those who didn't view porn.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“However, it's possible this brain region shrinks simply because people become accustomed to viewing pornographic images, and thus find them less rewarding, one researcher previously told Live Science.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“Additionally, the same brain regions are smaller in people who are depressed or suffer from alcoholism, and those people are less likely to be in relationships or have busy lives. So it may simply be that people who are depressed are more likely to view pornography, not

**Hypofrontality.** Frontal-lobe gray matter and functioning decrease. Reduces impulse control, decision-making, and the ability to foresee consequences. Study 1, study 2, study 3, study 4, study 5, study 6, study 7, study 8” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)


“She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed.” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“Adolescents wire together experiences and arousal much faster and more easily than young adults will just a few years later. The brain actually shrinks after age 12 as billions of nerve connections are pruned and reorganized. The use-it-or-lose-it principle governs which nerve


“It probably doesn’t come as much of a shock to people that using drugs can damage the brain. Studies have shown that those addicted to meth or cocaine show volume loss, or shrinkage, in different areas of the brain—in particular, the frontal control regions.” (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, http://www.covenanteyes.com/2015/02/17/porn-impact-brain/)

“Porn may also literally shrink the brain, a 2014 study in the journal JAMA Psychiatry found. Men who regularly consumed porn had smaller brain volume and fewer connections in the striatum, a brain region tied to reward processing, compared with those who didn’t view porn.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html)

Research has ‘shown thath the brain is not fully physiologically mature until a person’s mid-twenties’ (Gogtay et al., 2004)22 confirmed by ‘The Brain’ exhibit co-sponsored by the National Institute of Mental Health and the Smithsonian during 2001. There the focus on the ‘Teenage Brain as a work in progress’ stressed the immaturity of human brain development until roughly age 25.23 The ‘Brain’ scientific exhibits demonstrated the highly vulnerable nature of the immature brain to sexual, fearful, confusing stimuli.24” (24 - See also Frontline, https://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/work/adolescent.html, June 26, 2008.) (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain” http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
#17 ADDICTION

“Dr. Mark Laaser says research shows that the endorphins released in the brain while looking at pornography are 200 times more potent than morphine and more addictive than cocaine. Researchers believe porn addiction may be harder to break than a heroin addiction. Why? It’s because the brain stores images and can recall them at any moment.”


“Author Michael Leahy, a recovering sex addict, has been to more than 200 college campuses with his Porn Nation: The Naked Truth presentation, and he says the No. 1 question he hears from college students is, ‘Can I look at porn recreationally without becoming addicted to it, and is there anything wrong with that?’ … ‘So,’ Leahy responds, ‘do you think it’s okay if I beat and berate my wife just once a month? I mean, I’m not addicted to it.’”


“IS PORN ADDICTIVE? YES. HERE’S HOW”

“Doctors and scientists used to believe that in order to have an addiction to something it has to involve a substance that is physically put into the body; like with cigarettes, alcohol, or drugs. [4] But once scientists started to look inside the brain, it changed our understanding of how addictions work. [5] What’s important, we now know, is not necessarily what gets inside the body or how it got there, but rather what reactions it triggers in the brain. Cigarettes, alcohol, and drugs bring foreign chemicals into the body in a myriad of ways: sniffed, injected, drunk from a glass, or lit on fire and smoked. Porn and other behavioral addictions, like gambling, on the other hand, bring new chemicals or substances into the body that weren’t already there. But, these behaviors initiate strikingly similar processes inside the brain like substance addictions, and that’s what makes them potentially addictive. They hijack the brain’s reward pathways. [6] (See How Porn Affects the Brain Like a Drug). That’s what every addictive substance


“. One reason why women may report such detrimental effects on their relationships with men who view pornography is the addictive and compulsive use of pornography by some men. Sussman (2007) reports that close to 100% of men who classify as sex addicts start their addiction with pornography. …. Researchers who study brain activity note the highly addictive nature of pornography, comparing its effects to cocaine and methamphetamine and note that its use leads people to stop activities necessary for basic survival (Hilton & Watts, 2011). (John D. Foubert, Matthew W. Brosi and Sean Bannon, “Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault”, Sexual Addiction and Compulsivity, November 28, 2011, https://media.wix.com/ugd/9e4c55_334edae0a4e64f078b8b0479f7c9cb56.pdf)

“A group led by Dr. Vaughn Steele makes the “pornography is not addictive” argument. Their perspective is that people who are diagnosed with an addiction to pornography actually just have higher sexual desire than most people. (Steele, V. R., Staley, C., Fong, T., & Praise, N. (2013). Sexual desire, not hypersexuality, is related to neurophysiological responses elicited by sexual images. Socioaffective Neuroscience & Psychology, 3(20770). doi:10.3402/snp.v3i0.20770) Their study looked at EEG images (brain scans) of about 50 people who believed they were viewing pornography too frequently. Based on the hypothesis that the participants were really experiencing high sexual desire, the
researchers looked to demonstrate this conclusion by examining the brain waves their participants had while looking at pornography versus mundane images. When people’s brains responded in a way that made the EEGs looked odd, Dr. Steele thought that they must not be addicted to pornography but rather just had high sexual desire. When neurologists looked at the findings, they saw clearly that the brainwaves these people were experiencing were completely consistent with addiction. (Hilton Jr, D. L. (2014). 'High desire', or 'merely' an addiction? A response to Steele et al. Socioaffective Neuroscience & Psychology, 4(23833), doi:http://dx.doi.org/10.3402/snp.v4.23833) So when people who specialize in the brain’s function look at the brainwaves of the participants who were watching pornography, these neurologists confidently tell us that the participants were, in fact, addicted.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“…the authors of many studies about the addictive nature of pornography, Dr. Donald Hilton. He told me that his research on addiction has shown that it is ‘a continued engagement in a self-destructive behavior despite adverse consequence.’ He added that we now know much more about how the brain operates with someone suffering from addiction. He said:” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“I believe addiction is informed by increased understanding of how the synaptic transmission occurs and how it is modified with learning and particularly with reward learning. So now, addiction is more about neuronal receptor change as it is about behavior alone… …so in other words we need to consider not only what the behavior is doing but what is the brain doing. And now of course we know that whether it is a behavioral addiction or a substance addiction, very similar changes are occurring in the reward centers. It has been striking how that is then confirmed with numerous behavioral addictions and more pertinent to what we are talking about now, specifically with regard to pornography addiction within the last year.”
“Psychiatrists tend to define addiction occurring when three of the following things are present in the past year: 1) the development of tolerance, 2) withdrawal symptoms, 3) loss of control, 4) attempts to cut down, 5) significant time spent thinking about or obtaining that which one is addicted to, and 6) reduced involvement in social, work, or recreation activities. (American Psychiatric Association. (1994). *Diagnostic and Statistical Manual of Mental Disorders* (4th Ed.). Washington D.C., APA.)

“Neurosurgeon Dr. Donald Hilton says this idea that porn can’t be addictive is hopelessly out of touch with what we now know through modern neuroscience.” (Matt Fradd, “Is Porn Addictive, Yes, Here’s How”, Covenant Eyes, March 6, 2015, http://www.covenanteyes.com/2015/03/06/porn-addictive-yes-heres/)

“When addicted men were shown pornography while their brains were being scanned, their dorsal anterior cingulate, ventral striatum and amygdala were activated – showing a strong desire for the material, more so than other, non-addicted men. In short, all men tested liked pornography, addicted men felt like they had to have it.” In an interesting twist, the men who were addicted to pornography had first seen porn much earlier in their lives than did the healthy men.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Here’s the evidence:

“Hook someone up to a brain scanner who is verifiably addicted to cocaine or meth: the brain scan will show a loss of volume in their brain, especially in the frontal lobes of the brain. When you have shrinkage in this area of the brain, people experience uncontrollable cravings. When their impulses kick in, this area of the brain that is meant to throw on the breaks and control the impulse is so weak, the person’s body begins gearing up and they experience that ‘gotta have it’ feeling. A few recent studies now show the same phenomenon in the brain when it comes to someone who is a sex or porn addict.” (Matt Fradd, “Is Porn Addictive, Yes, Here’s How”, Covenant Eyes, March 6, 2015, http://www.covenanteyes.com/2015/03/06/porn-addictive-yes-heres/)

“Over the last several years there have been dozens of studies showing how overuse of the Internet in particular can lead to

addictive behavior, whether it be centered around gaming or gambling or porn. These are all behavioral addictions where the behavior has become so hardwired in the brain that the person has similar sensations as someone addicted to a drug. Both drugs, like meth or alcohol, and behaviors, like porn, are tapping the same neurocircuits.” (Matt Fradd, “Is Porn Addictive, Yes, Here’s How”, Covenant Eyes, March 6, 2015, http://www.covenanteyes.com/2015/03/06/porn-addictive-yes-heres/)


Neurological research has revealed that the effect of internet pornography on the human brain is just as potent — if not more so — than addictive chemical substances such as cocaine or heroin. To make matters worse, there are 1.9 million cocaine users, and 2 million heroin users, in the United States compared to 40 million regular users of online pornography. (John Piper, “Pornography the New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)

Here’s why the addictive power of pornography can be worse: (John Piper, “Pornography the New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)

Cocaine is considered a stimulant that increases dopamine levels in the brain. Dopamine is the primary neurotransmitter that most addictive substances release, as it causes a “high” and a subsequent craving for a repetition of the high, rather than a subsequent feeling of satisfaction by way of endorphins. (John Piper, “Pornography the New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)

Heroin, on the other hand, is an opiate, which has a relaxing effect. Both drugs trigger chemical tolerance, which requires higher quantities of the drug to be used each time to achieve the same intensity of effect. (John Piper, “Pornography the New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)

Pornography, by both arousing (the “high” effect via dopamine) and causing an orgasm (the “release” effect via opiates), is a type of polydrug that triggers both types of addictive brain chemicals in one punch, enhancing its addictive propensity. (John Piper, “Pornography the New Narcotic”,)
But, Bennett says, “internet pornography does more than just spike the level of dopamine in the brain for a pleasure sensation. It literally changes the physical matter within the brain so that new neurological pathways require pornographic material in order to trigger the desired reward sensation.” (John Piper, “Pornography the New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)

And it gets worse:

Another aspect of pornography addiction that surpasses the addictive and harmful characteristics of chemical substance abuse is its permanence. While substances can be metabolized out of the body, pornographic images cannot be metabolized out of the brain because pornographic images are stored in the brain’s memory. (John Piper, “Pornography the New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)

“In sum,” Bennett writes, “brain research confirms the critical fact that pornography is a drug delivery system that has a distinct and powerful effect upon the human brain and nervous system.” (John Piper, “Pornography: The New Narcotic”, Desiring God, October 9, 2013, http://www.desiringgod.org/articles/pornography-the-new-narcotic)

“Almost monthly, new research confirms that food addiction can cause brain changes that mimic those found in drug addiction. Food and sex are known as ‘natural reinforcers.’ That is, they aren't drugs, but our brains light up for them so we reach for more without thinking.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“Still, the concept that ‘food can cause obesity because it is like a drug’ is perplexing. After all, our rather buff ancestors ate a lot, and quite evidently were enthusiastic about sex. Yet becoming dangerously hooked didn't seem to be much of a risk. Didn't their brains light up for food and sex? Yes, of course. The difference is that they weren't surrounded by superstimulating, synthetic versions of food and sex. We are, and it is a relatively recent hazard.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)
“Think about it. How many of your ancestors had easy access to tasty munchies that were ready-to-eat, available cheaply in endless variety, and carefully laced with fat, sugar and salt to keep them coming back for more? How many had computers on which they could click to an unending stream of hyper-stimulating erotic videos, featuring real, novel mates, writhing with desire (perceived by a primitive part of the brain as genetic opportunities)—and, when appetite flagged, a cornucopia of ever kinkier videos?” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“This is how food and sex, which throughout evolution have generally contributed to our well-being and led naturally to warm feelings of satiety, morph into drug-like and addictive superstimuli that don’t. When we plunge in, we fall for enticements that are not especially valuable, and sometimes risky. Not only can they steal our attention from soothing connections with real people (and nutritional food), they can actually hook us.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“Who's at risk for addiction to natural reinforcers?”

“Most addiction research focuses on substance abuse, not addiction to natural reinforcers. It reveals that only a minority of us (‘novelty-seekers’ and ‘impulsives’) are genetically susceptible to substance abuse, due to low dopamine receptors in different regions of the brain’s reward circuitry. (Dopamine is the ‘Gotta get it!’ neurochemical, and the reward circuitry is the brain pathway that drives all appetites and motivation.)” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, http://www.yourbrainonporn.com/book/export/html/37)

“So, are the rest of us safe from addiction? When it comes to substance abuse, perhaps yes. Yet when it comes to unrestricted access to superstimulating natural reinforcers, the answer may be no, although certainly not everyone gets hooked. The reason hyper-stimulating versions of food and sex can hook us—even if we’re not otherwise susceptible to addiction—is that our reward circuitry evolved to drive us toward food and sex, not drugs.”
“Take food. If you binge on hyper-stimulating foods (say, concentrated fat and refined sugar) it can cause changes that resemble the brain changes seen in substance abusers. This happens in rats, too, and not just in the novelty-seeking, impulsive minority. Nearly all the animals that were offered unrestricted access to goodies like bacon, sausage, cheesecake, pound cake, Ding Dongs and frosting couldn’t stop binging and became obese.”

“Almost immediately, dopamine receptors dropped in their brains, which drove the rats to binge, and ensured they would later experience less stimulation from normal chow. Other changes, such as a numbed pleasure response, worsened over time. Two weeks after scientists returned them to rat chow, the rats’ brains still hadn’t recovered. In fact, when confronted with a diet of normal chow, they chose to starve for a time rather than eat it.”

“It makes sense for mammals to have a built-in mechanism that can override feelings of satiety. They must ‘get it while the getting is good’: storing calories when fruit is ripe, gorging before hibernation, swallowing a kill before the competition shows up, and so forth.”

“The regions of the brain that change in response to superstimulating food also govern sexual appetite. So, are today’s sexual superstimuli, like today’s junk food, causing drug-like changes in the brain’s reward circuitry? They certainly constitute a sexual diet not found in nature.”

“Just as rats binge on exciting food, porn users often binge on porn. Many users report that they are unable to stop or control their viewing, not unlike Sooty the guinea pig, who ‘got it while the getting was good’ when he broke into a cage full of females.”
“Heavy users also sometimes report obsessive-compulsive behaviors, depression, severe stress at the thought of socializing, and concentration problems. And users who try to stop viewing porn report lingering withdrawal symptomssuch as shaking, insomnia, mood swings, splitting headaches, anxiety, depression, lethargy, foggy thinking, stomach pains, disturbing dreams, flu-like symptoms, and a strong desire to strangle someone. These symptoms suggest that their brains are indeed struggling with brain changes common to addiction. Porn recovery sites are springing up all over the Web.”


“When does a stimulus put us at risk for slipping into excess?”

“Danger lurks when something:”
• “registers as an especially ‘valuable’ version of a thing that our ancestors (and we) evolved to find irresistible,”
• “is available conveniently in limitless supply (not found in nature),”
• “comes in lots of varieties (novelty),”
• “we binge without realizing it is triggering brain changes.”


“Intense arousal produces a more exciting buzz of neurochemicals than cheesecake—one that is therefore more reinforcing. That is, the brain more thoroughly wires together all associated cues, making repetition of the experience in the future more automatic. Moreover, heavy porn use sometimes discourages the user's pursuit of friendly interaction with others, which would help regulate the brain naturally. Also absent are factors that once protected our ancestors against over-stimulation. There are no jealous mates, wise elders, or social taboos, and often no sexual partners with their own ideas. Porn use seems risk-free because it's private and virtual.”


“Alas, not only are most of us unaware that today's hyper-stimulating sexual goodies can put our brains at risk for the changes associated with addiction, we're also up against a powerful meme in today's culture. It proclaims that, ‘Any kind of orgasm-promoting behavior is inherently so healthy that we must vigorously deny the growing evidence of the risks inherent in unlimited access to today's sexual
“Is this sound thinking? If our brains have evolved to drive us toward food and sex, shouldn't we be a bit more cautious about inundating ourselves with hyper-stimulating versions of them? Already, ‘about 17% of individuals who view porn on the Internet meet criteria for sexual compulsivity. That translates to a lot of people, given that about 12% of all the Internet traffic is porn and nearly 90% of the young male population (about 30% of the young female population) view pornography,’ says Professor Steven C. Hayes.”

“What are the Common Symptoms of any Addiction?”

- “Denial - I can’t see it – ‘It’s not a problem.’”
- “Control - I can't control my actions and functioning - ‘it’ controls me.”
- “Time is irrelevant; I lose a sense of limit, sense of who I am, others, place”
- “Relationships are changed, damaged, neglected, and hurt”
- “Attempts to limit the behavior often fail”
- “Need more to get the same effect - tolerance”
- “Neglect of the normal day to day activities”


“Grouping 'Internet porn addiction' and 'sex addiction' under the Sex Addiction Umbrella makes the former less visible because classic sex addiction is so rare. As a consequence, healthcare providers tend to misdiagnose those with porn addiction symptoms, which in turn leads to ineffective treatment. For example, young, otherwise healthy porn addicts with erectile dysfunction are given drugs instead of advice to lay off the porn. Others are treated for depression, procrastination or concentration problems instead of the addiction that may lie at the root of their symptoms.”
“The differences between porn addiction and sex addiction are considerable, as reflected in these self-reports:”

1. “Sex addict (age 35): I was feeling tired and low from the previous night's looking for anonymous sex. So I get back online. A woman is looking to hook up anonymously. She tells me to come over, so I grab some condoms. On my way, she texts me and tells me to pick up a pizza. WTF? This is weird, but the prospect of anonymous and novel sex is just too much at this point. However, fearing I might get robbed, I tell her that I would like to meet her first. The door opens up and it's very dark inside except for the light of a computer screen. I can't really see her, but I walk in anyways. She says, ‘Look at what I am wearing. Sexy isn't it?’ But in a deep voice...it's a dude! And She says, ‘This is okay isn't it?’ I'm thinking that I should just buy her a pizza out of kindness and get the fuck out of there. Then I hear someone moving in the back bedroom. I get super scared and bolt home, somewhat happy to not be dealing with any more drama and to have some money left. I just use porn and go to sleep.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

2. “Porn addict: I'm 23. I first tried to have sex when I was 18, but I couldn't get it up. I had been masturbating almost daily for 6 years, generally with tight grip and erotic visuals, often multiple times a day. I've had sex with four partners in my life and I never reached orgasm with any of them. In short, my sex life has been disappointing. Indeed, my last relationship ended because of erection problems. She accused me of being gay. I knew that wasn't true and yet how was she to believe me if my body didn't seem interested in her?” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

3. “Porn addict (age 25): Is it possible to be porn addict but not a sex addict? I know I cannot control my porn use, nor masturbation with fantasy. But after sex I'm more satisfied. I sometimes survive a week or so without porn. I also wasn't subject to childhood abuse, so I don't think I'm escaping from past memories. Quite a lot of sex addicts I know from SLAA meeting are also substance abusers. I have never had cravings for alcohol or drugs, even though I drink
too much once in a while. I have no shame about my porn use and never did. Also, Patrick Carnes says that the main belief of sex addicts is ‘No one would love me if they knew me as I am’. I know it's not true because my partners and friends know about my addiction and I've never experienced any negative reaction from them because of that. Yes I do have problems around people and I'm not very confident, but I believe it's due to overwanking and too much time in front of computer vs. interaction with real people. Porn for me is just a way of escaping from reality and coping with stress—the most effective and most exciting vehicle to disconnect with reality. I honestly don't think that I'm a 'sex addict.’” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Here are some ways porn addiction differs from sex addiction:”

1. “Sex addiction involves real people; Internet porn addiction involves a screen. Porn addicts are hooked on pixels/searching/constant visual novelty. In contrast, sex addicts are hooked on novel partners, voyeurism, frottage, flashing, risky sex, and so forth; porn may or may not supplement other behaviors.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


3. “Internet porn addicts often comment that they would like a steady girlfriend, or, if they have a mate, that they want to respond sexually to her. Sex addicts want a variety of partners. They are hooked on novel people rather than novel pixels.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

4. “Sexual performance woes are a common complaint among Internet porn addicts. We typically don't hear about severe sexual

5. “Porn addiction appears to be increasing as access to high-speed porn during teen years increases, although some older guys also report developing the addiction after switching to high-speed Internet.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“In sum, a sex addict's pursuit of living people is over the top, while a porn addict is largely missing out on 3-D action. In effect, porn proves 'sex negative' for many users. How could such a bizarre situation arise?” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“For example, presented with endless varieties of cheap, tasty, high-calorie food, 79 percent of adult Americans are overweight, and some thirty percent of us are addicted to these goodies (obesity), despite negative physical, social and psychological consequences. ‘Addicted’ is a medical term here, not a metaphor. It means the consumer’s brain has changed in the same fundamental ways a substance addict's does.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Alas, if online forums are any indication, today's porn users are increasingly complaining that (1) they can't stop viewing, and (2) it is interfering with their development of normal dating and mating abilities. Just how many of today's online erotica users are becoming addicted no one actually knows, but Internet addiction rates in adolescents are jumping. A Hungarian study recently reported that one in five adolescents are already hooked. (Adolescent brains are showing corresponding addiction-related changes.)” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“I realized I could bring myself literally to the brink of orgasm solely with visual stimulation—without using my hand at all. My mind was rewired into relying on the extreme images fed to it by my eyes to
“Will Internet porn addiction rates surpass obesity rates in some population groups now that Internet porn is more pervasive than any other natural reinforcer except junk food? Quite possibly. After all, brains naturally release far more dopamine for sex than they do for food. (Dopamine release during Internet porn use hasn't been measured, for a variety of technical and other reasons.) Moreover, there are limits to food consumption, but none to porn viewing. Also, although no one wants to be fat, porn use is becoming more socially acceptable every day.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“Sex addiction’ appears to be uncommon. Dr. Carnes has studied it for decades. His work reveals that those who, as children, were neglected, abused, molested, raped, or otherwise exposed to violence and/or sexuality at a young age are at risk for developing sex addiction (that is addiction to reckless sex/flashing/voyeurism). They use sex as a way to self-medicate to escape, to numb their psychological pain from feeling unsafe and insufficiently loved.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Porn users who visit our website often do not fit this profile, even though they self-identify as addicts. In Carnes's model, sex addicts who recover need three to five years, and a lot of support to restore healthy intimacy to their lives. In contrast, the majority of our visitors recover, even from severe symptoms like porn-induced impotence, in a matter of two to four months. Withdrawal symptoms can be acute, but eventually most guys bounce back to their pre-porn personalities and charisma levels.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Sex addicts have to work hard and often risk arrest or disease to act out. Porn users have only to tap their ever-present screens to get a

“Despite the fact that the typical heavy porn user no longer fits Carnes' classic sex addict description, porn addiction continues to be casually lumped in with sex addiction by experts and the journalists who rely on them. Thinking of Internet porn addiction as a ‘subset’ of sex addiction (quite rare) decreases its visibility. One expert assured us that since sex addiction is rare, the incidence of the subset Internet porn addiction, is ‘vanishingly small.’ Huh?” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“We've also heard experts claim that Internet porn users who don't fit the childhood-development profile of sex addicts can't be addicts, even if the users themselves believe they are. These experts insist that porn addiction can only arise as a consequence of some *other* pathology (such as sex addiction, ADHD, depression or social anxiety). It is like trying to cram video-game addiction under board-game addiction, or smoking under drug addiction. This obscures reality and leaves people who are ‘just’ porn addicts out in the cold.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“How could ‘intimacy issues’ explain porn addiction among teens with very little relationship experience? Many of these youthful porn users attract sweethearts. They are baffled by the fact that their penises respond only to porn and not to real mates. In short, they don't fit the
“Perhaps as a consequence of such imperfect logic, research on the effects of Internet porn use is lagging well behind the exploding reality of the phenomenon itself. Yet already, ‘arousal addiction’ is common enough to merit a TED talk by Psychologist Philip Zimbardo: ‘The Demise of Guys.’” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Fortunately for humanity's future wellbeing, the American Society of Addiction Medicine recently confirmed that addiction can be a primary disease. It's a function of brain changes-regardless of childhood development, and whether or not the addict engages in behavior that society finds acceptable/unacceptable.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Bottom line: The etiology of sex addiction is not related to the etiology of most Internet porn addiction (although some sex addicts certainly use porn to excess, and some porn addicts have childhood issues). Porn addicts can develop for the same reasons food addicts develop: (1) over-consumption of abnormally stimulating goodies, (2) brains that naturally perceive supernormal stimuli as irresistible, and/or (3) beginning use during adolescence, when the brain is especially plastic and most bent on seeking thrills and novelty.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“Both experts and young Internet porn users fail to distinguish ‘Internet porn use’ from ‘masturbation.’ The experts (older generations) think of Internet porn as just another aid for normal masturbation. In contrast, the younger generations have no idea that porn-free masturbation is even possible. They're wired to the Web's extreme novelty and often shocking visuals. Many have never
masturbated any other way. Consider this young man's surprising experiment:"

“Two weeks after quitting porn, I tried something completely different—masturbation to orgasm without porn—something I've never considered (always used Internet porn). Two days later, I added the porn on a whim and relapsed.”

“The two experiences were vastly different. Just masturbation to orgasm was almost startling at the finale, because I had no buzz, no shift of perception. It turned out to be a sweet, invigorating feeling.”

“But it may have triggered the full porn/masturbation session, which felt like I was totally on a DRUG. Every picture turned my body into a searing blast of tension, each new one more powerful than the last. I felt that familiar ‘dope surge’ run from my brain through my body. I could hear and feel EVERYTHING more intensely. At orgasm, it was like a cloud of idiocy swept over me, and everything went numb. That numb last feeling lasted at least two days.” (Gary Wilson, "Porn Addiction is not Sex Addiction – and Why it Matters", Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Conflating masturbation and Internet porn use results in a dangerous communication gap. We hear the following scenario repeatedly on our forum: A young man suffering from an inability to have normal erections consults a urologist. If he even thinks to ask whether his masturbation (subtext ‘hours of daily Internet porn use’) is causing the problem, the urologist answers, ‘Masturbation (subtext ‘good old fashioned solo sex’) simply cannot cause ED (or your other addiction-like symptoms), so something else is causing your problems. Here are some trial Cialis tablets and a referral to a sex therapist.’ The guy leaves, persuaded that his affliction has no cure, and continues to make his problem worse for fear that if he doesn't use it he'll lose it.” (Gary Wilson, "Porn Addiction is not Sex Addiction – and Why it Matters", Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“The experts are right in one sense: Masturbation addiction would be rare without Internet porn. Today's porn is more than a masturbation aid. It replaces imagination with multiple tabs, constant searching, fast forwarding to the perfect scene, a voyeur's perspective and so


“Much of the mainstream confusion about porn appears to arise from flawed logic, which overlooks a key fact. It starts with the correct assumption that orgasm is natural and people don’t generally get addicted to it. It proceeds to the further assumption that Internet porn use can’t produce anything with more neurochemical punch than an orgasm. It concludes that porn use therefore could not possibly be addictive.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Here’s the error: Addictiveness is actually not tied to magnitude of dopamine impact. Cigarettes, for example, hook nearly 80% of those who try them, while heroin hooks only a rather small minority of users. Obviously, the dopamine impact of a cigarette is tiny compared with the dopamine impact of shooting heroin. The seductiveness of cigarettes lies in their ability to train the brain with each puff (hit of dopamine). Because of this, their power to rewire the brain for addiction cannot be measured by their relative neurochemical impact. This point is made in David Linden’s book The Compass of Pleasure.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Sex addiction is likely analogous to a heroin addiction in that there’s a limit to how often one can get a fix, and the addict generally needs a ritualized neurochemical build-up. Internet porn, on the other hand, seems more akin to smoking. Each easily obtained, novel image offers a small, rewarding dopamine burst, which trains the brain to repeat the behavior, not unlike each puff.” (Gary Wilson, “Porn Addiction is not
“Today’s porn addict has more in common with an Internet videogame addict, because he (or she) relies on constant mini-dopamine hits from exciting, ever-novel visuals. Like video games, Internet porn is effortless entertainment. No need to seek a real partner. He’s also more like a food addict because Internet porn hijacks our most compelling natural urge (to reproduce) using a superstimulating delivery that also taps into our programmed proclivities for novelty and seeking.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“Porn addicts are not hooked on sex; they're hooked on Internet porn. They have not been training for sex, but for virtual stimulation. Here are comments of three:”

- “I knew I was in trouble when in real life girls standing naked in front of me barely got me erect, but as soon I jumped on a computer and looked up some crazy porn I was excited and rock hard.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

- “[Weeks after stopping porn] I have felt physically attracted to real women for the first time in a long time. It’s strange, but I was basically asexual when I was on pornography.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

- “I'm hoping to break 30-year of porn use that has, in part, made me a 40-year old virgin. I started porn use at age 12-13, ejaculated to images of fantasy women only (fit/muscular women and/or big boobs), never ejaculated without porn, and used it frequently. I’ve had opportunities with several women, but was a complete dud. Earlier this year, I had another failure to perform with a woman I liked quite a bit, and after 30 years I decided to do something about it. Trouble is, I think I never even developed ‘proper’ brain pathways for what actual intercourse with a real partner is like. There isn't even an old, overgrown path to go back to; it never
existed. I'm 33 days porn/masturbation free. But having closed my current road, I feel like I'm surrounded by dense jungle where a foot has never before been set. And me without even a machete, when I feel like I really need a chainsaw and a bulldozer.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“For as long as porn addiction remains virtually invisible, users who develop symptoms are in a precarious position. They have to figure things out for themselves, and it's not easy to connect the dots between porn-induced sexual dysfunction problems (or porn-related anxiety, depression or concentration problems) and viewing porn. After all, Internet porn is a powerful aphrodisiac. It also makes the user feel better while viewing. Not surprisingly, users eagerly ascribe their symptoms to any other suggested cause, or simply conclude, ‘This is who I am.’” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“Right now, experts' protocols and well-meaning journalists are making the journeys of many of those at risk for Internet porn addiction unnecessarily long. Moreover, those who need more substantial help, because they are self-medicating due to childhood issues are also being caught in the ‘porn is harmless’ net. Furthermore, adolescent porn users are wiring their sexual response to pixels, not humans—and some receive rude awakenings when they can't successfully have, or enjoy, real sex. Do these users have to wait until they become full-fledged addicts to begin rewiring their brains?” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“I've suffered from anxiety and self-confidence issues for years. I had suspected part of it was due to PMO but always felt it was difficult to stop. Several years ago I quit for about 3 months and was happier than I had been all my life. I socialized with people, went on dates with women, and was more confident than ever. However..for whatever reason out boredom...or habit...I relapsed. I went down a spiral of depression and even contemplated suicide. Since then it has been a struggle...until now! I am on day 21 being PMO free and I'm not looking back!” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it
“After I got past the 2 weeks stage I started to see diminished anxiety, more confidence, and even better vocal tonality. I feel like I am becoming normal again—like the person I am supposed to be. Women are noticing me again and I can genuinely have a conversation with them. I feel like I’m connecting with people in general better. I am even performing better athletically. I feel stronger, faster and sharper. It is as though the fog has been lifted! I’m 29 years old and now I feel like I have the energy that I had in my teens. My goal is to be PMO free for the rest of my life. The momentum I feel is stronger than a cheap thrill that PMO brings. I look forward to living and not hiding anymore. Taking back control is the most liberating thing I’ve felt in a long time.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“A 2013 study with an interesting finding: In ‘sex addicts’ distress was associated with porn use, and was not associated with changing partners. In other words, we have two distinct groups, Internet porn addicts, and guys who have a lot of sex partners.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)


“Masturbation and online pornography consumption were significantly more often reported by distressed participants, while sexual contact with changing partners was more often reported by nondistressed participants. Statistics also indicated various associations between types of hypersexual behavior and areas of functional impairment.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters)

“One of the most significant steps in early recovery from addictive sexual disorders is disclosure by the addict to his or her spouse or significant other of the sexual behaviors in which the addict has been engaging, usually
outside the marriage or primary relationship. In order to learn about couples’ experiences with disclosure, the authors prepared an anonymous survey, to be filled out separately by each partner. Surveys were returned by 82 sex addicts and 82 spouses or partners. Addicts had an average of 5.1 + 3.9 years in recovery. Key findings from the surveys included: (1) Disclosure is often a process, not a one-time event, even in the absence of relapse; withholding of information is common. (2) Initial disclosure usually is most conducive to healing the relationship in the long-run when it includes all the major elements of the acting-out behaviors but avoids the ‘gory details.’ (3) Over half the partners threatened to leave the relationship after disclosure, but only one-quarter of couples actually separated. (4) Half the sex addicts reported one or more major slips or relapses, which necessitated additional decisions about disclosure. (5) Neither disclosure nor threats to leave prevents relapse. (6) With time, 96% of addicts and 93% of partners come to believe that disclosure had been the right thing to do. (7) Partners need more support from professionals and peers during the process of disclosure. (8) Honesty is a crucial healing characteristic. (9) The most helpful tools for coping with the consequences of sexual addiction are counseling and the 12-step programs. Disclosure, threats to leave, and relapses are parts of the challenge of treating, and recovering from, addictive disorders.”


“HEARING ON THE BRAIN SCIENCE BEHIND PORNOGRAPHY ADDICTION AND THE EFFECTS OF ADDICTION ON FAMILIES AND COMMUNITIES”

“Statement of Judith A. Reisman...November 18, 2004”

“Good afternoon. Thank you for the opportunity to speak with you today. I am Judith Reisman, Ph.D., President of The Institute for Media Education, Scientific Advisor to the California Protective Parents Association and the Subcommittee on Junk Science for The American Legislative Exchange Council’s April 2004 report.” (See vitae for other details (http://www.drjudithreisman.org/vitae.htm) (Hearing on the Brain Science Behind Pornography Addiction
“I specialize in the communication effects of images on the brain, mind and memory; fraud in the human sexuality field; and the addictive properties of sexually explicit images, commonly called pornography.” (I also document the ways pornography commonly involve “estrus” displays, falsely presenting human females as non-human animals in “heat” and triggering both anger and libido in male, even some female, viewers. The full definition relies upon the four scientific disciplines of Proxemics, Ethology, Neuropsychology and Psychopharmacology, seen ve in Appendix A.) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)


“Thanks to the latest advances in neuroscience, we now know that emotionally arousing images imprint and alter the brain, triggering an instant, involuntary, but lasting, biochemical memory trail.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“This applies to so-called ‘soft-core’ and ‘hard-core’ pornography, which may, arguably, subvert the First Amendment by overriding the cognitive speech process.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“These media erotic fantasies become deeply imbedded, commonly coarsening, confusing, motivating and addicting many of those


“I have spent decades addressing the effects of pornographic 'humor' and photos on children, fathers, husbands and wives and communities, much of which is found…”

• “…in my book, "Soft' Porn Plays Hardball, 1990
• “…in my U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention (OJJDP) report, Images of Children, Crime and Violence in Playboy, Penthouse and Hustler
• “...in my white paper on "The Psychopharmacology of Pictorial Pornography: Restructuring Brain, Mind & Memory & Subverting Freedom of Speech" (http://www.djudithreisman.com/brain.pdf).”

“A basic science research team employing a cautiously protective methodology should study erototoxins and the brain/body. As with tobacco, these data could be helpful in public education and in legal change.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Testimony from victims and police commonly finds pornography to be an on-site-sexabuse manual.” (John Rabun, now COO for the National Center For Missing & Exploited Children. See Senate Hearings on "Effect of Pornography on Women and Children," 1984. In that Senate hearing, Rabun testified that when arrested, "all, that is 100%" of rapists, pedophiles, etc., in their study possessed adult pornography, "such as Playboy, on up." Also see Dr. C. Everet Koop on pornography as a "crushing" health problem, in American Medical News, October 10, 1986). (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“An offensive strategy should be planned mandating law enforcement collection of all pornography data, as with guns, drugs, etc, at crime sites.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Congress should consider ceasing the funding of educational institutions that train their students via the flawed methodology of Kinseyan ‘academic pornography.’” (Exhibit 3. See JA Reisman, Kinsey, Crimes & Consequences, 2003, pp. 160-180, esp. 170-'80: for the use of the SAR, Sexual Attitude Restructuring, as days, weeks or months of viewing pornography to be "accredited" as a certified sex educator, or to earn a Masters, PhD., etc., in Human Sexuality, AIDS Prevention and the like.) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)


“HOW THE INTERNET IS ALTERING YOUR MIND”

“Like nearly all the Guardian's content, what you are about to read was – and this will hardly be a revelation – written using a computer connected to the internet. Obviously, this had no end of benefits, mostly pertaining to the relative ease of my research and the simplicity of contacting the people whose thoughts and opinions you are about to read. Modern communications technology is now so familiar as to seem utterly banal, but set against my clear memories of a time before it arrived, there is still something magical about, say, optimistically sending an email to a scientist in southern California, and then talking to him within an hour.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“But then there is the downside. The tool I use to write not only serves as my word processor and digital postbox, but can also double as – among other things – a radio, TV, news-wire portal and shop. Thus, as I put together the following 2,000-ish words, I was entertained in my more idle moments by no end of distractions. I watched YouTube videos of Manic Street Preachers, Yoko Ono, and the Labour leadership candidates. Via Amazon, I bought a £4.99 teach-yourself-to-spell DVD-Rom for my son, which turned out to be rubbish. And at downright stupid hours of the day – 6am, or almost midnight – I once again checked my email on either my phone or computer. Naturally, my inbox was usually either exactly how I had left it, or newly joined by something that could easily have waited – though for some reason, this never seems to register.” (John Harris, “How
Obviously, I am not alone in this affliction. Yesterday, scores of headlines focused on a new report by the media regulator Ofcom, which found that Britons spend more than seven hours a day watching TV, going online, sending texts and reading newspapers, and that web-capable smartphones are now a fixed part of millions of people's lives. Superficially, all this hardly seemed revelatory – but at the lower end of the age range lurked evidence of the world to come. Among 16-to-24-year-olds, television was not nearly as dominant: half their 'media time' was devoted to mobile phones and computers – and in turn, two-thirds of that time was spent doing two digital things at once. The younger you are, it seems, the more your media consumption finds you multitasking: I'm a relatively ancient 40, but my habits are increasingly similar.” (John Harris, "How the internet is altering your mind", The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“It often feels as if all this frantic activity creates a constant state of twitchy anxiety, as any addiction usually does. Moreover, having read a freshly published and hotly controversial book about the effect of digital media on the human mind, I may have very good reason to feel scared. Its thesis is simple enough: not only that the modern world’s relentless informational overload is killing our capacity for reflection, contemplation, and patience – but that our online habits are also altering the very structure of our brains.” (John Harris, "How the internet is altering your mind", The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“In the book, Carr looks back on such human inventions as the map, the clock and the typewriter, and how much they influenced our essential modes of thought (among the people whose writing was changed by the latter were Friedrich Nietzsche and TS Eliot). By the same token, he argues that the internet's ‘cacophony of stimuli’ and ‘crazy quilt’ of information have given rise to 'cursory reading, hurried and distracted thinking, and superficial learning’ – in contrast to the age of the book, when intelligent humans were encouraged to be contemplative and imaginative.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)
“Small is the director of the Memory and Ageing Research Centre at the University of California, Los Angeles, a specialist in the effects on the brain of the ageing process, and the co-inventor of the first brain-scanning technology to detect the physical evidence of Alzheimer’s disease. ‘Even an old brain can be quite malleable, and responsive to what’s going on with technology,’ he tells me.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“Small is only too aware of what too much time spent online can do to other mental processes. Among the young people he calls digital natives (a term first coined by the US writer and educationalist Marc Prensky), he has repeatedly seen a lack of human contact skills – ‘maintaining eye contact, or noticing non-verbal cues in a conversation’. When he can, he does his best somehow to retrain them: ‘When I go to colleges and talk to students, I have them do one of our face-to-face human contact exercises: ‘Turn to someone next to you, preferably someone you don’t know, turn off your mobile device.’ One person talks and the other one listens, and maintains eye contact. That’s very powerful. One pair of kids started dating after they'd done it.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“He also fears that texting and instant messaging may already be dampening human creativity, because ‘we're not thinking outside the box, by ourselves – we're constantly vetting all our new ideas with our friends.’ He warns that multitasking – surely the internet’s essential modus operandi – is ‘not an efficient way to do things: we make far more errors, and there’s a tendency to do things faster, but sloppier.’ Of late, he has been working with big US corporations – Boeing is the latest example – on how they might get to grips with the effects of online saturation on their younger employees, and reacquaint them with the offline world.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“When I ask him how I might stop the internet's more malign effects on my own brain, he sounds slightly more optimistic than Carr: we have the capacity to pull ourselves back from the mental brink – though only if we know what’s at stake. ‘The brain can right itself if
we're aware of these issues,’ he says. ‘But we have to make decisions as to what we can do about it. Try to balance online time with offline time,’ he tells me. ‘What's happening is, we're losing the circadian rhythms we're used to; you go to work, you come home, you spend time talking with your kids.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“What about the idea of calming down when you're online? I'm actually pretty good at offline time, but as soon as I'm back at my desk, it's all YouTube and compulsive email checking, and it's rather doing my head in.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)


“Among the people with walk-on roles in The Shallows is Scott Karp, the editor of a renowned American digital media blog called Publish2, whose reading habits are held up as proof of the fact that plenty of people's brains have long since been rewired by their enthusiastic use of the internet.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“Despite a degree from New York University in English and Spanish literature, Carr claims that Karp has given up reading books altogether, perhaps because of what a working life spent online seems to have done to his mental makeup. One of Karp's online posts is quoted as follows: ‘I was a lit major in college, and used to be a voracious book reader. What happened? What if I do all my reading on the web not so much because the way I read has changed . . . but because the way I THINK has changed?’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“As it turns out, Karp has only stopped reading non-fiction. Contrary to Carr's thesis, he says he still has no problem reading novels, and thinks his long-term memory is in as good shape as ever. What he
attests to, though, is a radical shift in the way he consumes information, which may or may not have caused his mental circuits to change.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“This, he tells me, is all down to his appetite for connecting multiple bits — and, it seems, only bits — of information, rather than digesting big chunks of stuff from single sources, one at a time. ‘I thrive on that connectedness of information,’ he says, ‘so now, I maybe read a given author’s argument in much briefer form than a 10,000 word article or a book — and then jump to another author’s argument, and follow that train of thought. And sometimes I find that I make leaps in thinking by reading things from different perspectives, and going from lily pad to lily pad.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“He assures me he understands any argument’s strengths and weaknesses before flitting to the next one, but I’m not so sure. Aren’t there thousands of books that have to be read in their entirety before we can really get our head round the author’s point of view? The last thumping great book I read was the biography of Barack Obama by David Remnick, the editor of the New Yorker — and the idea of boiling it down to a skimmable extract seems almost offensive. The same applies to, say, any number of books by Marx and Engels, or even (possibly) Ozzy Osbourne’s autobiography.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)


“Whatever, Karp is not fazed by the idea that heavy internet use might be reshaping his brain. ‘Everything changes our brain,’ he says. ‘Everything. That’s what the brain does. It’s constantly changing and adapting to every experience. It’s almost axiomatic to say: ‘The internet has changed our brain, and its processes.’ Yes, we spend less time concentrating on single sources of information. But when it comes to making value judgements, it becomes difficult to say, ’And
we are worse off because of that.' As we end our conversation, I have a vision of him frantically pinging from blog to website to pdf, and I'm really not so sure.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“I get a more convincing antidote to the Carr thesis from Professor Andrew Burn of the University of London’s Institute of Education, who has long specialised in the way that children and young people use what far too many people still call ‘new media’, and its effects on their minds. Equating the internet with distraction and shallowness, he tells me, is a fundamental mistake, possibly bound up with Carr's age (he is 50). ‘He's restricting what he says to the type of activities that the middle-aged blogosphere-addict typically engages in,’ says Professor Burn. ‘Is there anything in his book about online role-playing games?’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“Not much, I tell him, and he's off. ‘Carr's argument privileges activities of the skimming and browsing kind. But if you look at research on kids doing online gaming, or exploring virtual worlds such as Second Life, the argument there is about immersion and engagement – and it’s even about excessive forms of immersion and engagement that get labelled as addiction. The point is, to play successfully in an online role-playing game, you have to pay an incredible amount of attention to what your team-mates are doing, to the mechanics of the game. You can set up a thesis for The Depths, just as much as The Shallows.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“And what of all these worries about the transformation of the human brain? ‘Temporary synaptic rewiring happens whenever anybody learns anything,’ he says. ‘I'm learning a musical instrument at the moment, and I can feel my synapses rewiring themselves, but it's just a biological mechanism. And it seems to me that to say that some neural pathways are good and some are bad – well, how can you possibly say that? It could be a good thing: people are becoming adaptive, and more supple in their search for information.’ Carr, he reckons, is guilty of a ‘slippage into an almost evolutionary argument’, and he's not having it at all.” (John Harris, “How the internet is altering your mind”,

Josh McDowell Ministry 2018 204
“He’s also not impressed by the way Carr contrasts the allegedly snowballing stupidity of the internet age with the altogether more cerebral phase of human progress when we all read books. ‘What if the book is Mein Kampf? What if it’s Jeffrey Archer? Or Barbara Cartland? Am I not better off playing a well-constructed online game, or reading Aristotle’s poetics online? I really don’t see why books should particularly promote worthwhile thought, unless they’re worthwhile books. And the same applies to what’s on the internet.’”


“This all sounds both comforting and convincing, until I return to The Shallows, and a particularly sobering sentence on page 222 (contrary to Carr’s darker predictions, I easily made it to the end). ‘We are welcoming the frenziedness into our souls,’ he writes. There’s something chilling about those words, and even 20 stupid minutes on YouTube and an impulse buy from Amazon cannot quite remove them from my brain.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind)

“How Pornography Addiction Affects the Teenage Brain”

“There is a rising problem of pornography addiction in teens. The negative effects of pornography addiction are even greater in teens as their brains are more susceptible to the chemical overload effects that come with continued viewing.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


“Porn is Addictive”

“Porn is basically sexual junk food. …” (“Porn is Addictive”, Fight the new Drug, August 8, 2014, http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs)

“Recent Internet Addiction Brain Studies Include Porn”
Since we wrote Ominous News for Porn Users: Internet Addiction Atrophies Brains, which addressed recent online videogame addiction research, a tide of brand new research has been rolling in from around the world, revealing that a surprisingly large percentage of people in some age groups are addicted to Internet use itself.”

The new research comprises two types of studies. One methodology uses brain scans of physical, addiction-related changes in addicts and control groups. The other uses surveys and addiction tests. Brain scientists also use such tests to divide subjects into test groups of addicts and control groups of non-addicts.”

“In this post, we will be discussing research from both categories, but we’re primarily interested in the hard-science brain scans because they are less easy to manipulate with bias. Here are some FAQs about the new research:”

“What’s the percentage of Internet addicts according to the research?”

“Although the questionnaire studies use somewhat different terminology (‘addiction’ ‘problematic Internet use’ ‘maladaptive Internet use’), rates range from 8 percent to as high as 21 percent in young people. Moreover, in a study that reported addiction rates by gender, a quarter of the male university students tested were diagnosed as addicts—as compared with less than ten percent of female students.”

“If there are no brain studies isolating Internet porn users, how can we know Internet porn addiction exists?”
“Internet addiction researchers measure all Internet use, so pornography and social media are lumped together. One of the most recent studies, for example, described the Internet use of Chinese addicts:”

“Subjects used the internet almost every day, and spend more than 8 hours ... every day in front of the monitor, mostly for chatting with cyber friends, playing online games, and watching online pornographies or adult movies.[Internet porn, by the way, is officially banned in China.]” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Internet porn use has not been isolated in any of the new studies we have seen. (Who uses the Internet only for Internet porn?) But is it necessary to isolate Facebook addicts from Twitter addicts? Or World of Warcraft addicts from EverQuest addicts to determine that all such applications can become addictive for some users? No. Internet porn is simply one more, very popular, Internet pastime, and therefore potentially addictive.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Don't let the fact that many use the Internet as a masturbation aid confuse you. It is the characteristics that make Internet porn different from sex—but very similar to videogaming or slot-machine gambling—which account for its ability to hook some users. This 2013 study noted the similarities:” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“‘It should be pointed out that, as two of the key uses of the internet for a sizable number of internet users are to gain access to pornography and gambling and these latter activities are clearly subject to potentially-addictive states, it may be that any results relating to ‘internet addiction’ are actually manifestations of other forms of addiction (i.e. to pornography or gambling).’” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)
“These characteristics include novelty-at-a-click, effortless access, and constant violation of expectations via startling stimuli. All of these release the neurotransmitter dopamine in the reward circuitry. Overconsumption can therefore dysregulate dopamine response in some brains, thus tampering with mood, confidence and ability to respond to pleasure.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Still convinced Internet erotica is a harmless exception to Internet addiction? Sorry, but it has already been determined to be more likely to lead to compulsion than any other Internet activity.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“In any case, the fundamental brain changes for all addictions—both behavioral and chemical—are so similar that addiction specialists now consider all addiction to be one disease rather than many different diseases. Whether someone is diagnosed with gambling, videogaming or Internet addiction, it indicates that a specific collection of anatomical and physiological abnormalities has occurred (with minor variations).” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Indeed, the same molecular switch triggers addiction-related brain changes in all addicts. The master switch that triggers these changes is the protein DeltaFosB. Both chronic, high level consumption of natural rewards (sex, sugar, high-fat) and chronic administration of virtually any drug of abuse cause DeltaFosB to accumulate in the reward circuit, thus triggering a cascade of further brain changes.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“It would be interesting, but redundant, to isolate particular types of Internet addiction in order to establish the reality of any one of them, including porn addiction.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“What brain changes have researchers observed in Internet addicts?”
“Thirty years and thousands of studies on animal and human subjects have revealed a specific constellation of addiction-related brain
changes. This is why scientists are confident that these brain changes differ from the brain's normal daily activity.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“For example, the Chinese study cited above, researchers concluded that,”

“IAD [Internet addiction] may cause serious damages to the brain, and the neuroimaging findings further illustrate IAD is associated with dysfunctions in the dopaminergic brain systems. Our findings also support the claim that IAD may share similar neurobiological abnormalities with other addictive disorders [such as substance abuse disorders and pathological gambling].” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Next we’ll consider the changes so far observable in human scans, with representative studies in the links next to brain alteration. (Note, this review of Internet Addiction brain studies was published after this article: Internet and Gaming Addiction: A Systematic Literature Review of Neuroimaging Studies)” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“DeltaFosB is known to trigger most, if not all, of these addiction-related changes. They are not beneficial. (More on why in a future post.)” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Are these the only brain changes?”

“No. Each of these broad-brush indicators reflect multiple subtler addiction-related cellular and chemical alterations—just as the scan of a cancer tumor wouldn't show associated subtler cellular/chemical changes.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Most of the subtler changes can't be assessed in human models due to the invasiveness of the technologies required. However, they have
been identified in animal models. For example, to track desensitization, scans can measure D2 receptor changes in humans. Yet other key addiction markers, such as higher dynorphin and the accumulation of DeltaFosB, won't show up in scans.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“The point is that where there are macro changes visible in brain scans, there are also subtler, micro changes. The macro changes are the final dominos common to all addictions, so they are also evidence of the micro changes.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“How do we know these brain changes aren't due strictly to pre-existing pathologies?”

“Many experts have been taught that the only people who develop addiction are those with pre-existing disorders, such as OCD, depression, ADHD and so forth, so addiction is always a secondary disease, and presumably somewhat unavoidable. While brains do differ in their vulnerability to addiction (for example, adolescent brains are more vulnerable than adult brains), ASAM's addiction specialists now consider addiction a primary disease. That is, it can develop even without the presence of an underlying disorder. And it causes its own brain changes apart from any other disorders.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“Moreover, one has only to consider the rates of food addiction in the United States (79% of adults overweight and almost half of those obese) to see that one doesn't need to be in a small, congenitally disordered minority to fall into addiction. This is especially true where extreme versions of natural rewards like food and sex are concerned. Junk food and Internet porn are both extreme versions of enticements that all of us evolved to pursue somewhat impulsively.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)
“Moreover, two of the new studies (study 1, study 2) revealed that addiction-related brain changes were reversing themselves in former addicts. This wouldn’t happen if the brain changes were the product of fixed, pre-existing conditions. Similarly, the longer addicts are hooked, the more severe their addiction-related brain alterations.”

“The gray matter atrophy and white matter FA changes of some brain regions were significantly correlated with the duration of internet addiction.”

“Indeed, experts recently concluded that they cannot find a solid pathological predictor for Internet addiction disorder. Internet addiction disorder may bring some pathological problems to the addicts [such as depression, anxiety, hostility, interpersonal sensitivity, and psychoticism].”

“On what do you base your information in this post?”

“In addition to the many recent Internet addiction studies cited here, support for this piece comes from the materials published by the American Society of Addiction Medicine (ASAM), a group of eminent doctors and researchers who are addiction specialists. Here are some excerpts from the ASAM FAQs, which shed light on how experts in the field define addiction:”

“Qs: What’s different about this new definition? [and] Does ASAM really believe that food and sex are addicting?”

“This new definition makes clear that addiction is not about drugs, it's about brains. It is not the substances a person uses that make them an addict; it is not even the quantity or frequency of use. Addiction is about what happens in a person’s brain when they are exposed to rewarding substances or rewarding behaviors, and it is more about
reward circuitry in the brain and related brain structures than it is about the external chemicals or behavior that "turn on" that reward circuitry....Food and sexual behaviors and gambling behaviors can be associated with the "pathological pursuit of rewards" described in this new definition of addiction.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“To summarize the current state of addiction neuroscience:”

“The brain changes found in all addictions include sensitization, desensitization, hypofrontality, and abnormal white matter. An Internet addiction is no exception, whether a user is viewing Internet porn, Facebook, www.reddit.com, or a combination Internet stimuli.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“All addiction-related brain changes (both behavioral and chemical) are triggered by accumulation of DeltaFosB. There's one molecular switch, whether drug, gambling, food, or Internet porn addiction is at work.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“All brain research on Internet addiction done so far (ten studies as of this post) point in only one direction.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“If you are noticing these unpleasant symptoms, you may have Internet addiction, and your Internet porn use could be part of the problem.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“SLAVE MASTER – HOW PORNOGRAPHY DRUGS & CHANGES YOUR BRAIN”

“While some have avoided using the term ‘addiction’ in the context of natural compulsions such as uncontrolled sexuality, overeating, or
“This article will seek to answer two questions:”
1. “Biologically, is the brain affected by pornography and other sexual addictions?”
2. “If so, and if such addictions are widespread, can they have a societal effect as well?”

“The Story of the Gypsy Moth”

“Let’s begin with a seeming digression. In 1869 the gypsy moth was brought to America to attempt to jumpstart a silk industry. Rarely have good intentions gone so wrong, as the unforeseen appetite of the moth for deciduous trees such as oaks, maples, and elms has devastated forests for 150 years. Numerous attempts were made to destroy this pest, but a major breakthrough came in the 1960s, when scientists noted that the male gypsy moth finds a female to mate with by following her scent. This scent is called a pheromone, and is extremely attractive to the male.”

“In 1971 a paper was published in the journal Nature that described how pheromones were used to prevent the moths from mating. The scientists mass-produced the pheromone and permeated the moths’ environment with it. This unnaturally strong scent overpowered the females’ normal ability to attract the male, and the confused males were unable to find females. A follow-up paper described how population control of the moths was achieved by ‘preventing male gypsy moths from finding mates.’”

“The gypsy moth was the first insect to be controlled by the use of pheromones, which work by two methods. One is called the confusion method. An airplane scatters an environmentally insignificant number of very small plastic pellets imbedded with the scent of the pheromone. Then, as science journalist Anna Salleh describes it, ‘The male either becomes confused and doesn’t know which direction to turn for the
female, or he becomes desensitized to the lower levels of pheromones naturally given out by the female and has no incentive to mate with her.”


“The other method is called the trapping method: Pheromone-infused traps are set, from which moths cannot escape; a male moth enters looking for a female, only to find a fatal substitute.”


“Two Fallacies”

“What does this have to do with pornography? Pornography is a visual pheromone, a powerful, $100 billion per year brain drug that is changing human sexuality by ‘inhibiting orientation’ and ‘disrupting pre-mating communication between the sexes by permeating the atmosphere,’ especially through the internet. I believe we are currently struggling in the war against pornography because many continue to believe two key fallacies:”


“Fallacy No. 1: Pornography is not a drug.”

“Fallacy No. 2: Pornography is therefore not a real addiction.”

“Adrenaline Grass”

“First, I would like to share an experience our family had a few years ago on a safari in Africa. While on a game drive along the Zambezi River, our ranger commented on the adrenaline grass growing along the banks. I asked him why he used the word ‘adrenaline,’ and he began to drive slowly through the grass. Abruptly, he stopped the vehicle and said, ‘There! Do you see it?’”


“See what?’ I asked. He drove closer, and this also changed the angle of the light.”


“We were sitting in an open-air Land Rover with no doors and no windows. I then understood why it was called adrenaline grass, as I felt my heart pound. My cerebral cortex saw and defined the danger, which registered in the autonomic, or automatic, part of my nervous system. The brain, which is a very efficient pharmaceutical lab, produced the chemical adrenaline, causing my heart to pound and race in preparation for survival. I was ready to run if needed (not that it would have done any good with the lion).” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“We were told that if we stayed in our seats and remained still, the lion would look at the Land Rover as a whole and not see us as individuals. Fortunately this was the case for us.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“A Drug Is a Drug”

“Interestingly, adrenaline, also called epinephrine, is a drug we physicians use in surgery and in emergencies to start a patient’s heart again when it beats too slow, or even stops. So here is the question: Is epinephrine not a drug if the brain makes it (causing the heart to pound and race), yet is a drug if the same epinephrine is given by a physician?” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Dopamine is important in the parts of our brain that allow us to move, and when the dopamine-producing parts of the brain are damaged, Parkinson’s disease results. To treat Parkinson’s, physicians prescribe dopamine as a drug, and it helps the patient move again. So is dopamine a drug only if the pharmaceutical lab makes it, and not if the brain makes the same chemical for the same purpose?” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“…both of these brain drugs are very important in human sexuality—and in pornography and sexual addiction. Dopamine, in addition to its role in
movement, is an integral neurotransmitter, or brain drug, in the
pleasure/reward system in the brain.” (Donald L. Hilton, Jr., “Slave Master – How
Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010,

“Frontal Lobe Damage”
“As a feedback of sorts, the frontal lobes also atrophy, or shrink. Think of
it as a ‘wearing out of the brake pads.’ This physical and functional
decline in the judgment center of the brain causes the person to become
impaired in his ability to process the consequences of acting out in
addiction. Addiction scientists have called this condition hypofrontality,
and have noted a similarity in the behavior of addicted persons to the
behavior of patients with frontal brain damage.” (Donald L. Hilton, Jr., “Slave
Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010,

“Neurosurgeons frequently treat people with frontal lobe damage. In a
car crash, for instance, the driver’s brain will often decelerate into the
back of his forehead inside his skull, bruising the frontal lobes. Patients
with frontal lobe damage exhibit a constellation of behaviors we call
frontal lobe syndrome. First, these patients are impulsive, in that they
thoughtlessly engage in activities with little regard to the consequences.
Second, they are compulsive; they become fixated or focused on certain
objects or behaviors, and have to have them, no matter what. Third, they
become emotionally labile, and have sudden and unpredictable mood
swings. Fourth, they exhibit impaired judgment.” (Donald L. Hilton, Jr., “Slave
Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010,

“So cortical hypofrontality, or shrinkage of the frontal lobes, causes
these four behaviors, and they can result from a car wreck or from
addiction.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your

“A study on cocaine addiction published in 2002 shows volume loss, or
shrinkage, in several areas of the brain, particularly the frontal control
areas. A study from 2004 shows very similar results for
methamphetamine. But we expect drugs to damage the brain, so these
studies don’t really surprise us.” (Donald L. Hilton, Jr., “Slave Master – How
Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010,
“Consider, though, a natural addiction, such as overeating leading to obesity. You might be surprised to learn that a study published in 2006 showed shrinkage in the frontal lobes in obesity very similar to that found in the cocaine and methamphetamine studies. And a study published in 2007 of persons exhibiting severe sexual addiction produced almost identical results to the cocaine, methamphetamine, and obesity studies. (Encouragingly, two studies, one on drug addiction [methamphetamine] and one on natural addiction [obesity] also show a return to more normal frontal lobe volumes with time in recovery.)” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“So we have four studies, two drug and two natural addiction studies, all done in different academic institutions by different research teams, and published over a five-year period in four different peer-reviewed scientific journals. And all four studies show that addictions physically affect the frontal lobes of the brain.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Addiction Is Addiction”

“As stated in the journal Science, ‘as far as the brain is concerned, a reward’s a reward, regardless of whether it comes from a chemical or an experience.’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“What about pornography and sexual addiction? Dr. Eric Nestler, head of neuroscience research at Mount Cedar Sinai in New York and one of the most respected addiction scientists in the world, published a paper in the journal Nature Neuroscience in 2005 titled ‘Is there a common pathway for addiction?’ In this paper he said that the dopamine reward systems mediate not only drug addiction, but also ‘natural addictions (that is, compulsive consumption of natural rewards) such as pathological overeating, pathological gambling, and sexual addictions.’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Like the addicted rats, the men were desperately seeking the next fix, clicking the mouse just as the rats pushed the lever.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)
“Pornography addiction is frantic learning, and perhaps this is why many who have struggled with multiple addictions report that it was the hardest for them to overcome. Drug addictions, while powerful, are more passive in a ‘thinking’ kind of way, whereas pornography viewing, especially on the internet, is a much more active process neurologically. The constant searching for and evaluating of each image or video clip for its potency and effect is an exercise in neuronal learning, limited only by the progressively rewired brain. Curiosities are thus fused into compulsions, and the need for a larger dopamine fix can drive the person from soft-core to hard-core to child pornography—and worse. A paper published in the Journal of Family Violence in 2009 revealed that 85 percent of men arrested for child pornography had also physically abused children.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Here are some brain changes that show up in all addictions, whether substance or behavioural.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)


“The addict may neglect other interests and activities that were once high priorities.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

“Desensitisation is probably the first addiction-related brain change porn users notice. They need greater and greater stimulation to achieve the same buzz (‘tolerance’). They may spend more time online, prolonging sessions through edging, watching when not masturbating, or searching for the perfect video to end with. But desensitisation can also take the form of escalating to new genres, sometimes harder and stranger, or


“Cues, such as turning on the computer, seeing a pop-up, or being alone, trigger intense cravings for porn. Are you suddenly much hornier (true libido) when your wife goes shopping? Unlikely. But perhaps you feel as if you are on autopilot, or someone else is controlling your brain. Some describe a sensitised porn response as ‘entering a tunnel that has only one escape: porn’. Maybe you feel a rush, rapid heartbeat, even trembling, and all you can think about is logging onto your favourite tube site. These are examples of sensitised addiction pathways activating your reward circuit, screaming, ‘Do it now!’” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)


“Hypofrontality shows up as the feeling that two parts of your brain are engaged in a tug-of-war. The sensitised addiction pathways are screaming ‘Yes!’ while your ‘higher brain’ is saying, ‘No, not again!’ While the executive-control portions of your brain are in a weakened condition the addiction pathways usually win.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)


“To sum up, if these neuroplastic changes could speak, desensitisation would be moaning, ‘I can't get no satisfaction’. At the same time, sensitisation would be poking you in the ribs saying, ‘hey, I've got just what you need’, which happens to be the very thing that caused the desensitisation. Hypofrontality would be shrugging and sighing, ‘bad idea, but I can't stop you’. Dysfunctional stress circuits would be screaming, 'I NEED something NOW to take the edge off!'” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“These phenomena are at the core of all addictions. One recovering porn addict summed them up: ‘I will never get enough of what doesn't satisfy me and it never, ever satisfies me’. Recovery reverses these changes. Slowly, the addict relearns how to 'want' normally.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“Withdrawal Many people believe that addiction always entails both tolerance (a need for more stimulation to get the same effect, caused by desensitisation) and brutal withdrawal symptoms. In fact, neither is a prerequisite for addiction – although today's porn users often report both. What all addiction assessment tests share is, 'continued use despite negative consequences'. That is the most reliable evidence of addiction.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)
“Dr. Donald Hilton calls pornography ‘a powerful, $100 billion per year brain drug that is changing human sexuality.’ His vivid description is not new; the porn-is-a-brain-drug language has been around a long time. A decade ago, a U.S. Senate subcommittee brought in a panel of experts to have a hearing on ‘the brain science behind pornography addiction’. The panelists made some bold claims, saying that modern science shows us that ‘the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/)

“How Pornography Addiction Affects the Teenage Brain”
“There is a rising problem of pornography addiction in teens. The negative effects of pornography addiction are even greater in teens as their brains are more susceptible to the chemical overload effects that come with continued viewing.” ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

“Exposure to sexually pornographic material is correlated with:”

“Addiction is a relative term. I would stake my life on the assumption that no one in this room is absolutely addicted to pornography or any sexual sin. What I mean is this: If the stakes are high enough and sure enough, you will have all the self-control you need to resist any sexual temptation.” (John Piper, “You Can Say No to Porn”, Desiring God, February 11, 2015, http://www.desiringgod.org/articles/you-can-say-no-to-porn)

“For example, if tonight you are feeling totally in the sway of sexual desire – more blazing, more powerful than you have ever felt it in your life – and you believe that you cannot resist the temptation to look at some nudity online, and suddenly a black-hooded ISIS member drags your best friend or your spouse into the room with a knife at this or her throat, and says, “If you look at that website, I will slit their throat,” you will have the self-control you thought you didn’t have. You won’t click.” (John Piper, “You Can Say No to Porn”, Desiring God, February 11, 2015, http://www.desiringgod.org/articles/you-can-say-no-to-porn)

“In a new book, The Demise of Guys: Why Boys Are Struggling and What We Can Do About It, psychologists Philip Zimbardo and Nikita Duncan say we may lose an entire generation of men to pornography and video gaming addictions. Their concern isn’t about morality, but instead about


“The brain regions found in the present investigation are associated with relatively frequent, but not by definition, addictive pornography consumption. The striatum and DLPFC correspond to brain regions implicated in Internet addiction by past investigations. Previous studies on

“Pornography is a loaded subject. Opponents argue that it can ruin marriages, lead to sexual addiction or other unhealthy behaviors, and encourage sexual aggression.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Proponents claim that erotica can enhance sex lives, provide a safe recreational outlet and perhaps even reduce the incidence of sexual assault. (After pornography was legalized in Denmark in 1969, for instance, researchers reported a corresponding decline in sexual aggression.)” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“‘Porn is practically ubiquitous,’ says Ana Bridges, PhD, a psychologist at the University of Arkansas. And the Internet has made it easier than ever to get an erotic fix. The late sex researcher Alvin Cooper, PhD, called this the ‘triple-A engine’ effect: The accessibility, affordability and anonymity provided by the Web have put adult content right at our fingertips.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Many people argue that’s a good thing. In a 2002 survey conducted for PBS/Frontline by the Kinsey Institute for Research in Sex, Gender and Reproduction at Indiana University, 86 percent of respondents said porn can educate people, and 72 percent said it provides a harmless outlet for fantasies. Among those who reported using pornography, 80 percent said they felt ‘fine’ about it.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“‘There are a lot of people out there using a lot of porn who have no problems with it whatsoever,’ says Erick Janssen, PhD, a senior scientist at


“If compulsive pornography use is not a hypersexual disorder, could it be considered an addiction akin to drug or alcohol addiction? That's what Valerie Voon, MD, PhD, a neuropsychiatrist at the University of Cambridge, is exploring. By scanning the brains of compulsive porn users with MRI while they view erotic images, she's testing whether they show brain activity patterns similar to substance abusers viewing beer bottles or drug paraphernalia.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)


“One study reveals that among 932 sex addicts, 90 percent of the men and 77 percent of the women reported that pornography was significant to their addiction.” (Patrick Carnes, Don't Call It Love: Recovery from Sexual Addictions (New York: Bantam, 1991).) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, http://www.protectkids.com/effects/harms.htm)

“For Kevin, 37, of Joliet, who didn’t want his last name used in this story, the lightbulb in his head went on when he saw Wilson’s ‘The Great Porn Experiment,’ a TEDx Talk (an independently organized event similar to the big Technology, Entertainment and Design convention). He realized that porn ‘caused the problem for myself and for the person that I cared so much about.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)
“Kevin didn’t watch a ton of porn when he was a teenager, but he started using more and more when he found that he wasn’t sexually fulfilled in his marriage. He divorced and met someone else he was happy with, but when he started traveling for work, money got bad and so did things in the bedroom. He thought it was performance anxiety and thought porn would help, so he was watching it about once a day.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘Guys are trained to think of masturbation as practice for sex, but it’s not at all,’ Kevin said. ‘You’re thinking to yourself, ‘It’ll relax you, it’ll keep your libido high because you’re thinking about sex, it’ll make you more confident,’ but it doesn’t, it makes you the exact opposite.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Kevin didn’t feel more confident with porn and found that he was comparing himself to it. This is especially common in female porn addicts, which there are seemingly fewer of compared to men (the Proven Men Ministries study found that 7 percent of women ages 18 to 30 thought they were addicted to porn or unsure, and 3 percent of all women said the same). However, it hits the male demographic too. ‘I thought that I should be this mind-blowingly great partner because I knew all of these moves from porn,’ Kevin said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Kevin tried counseling and meditation and eventually turned to a doctor who prescribed him sexual enhancement drugs. Nothing was helping. Then he heard about nofap.com, a porn recovery site, which got him thinking about quitting porn altogether. Wilson’s TEDx Talk was the wake-up call. ‘I wish I could turn back the clock and have my doctor send me to nofap.com instead of getting me on the little blue pill,’ Kevin said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Porn, ironically, inhibited me from actually getting my needs met in any kind of deep, connected or sustained way. It kept me stuck in a never-ending cycle of ‘tension and release’ that made true intimacy impossible.”

“There’s a real sense of grief for me in acknowledging all this – I feel like I’ve been living a pornographed lie: like my experience of my own ‘sexuality’ has often amounted to little more than a superficial obstruction, blocking the true essence of embodied sexual power that lay dormant

“Pornography is addictive. Several studies have shown that all persons, normal and unbalanced, who view pornography develop a craving for ever more deviant materials. Many persons even begin to employ more violent methods in their sexual relations. As with drug users, those who use pornography seek more and more deviant materials to maintain their previous level of sexual arousal.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“What are the Stages of Pornography Addiction?”

“Pornography addiction is progressive. This means that in order to get the same pleasure or rush, pornography use has to escalate. Below is the common pattern of escalation”

“Early exposure. Initial exposure to pictures or provocative material. The exposure is frequently accidental or may result from general curiosity. The problem begins when the person deliberately begins viewing pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Addiction. The person keeps returning to pornography. They recognize their activity as inappropriate, but regardless of what they resolve to do, it becomes a regular part of their life. The user begins to depend on pornography as their main source of ‘feeling good.’ The time spent viewing material continues to increase despite the consequences. Periods of abstinence may be followed by periods of binging.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Escalation. The person starts to look for more graphic material. The images they now view might have disgusted them initially. They spend even more time looking at pornography and thinking about it becomes consuming. They may want their spouse to “act out” things that they have seen in pornography in their sexual relationship” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Desensitization. Eventually, the person becomes numbed to the effects of the pornography. They are in denial about their addiction and begin to
see pornography and the sexual acts depicted as “normal” and acceptable. Even the most graphic, degrading pornography doesn’t excite them anymore. They become desperate to feel the same thrill again but can’t find it.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Acting out. At this point, addicts make a dangerous jump and start acting out sexually with other people. Rather than limiting their exposure to images and experiences on the internet, they begin to act out the sexual fantasies they have seen. Their acting out may take the form of exhibitionism, voyeurism, promiscuity, strip clubs, sex with minors, soliciting prostitutes, or rape.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Wisdom from the Sexaholics Anonymous White Book”
“There is an attractive healing atmosphere in confidential, anonymous 12-step meetings when someone is transparent and self-revealing at depth. Vulnerable and like a child, we take the supreme risk of exposing the truth about ourselves, dark as it may be. We speak of our weakness because that’s where we’re hurting, and THIS becomes the point of our identification with each other, the point of true union. Once this single ray of truth and light shines in a meeting, it finds ready reception and response in the others present. Honesty is catching; we’re learning to walk in the light.” (White Book, Sexaholics Anonymous) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The White Book: Part 1, Section 3: The Spiritual Basis Of Addiction”
“I became aware of the power this thing had over me and that I was actually acting against my will” .”(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The addictive process involves the most fundamental aspect of our being, our spirit which is the combination of all our attitudes, choices, thoughts and behavior” .”(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Under the surface we are seething with resentment, hostility, anger, envy, rebellion and rage. We use these feelings to create a change of heart which allows our addictive behavior”.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As we make the conscious choices setting into motion the addictive process, we become increasingly selfish and self-centered. We become increasingly closed off and defensive, unteachable and willful”.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Even though part of us knew the habit controlled us, it was often the one thing in our lives we thought we were controlling.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Here are five questions…are you addicted?”

“…the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction: Only the delivery system is different.” (Dr. Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“There are a lot of people out there using a lot of porn who have no problems with it whatsoever,’ says Erick Janssen, PhD, a senior scientist at the Kinsey Institute. ‘So when does it become an addiction?”” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)


• “I became aware of the power this thing had over me and that I was actually acting against my will” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
• “The addictive process involves the most fundamental aspect of our being, our spirit which is the combination of all our attitudes, choices, thoughts and behavior” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
• “Under the surface we are seething with resentment, hostility, anger, envy, rebellion and rage. We use these feelings to create a change of heart which allows our addictive behavior” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
• “As we make the conscious choices setting into motion the addictive process, we become increasingly selfish and self-centered. We become increasingly closed off and defensive, unteachable and willful” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
• “Even though part of us knew the habit controlled us, it was often the one thing in our lives we thought we were controlling.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In their pain and frustration, many of them ask me the following questions:”

“How can I tell if I am really addicted to pornography?”
“How do I know if I really need to get help for my behavior?”

“What’s involved in overcoming these unwanted behaviors?”

“I will answer these questions in an attempt to outline a road map for understanding and overcoming an addiction to pornography and discovering a new way of living life. (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Simply stated, 1) if you want to stop the behavior, 2) but you can’t, and 3) the behaviors are causing life-damaging consequences, 4) then you’re probably addicted.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It’s common to wonder if addiction only counts for those guys who look at pornography multiple times per day. While this is certainly a pattern of addiction, the definition can also apply to a much broader type of behavioral pattern.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography is effective at shaping both beliefs and behaviors about sex. Pornography poses such a danger not only because it assaults a human being’s emotional psyche, but also because it causes physical addictions similar to hard drugs. Consequently, research shows that most people who commit a sex crime regularly view pornography.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“According to Robert Weiss, director of the Sexual Recovery Institute in Los Angeles, “Online porn is to sex addiction what crack cocaine is to drug addiction.” As detailed in the Army Times, a brain scan of a sex addict looks the same as of someone who has just used cocaine. As the brain receives the pornographic images it releases adrenaline into the
bloodstream, increasing the heart rate and causing sweaty palms and
dilation of the eyes. The pituitary gland and hypothalamus secrete
endorphins to produce dopamine, which opens up the pleasure centers of
the brain; and too much dopamine is what actually causes the addiction.”
(Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn
is Part of the Problem”, Public Discourse, June 14, 2013,
http://www.thepublicdiscourse.com/2013/06/10360/)

“In a statement before Congress, Dr. Jeffrey Satinover, a psychiatrist,
psychoanalyst, physicist, and former Fellow in Psychiatry at Yale,
cautioned:

> With the advent of the computer, the delivery system for this addictive
stimulus [internet pornography] has become nearly resistance-free. It is as
though we have devised a form of heroin 100 times more powerful than before, usable in the privacy of one’s own home and injected directly to the brain through the eyes. It’s now available in unlimited supply via a self-replicating distribution network, glorified as art and protected by the Constitution.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013,
http://www.thepublicdiscourse.com/2013/10/10846/)

“In light of the new brain science, the relevant scientific community (the
American Society of Addiction Medicine), which used to believe addiction
was primarily a behavior, recently redefined “addiction” as primarily a brain
disease revolving around the neurological rewards system. Internet
pornography’s powerful force on the neurological reward system clearly
places it within this new definition of “addiction.” (Morgan Bennett, “The
New Narcotic”, Public Discourse, October 9, 2013,
http://www.thepublicdiscourse.com/2013/10/10846/)

“Another aspect of pornography addiction that surpasses the addictive and
harmful characteristics of chemical substance abuse is its permanence.
While substances can be metabolized out of the body, pornographic
images cannot be metabolized out of the brain because pornographic
images are stored in the brain’s memory. While substance abusers may
cause permanent harm to their bodies or brains from drug use, the substance itself does not remain in the body after it has metabolized out of the body. But with pornography, there is no timeframe of abstinence that can erase the pornographic “reels” of images in the brain that can continue to fuel the addictive cycle.” (Morgan Bennett, “The New Narcotic”, Public Discourse, October 9, 2013, http://www.thepublicdiscourse.com/2013/10/10846/)

“Is pornography use an unhealthy addiction that ruins men for relationships, or a healthy sexual outlet that both men and women enjoy? How people answer may affect whether they are harmed by porn. A study in the September issue of the journal Psychology of Addictive Behavior found that it was the perception of being ‘addicted to porn,’ rather than the intensity of porn use per se, that was tied with psychological distress.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“Pornography use is almost always carefully hidden. Directly asking about pornography use can open discussions and help identify men and women who are struggling. Once the individual can admit to being addicted and talk about the problem in a safe environment, the shame and guilt begin to dissipate. Likewise, the spouses and other loved ones of addicts have a need to discuss the problem openly with others.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.heathysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“…with frequent doses of Playboy or other sexually charged imagery – a person will need bigger hits to feel a response, Plaud said.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html)

“Why do men seek out a variety of new explicit sexual images rather than being satisfied with the same ones? The reason is attributed to the Coolidge effect, a phenomenon seen in mammalian species whereby males (and to a lesser extent females) exhibit renewed sexual interest if introduced to new receptive sexual partners, even after refusing sex from prior but still available sexual partners. This neurological mechanism is one of the primary reasons for the abundance and addictiveness of Internet pornography.” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013,
“This new definition makes clear that addiction is not about drugs, it’s about brains.” ("Recent Internet Addiction Brain Studies Include Porn", Your Brain On Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“It is not the substances a person uses that make them an addict; it is not even the quantity or frequency of use. **Addiction is about what happens in a person’s brain when they are exposed to rewarding substances or rewarding behaviors**…” ("Recent Internet Addiction Brain Studies Include Porn", Your Brain On Porn, January 13, 2013, http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn)

“However, the observed volumetric association with PHs in the striatum could likewise be a precondition rather than a consequence of frequent pornography consumption. Individuals with lower striatum volume may need more external stimulation to experience pleasure and might therefore experience pornography consumption as more rewarding, which may in turn lead to higher PHs.” (Simone Kühn, PhD; Jürgen Gallinat, PhD. “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)


“Is potentially biologically addictive which means the user requires more novelty, which is often more shocking material, in order to be satisfied.” (Donald L. Hilton, Pornography Addiction – A Supranormal Stimulus Considered in the Context of Neuroplasticity 3 SOCIOEFFECTIVE NEUROSCIENCE & PSYCHOLOGY 20767 (2013); Valerie Voon, Thomas B. Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana R. Lapa, Judy Karr, Neil A. Harrison, Marc N. Potenza & Michael Irvine, Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors, 9 PLOS ONE, July, 2014; Kyle Pitchers, Vincent Vialou, Eric Nestler, Steven Laviolette, Michael Lehman, & Lique Coolen, Natural and Drug Rewards Act on Common Neural Plasticity Mechanisms with FosB as a Key Mediator 33 THE JOURNAL OF NEUROSCIENCE 3434 (2013); Donald L. Hilton & Clark Watts, Pornography Addiction; A
How Porn Can Become Addictive

“A lot of people are convinced that there’s no such thing as an addiction to porn. But science disproved the old belief that in order to have an addiction to something it has to involve a substance that is physically put into the body; like with cigarettes, alcohol, or drugs. Excessive consumption of internet porn bears all of the signs, and dangers, of a true addiction.” (“How Porn Can Become Addictive”, Fight the New Drug, August 23, 2017, https://fightthenewdrug.org/how-porn-can-become-addictive/)

“Is pornography addiction even a thing?”


See, your brain comes equipped with something called a “reward center.”
Http://Www.Drugabuse.Gov/Publications/Teaching-Packets/Understanding-Drug-Abuse-
(2013). Natural And Drug Rewards Act On Common Neural Plasticity Mechanisms With DeltaFosB As

Its job is to motivate you to do things that protect and promote your
survival—things like eating to stay alive or having sex to produce babies.
Addiction: A Disease Of Learning And Memory. American Journal Of Psychiatry, 162(8), 1414-1422.)
The way it rewards you for doing those things is by flooding your brain with
dopamine and a cocktail of other “pleasure” chemicals each time you do.

“But your brain doesn’t always reward you for the right things. For
example, it produces higher levels of dopamine when you have chocolate
cake than it does for whole-wheat bread. (Johnson, P. And Kenny, P. (2010). Dopamine
D2 Receptors In Addiction-Like Reward Dysfunction And Compulsive Eating In Obese Rats. Nature
Can Be Thought Of As Evolution’s Boldest Trick, Serving To Motivate An Individual To Pursue Rewards
Necessary For Fitness, Yet In Modern Environments Of Abundance, Also Influencing Maladaptive
Pursuits Such As Addictions.”)) Why? Because 3,000 years ago, high-calorie foods
were really hard to come by, so when our ancestors found them, they
needed to eat a whole bunch while they had the chance. (Linden, D. J. (2011).
Food, Pleasure And Evolution. Psychology Today, March 30.) These days, a bag of Oreos is
only as far as the nearest supermarket. If we gorged on them every chance
we got, we’d have heart disease and a lot of other health problems.” ("How


Scientists believe that CREB is partly why consumers have to keep increasing their porn intake to get aroused.


“If this sounds like the classic symptoms of addiction, well….the head of the United States’ National Institute on Drug Abuse agrees.” ("How Porn Can Become Addictive", Fight the New Drug, August 23, 2017, https://fightthenewdrug.org/how-porn-can-become-addictive/)


“What makes a sex addict?”

“How do experts tell what makes a person a sex addict as opposed to someone who just likes sex?”

“You look for the obvious things, like bad things happening, knowing that you are doing something that is going to hurt you so you make efforts to stop that don't work,” says Carnes. “Obviously, you’ve got a problem.”
“There was that selfish needy, lonely, angry part of myself that didn't want to stop and saw that sex was my solution to other things,” says Mark Laaser, who had an insatiable need for secret sex. To anyone who knew him, it would have seemed incomprehensible. Laaser, a minister and counselor, was married with children and an icon of respect. But that wasn't enough.”

“Mark says that early on he felt an emptiness, a loneliness that sex seemed to fill. “It was just an excitement, a raw excitement -- kind of like what a drug addict would describe,” he says. “It was just a high.”

“How to get help”

“National Council on Sexual Addiction and Compulsivity”

“It was a high Laaser started experiencing at a young age. When he was 11, he says he discovered pictures -- what he'd call soft porn now.

“And some of that is not abnormal for a person seeing that for the first time,” he says. “Of course when it becomes abnormal is how preoccupied you get with it.”

“Laaser was so fixated by what he saw, he started stealing Playboy magazines from the local drugstore.”

“And then also for me, I started crossing moral boundaries almost right away … Stealing magazines -- and I'm a preacher's kid, a minister's son,” says Laaser. “So I knew that stealing was bad. But I was willing to go ahead with it because the high was so fantastic of what I was experiencing.”

'I wanted to act it out'

“In high school, Laaser hoped his behavior might stop when he met Debbie, the girl he thought could change him.”
“There was a part of myself that she just didn't know because I wasn't revealing it to her or anybody for that matter,” says Laaser. He wasn't revealing that he was now doing more than looking at magazines. He was watching porn videos and masturbating daily. Debbie, unaware of Mark's double life, trusted him and they got married. Mark hoped that married life would bring an end to a life preoccupied by sex.”

“All this crazy stuff in the past, that will be over now. I’m getting married. I'll have a regular sexual partner and so forth,” says Laaser. “But I was amazed early on, even in the first year of marriage, that my temptation to masturbate and look at pornography returned rather quickly.”

“A lot of people think human beings are preoccupied by sex a lot of time, so what could be so unusual about his feelings?”

“The part that was unusual was where my mind tended to go with it,” says Laaser. “I wanted to experience it. I wanted to act it out. Eventually I had a lot of preoccupation with planning or doing or thinking what it would be like.”

“Laaser soon was no longer planning, but doing, paying monthly visits to massage parlors, having sex with so-called "masseuses," all the while hiding it from his wife Debbie, whom Laaser says he still loved deeply.”

“I was always completely attracted to her,” says Laaser. “There was just something so much deeper in me that cannot be satisfied by sex.”

“He says something deeply emotional was missing, and he wondered why he couldn't just stop.”

'Wracked with shame'  

“I was wracked with shame and tried time and time again to stop,” says Marnie Ferree, who like Laaser, knows what it's like to be out of control of her sexual feelings. For Ferree, it wasn't so much about sex itself, but about the relationships she thought she could have by engaging in sex with acquaintances and friends.”
“The sexual part was pleasurable and it was a nice byproduct for me, but that wasn't the most important thing,” says Ferree. “I was trying to get non-sexual needs met sexually and that was the only way I knew how to meet those needs.”

“Ferree says that as a child, she was sexually abused by a family friend, a common precursor to later addiction. Ferree’s promiscuity lasted from her teen years through two marriages, with numerous affairs in between. She felt an emotional void that she says sex filled -- at least initially.”

“Test yourself”

“Cervical cancer: What's your risk?”

“At the time there is an incredible adrenaline rush,” says Ferree. “It’s a connection that I found I couldn't replicate anywhere else. But immediately after that experience is over, I mean driving back home, there is this incredible let down and you're just in a wash of shame.”

“That shame that worsened after Ferree was diagnosed with cervical cancer. The cause, she was told, was HPV, a sexually transmitted disease.”

“That was the lowest point,” says Ferree. “I experienced three surgeries in a year as treatment of that cervical cancer. Had a major hemorrhaging after one of those surgeries. I mean my life was literally in danger and I found still that I could not stop.”

“Thoughts of suicide”

“Ferree was sick, married and a mother, yet none of those things could make her change, even though she was horrified by what she was doing.”

“It's about feeling rotten,” says Ferree. “I want to feel better. What way am I going through a ritual to feel better? I'm connecting with someone, I'm going to act out sexually. I feel horrible after that and the whole cycle starts over again.”
“Ferree was desperate. Sex with her husband was not enough, and she believed the only way to stop having sex outside her marriage was to end her life.”

“I had really strong suicidal thoughts,” says Ferree. “But I knew I couldn't keep on living but I was too afraid to die.”

“Another woman, who calls herself “Karen,” was also overtaken by sexual addiction and by her own shame, so raw that she asked Dateline NBC to hide her face and use a different name.”

“It’s just this 24-hour distraction,” she says. “Like the shame that it causes, I feel like it just stole my soul.”

“Karen is in her '30s, single, and for almost as long as she can remember she's been preoccupied with finding love. For years, she says, this meant having sex several times a week with strangers she would pick up in bars, frequently putting herself in dangerous situations.”

“I ended up going home with a group of guys like 10 years younger than me,” says Karen, “and I figured I would have sex with one of them and maybe have a relationship. But I ended up having sex or doing sexual things with several of them. And that was a new low … Absolutely humiliated. What horrified me the most about it is that these guys were graffiti writers and they wrote on my body and that's what made me feel like, oh my God, I was just completely used as an object.”

“Karen even found herself contemplating prostitution. “That actually seemed like a logical thing to do since I found myself having sex with people I didn't know anyway,” she says. “And I kind of became obsessed with some ads in the back of a free newspaper for escort services and I went on a couple of interviews.”

' I was frightened, incredibly frightened'

“Laaser was also building toward behavior he would never have thought was possible for him.”
“He had degrees in religion and divinity, had attended seminary school, was a deeply committed Christian and had been ordained as a minister. “There was that good side. There was that moral side. There was that caring side,” says Laaser.”

“And yet, he’d escape, feeling furtive and guilty, to feed his sexual addiction. At the same time, he was working on getting his Ph.D. in, of all things, psychology.”

“Now I’m the Rev. Dr. Laaser,” he says, “and there are people that are going to be attracted to that and I actually wound up becoming sexual with some of my clients at that time. … It happened multiple times over a 10-year period. … [I was] frightened, incredibly frightened … I think for years I felt totally worthless. I can’t describe to you the times I would sit in church, even preaching on a Sunday morning, thinking God’s grace was for everybody else but certainly not for me.”

“Laaser was preaching redemption, but for him, redemption might be more difficult. He betrayed parishioners, colleagues and clients. It was a trust that was about to be shattered.”

“One of the people I was involved in with had reported (our affair). Yes, the very thing I was afraid of actually happened. Eight very angry people called me in, canceled my appointments for that day,” says Laaser.”

“He says he didn’t even realize what they knew “until the first one opened his mouth and started talking. Then it all came crashing in on me.”

“Laaser’s colleagues at the center where he was a counselor angrily confronted and fired him. They would help him get treatment for his sexual misbehavior, but first, they said, he had to tell his wife Debbie everything.”

“I was totally blindsided,” says Debbie. “I had no idea that this man I had been living with for 15 years -- married to for 15 years -- could possible have been doing all these things. And I'll never forget the look on Mark’s face. Actually he was sitting in a chair across from me and I guess today
what I know is brokenness in a person … I think there were times truthfully when I questioned whether I would stay. There were times I know when I felt so extremely sad, that I wasn't sure we would ever be able to have happiness in our life again.”

“And then, in the midst of all that pain, her husband felt something else.”

“This pent up secret that is now over 30 years old is now all of a sudden out of the bag,” says Laaser. “I don't have to protect the secret anymore. So I think mixed up with fear, sadness and confusion there was a sense of relief.”

“Is sex addiction really about the sex?”

“So is sex addiction really about the sex?”

“No,” says Carnes, “but that's the mistake people often make. It's really about pain … or escaping or anxiety reduction. It's a solution.”

“Ferree thought sex was her solution to painful feelings, but it was a solution that was not working. After years of failing to will herself to stop having sex with acquaintances, she was ready to take her own life. And then, at last, she confided in someone.”

“I picked up the phone and called a dear friend and poured out this awful saga of my life and said I need help,” says Ferree.”

“She did get help. A therapist helped her learn to deal with the childhood sexual abuse that contributed to her many affairs. Her second marriage survived and is, she says, better.”

“Ferree was surprised to find she wasn't alone. About a third of sex addicts are female, which is why, Ferree says, she decided she wanted to do something to help other women. She went back to school to get a degree in counseling.”
“I didn't choose sex addiction,” says Ferree. “Sex addiction chose me and this field chose me.”

“She now runs a counseling program for sexually addicted women, called Bethesda Workshops.”

“Women are afraid to talk about it,” says Ferree. “We're afraid of being labeled as whores. It's kind of guys will be guys, men will be men. But for a woman to be out of control in her sexual behavior, there is just a whole other level of shame.”

“Recovery programs”

“Karen, awash in that same shame, one day found herself surfing the Internet to see if she was the only woman in the world who suffered in this way, when she ran across Web sites for sexual addiction. She entered a 12-step program and has been dealing with sex appropriately for a year.”

“The real problem for most sex addicts, they would say to you, I wouldn't know healthy sexuality if it hit me over the head. So how do I know when I am in my craziness and when what I'm doing is a normal healthy reaction to have. And that's part of what recovery teaches,” says Carnes.”

“Laaser has been in recovery for over a decade. He say's it's a continuing process. After his sexual misbehavior was exposed, Laser entered a sex addiction treatment center for a month where he received psychotherapy.” “He now runs a program called Faithful and True Ministries. He still occasionally goes for counseling and relies on the support of those around him, such as his wife Debbie who stayed by his side through it all.”

“I never had these real feelings of just running and leaving,” says Debbie. “I wasn't aware that running would solve anything necessarily.”

“Their relationship eventually strengthened. They dealt with some of the loneliness Laaser felt and both found comfort in their religious faith.”
“Now that Debbie and I are more spiritually intimate, sex in our relationship is totally satisfying,” says Laaser."

“His work has also helped him. He is again counseling others -- including men with problems like his.”

“Why can't people just stop?”

“So why can’t people just stop these behaviors? If there's no drug or chemical involved, how is sex addiction like drug addiction or smoking?”

“When you have a compulsive gambler,” says Carnes, “you’re not taking a chemical. ... In other words, we produce chemicals in our brain whether we use an outside chemical or not.”

“New studies, like one at Vanderbilt University, are being conducted to determine if brains of sex addicts are somehow different, and if sex addiction is a true, measurable disorder. Yet despite growing interest in such research, there are still some who do not believe it is a true addiction. The American Psychiatric Association's diagnostic manual, for example, does not list sex addiction as a disorder.”

“That book is always changing,” says Carnes, “and a consensus is starting to build. People who work in the addiction realm are starting to get a common agreement about how to start describing this.”

“But, however the scientific debate works itself out, people like Ferree, Karen and Laaser want to help other people suffering from the same compulsions. They want people to know how to recognize the problem and discover that there is hope.”

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(Keith Morrison, Dateline NBC, Updated October 11, 2017, http://www.nbcnews.com/id/4302347/)
“Faithful & True: Certification Article: (featured in Christian Counseling Connection – Volume 18 – Issue 2) “Partnering TOGETHER To Heal Sexual Brokenness”

“In the average Christian church today, two thirds of the men and one third of the women have intentionally looked at pornographic images over the past 30 days. The Internet, with its various forms of pornography and the endless possibilities to find and make sexual contact, is being called a tsunami that is drowning our culture in moral depravity.”

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“How Porn Can Become Addictive”

“Now we know that the brain goes on changing throughout life,\(^A\) constantly rewiring itself and laying down new nerve connections, and that this is particularly true in our youth.”\(^B\)

“… 100 billion special nerves called neurons…” ‘neuronal pathway’”\(^C\)

“… neuronal pathway … every time a message travels down a neuronal pathway, the pathway gets stronger.”\(^D\)

“Use it or lose it, as they say. Only the strong survive.”

“The ideal conditions for forming strong neuronal pathways are when you’re in what scientists call “flow.” Flow is “a deeply satisfying state of focused attention.”\(^E\) When you’re in flow, you get so deep into what you’re doing that nothing else seems to matter.\(^F\) You’ve probably experienced it before, playing a game or having a conversation with friends or reading a great book. You were so focused on what you were doing that you lost track of time, and everything around you disappeared. You wanted it to keep going forever. That’s flow.”

“When you’re in flow, it’s like you have superhuman abilities. Athletes call it being “in the zone,” when you seem to do everything right. Your focus is intense. Your memory is phenomenal. Years later, you’ll still recall exact words of the conversation or details of what you read.”
“Now imagine someone sitting in front of the computer at 3:00 in the morning, looking at porn. That person is so absorbed in his or her porn trance that nothing else can compete for the consumer’s attention, not even sleep. This person is in the ideal condition for forming neuronal pathways, and that’s what they are doing. Clicking from page to page in search of the perfect image, not realizing that every image seen is reinforcing the pathways the consumer is forging in his or her brain. By now, those images are burned so deeply into their mind that they will remember them for a long time to come, maybe the entirety of their life.”

“The brain is primed to make strong mental connections between the porn being consumed by individuals and the pleasure they feel while consuming. The DeltaFosB is saying, ‘This feels good. Let’s be sure to remember it so we can do it again.’”

“DeltaFosB is important for learning any kind of new skills, but it can also lead to addictive/compulsive behaviors. And once it has been released, DeltaFosB sticks around in the brain for weeks or months, which is why porn consumers may feel strong cravings for porn long after they’ve stopped the habit.”

“The good news is, neuroplasticity works both ways. If porn pathways aren’t reinforced, they’ll eventually disappear, so the same brain mechanisms that lay down pathways for porn can replace them with something else. If the time has come for you or someone you love to begin that healing process, learn more about how to get help.”

“But your brain doesn’t always reward you for the right things. For example, it produces higher levels of dopamine when you have chocolate cake than it does for whole-wheat bread.”

“Porn is basically sexual junk food.”

“DeltaFosB’s regular job is to build new nerve pathways to mentally connect what someone is doing (i.e. consuming porn) to the pleasure he or she feels. Those strong new memories outcompete other connections in the brain, making it easier and easier to return to porn.”
“If enough DeltaFosB builds up, it flips a genetic switch, causing lasting changes in the brain that leave the user more vulnerable to addiction. For teens, this risk is especially high because a teen’s reward center in the brain responds two to four times more powerfully than an adult’s brain, releases higher levels of dopamine and produces more DeltaFosB.”

“Overloaded with dopamine, the brain will try to defend itself by releasing another chemical called CREBP (It’s called CREB because no one wants to have to say its real name: cyclic adenosine monophosphate response element binding protein!) CREB is like the brakes on a runaway reward center; it slows the pleasure response. With CREB onboard, porn that once excited a person stops having the same effect. Scientists believe that CREB is partly why consumers have to keep increasing their porn intake to get aroused. That numbed-out state is called “tolerance,” and it’s part of any kind of addiction.”

“As porn consumers become desensitized from repeated overloads of dopamine, they often find they can’t feel normal without a dopamine high. Even other things that used to make them happy, like going out with friends or playing a favorite game, stop providing enjoyment because of the dulling effects of CREB. They experience strong cravings and often find themselves giving more of their time and attention to porn, sometimes to the detriment of relationships, school, or work. Some report feeling anxious or down until they can get back to their porn. As they delve deeper into the habit, their porn of choice often turns increasingly hardcore. And many who try to break their porn habits report finding it really difficult to stop.”
Role Of DeltaFosB, Philosophical Transactions Of The Royal Society B: Biological Sciences, 363(1507) 3245-3255. Doi:10.1098/Rstb.2008.0067


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#18 SIGN OF COMPULSIVE BEHAVIOR


“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)

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“5 WAYS PORN AFFECTS THE BRAIN”


“Playboy Magazine announced yesterday (Oct. 12) that it was revamping its design. Among its changes: No longer will naked ladies grace the pages of the magazine. (Of course, you only read it for the articles anyway, right?)” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“‘Playboy's great success was that it legitimized sexualized images in the context of good fiction, interesting articles and groundbreaking interviews,’ Kim Wallen, a psychologist at Emory University in Atlanta, Georgia, wrote in an email to Live Science. ‘Still, it would not have been able to sell these often-excellent features without including nude women, which was the reason a majority of men bought Playboy.’” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“But ultimately, even the nude pictures weren't enough to hold readers. The magazine, which first exploded into public consciousness when it published nude shots of Marilyn Monroe in 1953, has been losing readers for years, according the Alliance for Audited Media., largely thanks to the rise of Internet pornography. With the click of a button, a smorgasbord of sexual options, from the

“Yet porn has effects beyond siphoning readers from the lad mag of a bygone era. It may also be changing people in myriad subtle ways. Scientists don’t fully understand how pornography affects people, but a few studies have revealed surprising — and disturbing — trends. From shrinking the brain to sabotaging relationships, here are five ways pornography affects the brain.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“Same old, same old”

“Along with eating, drinking and sleeping, sex is one of the most fundamental human drives. That means it activates ancient parts of the brain such as the limbic system, which also controls basic emotions such as fear and anger, said Joseph J. Plaud, a private, clinical forensic psychologist in Boston, Massachusetts, who has studied the effects of pornography.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“Adolescents wire together experiences and arousal much faster and more easily than young adults will just a few years later. The brain actually shrinks after age 12 as billions of nerve connections are pruned and reorganized. The use-it-or-lose-it principle governs which nerve connections survive.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)

“Once new connections form, teen brains hold tightly to these associations. In fact, research shows that our most powerful and lasting memories arise from adolescence – along with our worst habits.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p87)
#19 OXYTOCIN/VASOPRESSIN

“…pornography affects the brain – its hormonal, neurochemical, and neurological consequences that play a role in developing attachments.”

“This mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on. In God’s plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.”

“Pornography hyperactivates the appetite system. But the satisfying system is left starving for the real thing, which includes actual touching, kissing, caressing, and a connection not only with the body but also the mind and soul. The satisfying system releases oxytocin and endorphins, and bellows, in the words of Marvin Gaye, ‘Ain’t nothing like the real thing, Baby.’” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/)

“Understanding the brain is pivotal. When a woman is nursing her child and she’s skin-to-skin with her baby, her brain releases a neurochemical called oxytocin, which emotionally bonds her to her child. The same thing happens during sex. God designed oxytocin as the glue for human bonding. During a sexual release, oxytocin, along with other neurochemicals, are released and cause us to emotionally bond with our partner.” (Terry Cu-Unjieng, “Why 68% of Christian Men Watch Porn”, Conquer Series, Accessed April 5, 2017, https://conquerseries.com/why-68-percent-of-christian-men-watch-porn/)

“When you watch porn these neurochemicals are also released, which bond you to those images. This is why Satan attacks our sexuality so much, because in attacking human sexuality it actually interferes with human bonding.” (Terry Cu-Unjieng, “Why 68% of Christian Men Watch Porn”, Conquer
• “Sex or porn also trigger the release of oxytocin and vasopressin. These hormones help to lay down the long-term memories for the cells. They ‘bind’ a person’s memories to the object that gave him or her the sexual pleasure.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/)

“This system works the way it is supposed to work when you’re having sex with your spouse. Together you can experience a high, an alertness of sexual pleasure, and the deep calm afterwards (norepinephrine, endorphins, and serotonin). With each sexual embrace you are emotionally bonding to this person (oxytocin and vasopressin). Over time a craving for sex is transformed into a desire for one another (dopamine). But porn short-circuits the system.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/)

“Multiple problems happen when porn is used. First, instead of forming a deep connection to a person, your brain ends up ‘bonding’ to a pornographic experience. Your brain remembers where the sexual high was experienced, and each time you desire sexual stimulation, you feel a sharp sense of focus: I’ve got to go back to the porn.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/)

“Sexually explicit material triggers mirror neurons in the male brain. These neurons, which are involved with the process for how to mimic a behavior, contain a motor system that correlates to the planning out of a behavior. In the case of pornography, this mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. ‘The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on,’ says Struthers. ‘In God's plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.’” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain)
“Or if you hold hands with someone you care about, your brain releases a chemical called oxytocin, which helps you bond with people.” (Schneiderman, I., Zagoory-Sharon, O., Leckman, J., and Feldman, R. (2012). Oxytocin During the Initial Stages of Romantic Attachment: Relations to Couples’ Interactive Reciprocity. Psychoneuroendocrinology 37:1277-1285.)

“Highjacked Brain”

“Understanding the brain is pivotal. When a woman is nursing her child and she’s skin-to-skin with her baby, her brain releases a neurochemical called oxytocin, which emotionally bonds her to her child. The same thing happens during sex. God designed oxytocin as the glue for human bonding. During a sexual release, oxytocin, along with other neurochemicals, are released and cause us to emotionally bond with our partner.”

“When you watch porn these neurochemicals are also released, which bond you to those images. This is why Satan attacks our sexuality so much, because in attacking human sexuality it actually interferes with human bonding.”

“The repeated viewing of porn literally changes the physical structure of their brain.”


“Sex or porn also trigger the release of oxytocin and vasopressin. These hormones help to lay down the long-term memories for the cells. They “bind” a person’s memories to the object that gave him or her the sexual pleasure.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/)


“Some assume that porn users ‘bond’ to porn in lieu of women, perhaps due to the spurt of oxytocin often released at climax. This seems doubtful.
Porn hijacks our drive to mate, which is probably the most powerful, most drug-like, neurochemical response we humans experience. Porn can certainly lead to subsequent dissatisfaction and a desire for more. But porn users don’t desire more of the same. Instead they desire the more intense stimulation of novelty. So they generally aren’t ‘bonding’ to specific porn; most are simply becoming dependent on the neurochemicals of intense arousal. One of our website visitors mentioned he had seen a TV show on sex dolls. One man had already acquired ten life-size rubber dolls he barely had room to store, because only novelty seemed to offer satisfaction. (Obviously, it didn’t, and this is a graphic example of how the binge trigger actually promotes dissatisfaction.)” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)


“Oxytocin and vasopressin are important hormones in the brain with regard to physically performing sexually. Studies show that oxytocin is also important in increasing trust in humans, in emotional bonding between sexual mates, and in parental bonding. We are wired to bond to the object of our sexuality.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)
#20 INTIMACY


“Dehumanized Sexuality”

“Another harm, referred to in my interview with Dr. Robert Jensen, comes up in men’s intimate relationships.”

“'On the male side, more and more men will say that their own use of pornography, especially those who use it habitually, it has an effect on their ability to be intimate with female partners. I don’t know how many times I’ve heard men say 'I can’t get an erection without thinking about porn. I can’t perform sexually if I don't' have a pornographic loop going on in my mind.' That is not the speculation of 'crazy radical feminists,' that is the self-reports of lots of men.'”

“First Amendment advocates, and sociologists—a critical voice is being left out. As a brain researcher, I believe it is essential that an understanding of how pornography affects the brain should be included in this discourse. By gaining a better understanding of how sexually explicit material is processed and how it influences brain development, we can begin to understand its effects on our understanding of sexuality, what harm it might lead to, and how our framework of sexuality is evaluated.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)
“But if we understand sexuality as only a matter of biological reproduction (making babies), we miss a significant part of the story. Human sexuality is also about intimacy. In our culture, however, the term intimacy is often used to be synonymous with sexual intercourse. So as individuals feel the need for intimacy, it is not uncommon for them to think that sexual activity is the only ‘real’ form of intimacy.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“It is here more than anywhere else that pornography takes human sexuality out of its intended purpose—the establishing and deepening of intimacy between two human beings—and makes it a product to be consumed. Human beings become objects of consumption rather than individuals requiring dignity…This harm is not only sociological and psychological, but also spiritual. The pornographic selection may be consumed once, occasionally, or on an ongoing basis, for as often as you would like. Whenever it fails to meet your standards for beauty or excitement, whenever it fails to stimulate your fantasy, or if you just become bored with the images, the people within are disposed of.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“The need for human intimacy is ongoing. Like food or water, intimacy is not met once and forevermore fulfilled. The desire for ongoing, deepening intimacy is in our nature, it is part of being made in the relational image of God. Intimacy is what drives us to know and to be known. It pushes us forward through life and is at the heart of our relational nature; it is part of our design—our wiring.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“…pornography is influencing and shaping assumptions about identity, sexuality, the value of women, and the nature of relationships…” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“…during that span of time, the portrayal of unaffectionate sexual encounters increased in frequency from 54% to 94% of pornographic scenes.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


“Pornography? It’s a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora’s Box of visuals. There have probably been days when I saw 300 [women] before I got out of bed….Internet pornography has absolutely changed my generation’s expectations….You’re looking for the one photo out of 100 you swear is going to be the one you finish to, and you still don’t finish. Twenty seconds ago you thought that photo was the hottest thing you ever saw, but you throw it back…How does that not affect the psychology of having a relationship with somebody? It’s got to.” (Rob Tannenbaum, “Interview with John Mayer,” *Playboy Magazine, March 2010*) (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)


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“It provides a false, or counterfeit, way of feeding the need for intimacy…people are pieces of meat for our consuming pleasure and entertainment…the objectification and commoditization of people will seep into other parts of the viewer’s mind. It will affect the way he views people when he is not watching porn…he fantasizes throughout the day about sex.


“…these consequences can destroy a marriage, family, ministry, or career. While it offers the promise of intimacy and connection, pornography only delivers isolation, disconnectedness, and depravity.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“While the payoff for orgasm is powerful, it is not an easy thing to achieve. The highs of orgasm are not available on demand. In the real world with real people, considerable effort has to go into cultivating a relationship that may result in a sexual encounter. A great deal of neurological effort, hormonal preparation, and appropriate behaviors usually precede this high. Here is where pornography hijacks God’s intended pattern of sexual attraction, arousal, and response.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)
“...pornography becomes part of the ritual that is used to get a short-term fix. Like eating candy to satisfy hunger, pornography can feel like a healthy way to satisfy the drive for intimacy.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Sexual intimacy is a complex neurochemical, hormonal, and spiritual event. It is one of the most powerful God-given means by which human beings form attachments. The question ‘Who or what are you bound to?’ has to be asked in the arena of sexuality, and it has a neurobiological answer. There is no such thing as ‘just looking’ at porn. There can be no doubt that it affects us neurologically in long-lasting ways. How we choose to exercise that knowledge—for sanctification or for depravity—is up to each one of us.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)


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#21 PLASTICITY

“The plasticity of the beautiful, complex brain can be a blessing or a curse. While the brain is malleable, it typically follows a set of rules in performing its functions. These rules govern how connections are made, how images are processed, how behaviors are executed, and how emotions are triggered. It is here in some of these circuits that pornography seems to be exploiting one of the brain’s Achilles’ heels: the naked human form.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“Neurologists define neuroplasticity as the ability of the brain to build and rebuild connections. Due to this, after stopping pornography use, the brain is able to reboot itself, albeit slowly, to return to its normal way of functioning. This neuroplasticity effect is something that neurologists have found in the brains of people who stop using pornography, where their brain begins to reboot to its originally designed way of functioning. But it isn’t easy. Professor Wilson reports that several studies examining brain scans of pornography users (not addicts, but users) found that with increasing porn use comes a weaker brain, a reduced sense of reward from everyday activities, and weaker willpower. Therein lies one of the insidious elements of porn, it hooks a man and with more use, weakens his ability to leave it behind. After prolonged pornography use, the reward system in the brain simply wears out.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“…recovery from an addiction to pornography can occur thanks to the neuroplasticity of the brain. The process obviously necessitates abstinence from viewing pornography. This can take between two and six months, in a process called rebooting. So what is the process like within the brain when a person views pornography? Dr. William Struthers, noted in a recent article that,” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“The human body consumes and digests food. In a similar way, we can think about the brain as a consumer of stimuli and information. When we eat, food is broken down by the digestive system and used to supply the body with the energy it needs to survive and thrive. Once it has been fully digested, whatever that is unusable (waste) is
excreted. This helps to ensure the healthy functioning of the organism. If we take this analogy and extend it to the brain, the brain’s job is to consume and digest information. This information is taken in through the eyes and other senses and digested and stored with meaning and memories. Anything that might have strong emotional content or is highlighted as being important information is stored and used later. The brain doesn’t always get to decide what it wants to keep and what it doesn’t. Sexual images are inherently powerful and have emotional content. As such, pornography forces itself on the brain. Whether one consents or not, pornography becomes a part of the fabric of the mind.’ He continued, ‘The plasticity of the beautiful, complex brain can be a blessing or a curse. While the brain is malleable, it typically follows a set of rules in performing its functions. These rules govern how connections are made, how images are processed, how behaviors are executed, and how emotions are triggered. It is here in some of these circuits that pornography seems to be exploiting one of the brain’s Achilles’ heels: the naked human form. There are few things in the world that can grab someone’s attention like the naked human body, and fewer still than naked bodies engaged in an intimate sexual act. One need look no further than prime time television, DVD sales, and the most frequently viewed websites to see that a great amount of time, energy, and resources take advantage of this fact of life. Sexuality and nakedness are used to entice us to watch, to buy, to follow, and to arouse us to any number of other actions. Our sexual nature provides a powerful impulse that tends to drive us. While it is true that not everyone who looks at sexually explicit images develops addictive or compulsive patterns of consumption and acting out, it is important to note that these images of nakedness and sexuality tap into a reflexive arousal response in many men, which can lead to devastating outcomes.’” (Struthers, W.M. (2011). Pornography and the male brain. Christian Research Journal, 34.) (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“Human brains are surprisingly plastic. Psychiatrist Normal Doidge (The Brain That Changes Itself) has explained that brain plasticity means porn causes physiological changes in the brain. Dr. Jeffrey Swartz (author of The Mind and the Brain, and other relevant titles) has shown that even OCD patients can often rewire compulsive behavior by substituting other actions when urges arise. This seems to be critical information for would-

“Brains are plastic, and once you wire up a new cue you have no way of knowing when it will trigger a future reaction. Much as Pavlov's dog learned to salivate to the bell, today's porn users learn to wire unexpected stimuli to their erections. The brain's primitive reward circuitry isn't aware that the bell isn't food, or that the novel porn isn't 'my' porn. Its axiom is simply ‘Dopamine good’.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

“Porn poses unique risks beyond supernormal stimulation. First, it's easy to access, available 24/7, free and private. Second, most users start watching porn by puberty, when their brain's are at their peak of plasticity and most vulnerable to addiction and rewiring.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p81)

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“…prefrontal cortex could reflect change in neural plasticity as a consequence of an intense stimulation of the reward system…” (Simone
“The plasticity of the beautiful, complex brain can be a blessing or a curse. While the brain is malleable, it typically follows a set of rules in performing its functions. These rules govern how connections are made, how images are processed, how behaviors are executed, and how emotions are triggered. It is here in some of these circuits that pornography seems to be exploiting one of the brain’s Achilles’ heels: the naked human form.”

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“In truth, it provides no nourishment whatsoever, and results in a greater degree of need. Even in the absence of acting out, the images have such a robust, salient character that they are stored as memories that can produce a warped sense of sexuality and objectification.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“YOUR SEXY PLASTIC BRAIN: PORN ADDICTION CAN’T BE BLAMED ON BIOLOGY”

“By ‘plasticity’ he means that our brains and our sexuality are molded by our experiences, interactions, and other means of learning, which is why people vary in what they say is attractive or what turns them on. The brain actually creates neural pathways that label a specific type of person or activity as arousing.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/)

“In Elizabethan times lovers were so enamored of each other’s body odors that it was common for a woman to keep a peeled apple in her armpit until it had absorbed her sweat and smell. She would give this ‘love apple’ to her lover to sniff in her absence. We, on the other hand, use synthetic aromas of fruits and flowers to mask our body odor from our lovers. Which of these
two approaches is acquired and which is natural is not so easy to determine. A substance as ‘naturally’ repugnant to us as the urine of cows is used by the Masai tribe of East Africa as lotion for their hair — a direct consequence of the cow’s importance in their culture. Many tastes we think ‘natural’ are acquired through learning and become ‘second nature’ to us. We are unable to distinguish our ‘second nature’ from our ‘original nature’ because our neuroplastic brains, once wired, develop a new nature, every bit as biological as our original.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/)

“This will come as sad news to many. The attraction, compulsion, and even addiction to porn are learned behaviors, which means people play a huge role in their own habituation. Don’t blame it on biology or evolution.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/)

#22 BRAIN CHEMICALS & PORN

“In men, there are five noteworthy chemicals involved in sexual arousal and response.”

1. **Testosterone** is the male hormone that seems to drive sexual interest. It has long been known that castrating animals (removal of the testes that produce the majority of testosterone in males) is an effective way to decrease sex drive and castration also reduces interest in sex in men as well (i.e., eunuchs). Testosterone seems to be an enabler of sex drive and its production is triggered by the brain through a hormonal process that can be adjusted throughout the day in response to what is going on in the environment. When sexual cues are identified by the brain, a surge of testosterone production is triggered. This testosterone surge heightens sexual anticipation and prepares the body for sexual encounters. What is fascinating is that these cues can be produced by pornography or through sexual fantasizing. So it’s not just what you see that causes the testosterone surge to increase sexual interest, it is also what you dwell on that can produce the surge as well.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

2. **Dopamine** is a neurotransmitter that is known to underlie all drugs of addiction. Dopamine seems to play an important role in helping people identify what things in their environment are significant. This chemical is going to be the primary reason why craving occurs. Often dopamine is referred to as a pleasure chemical. Its levels are increased when we do things that generally perpetuate our lives and the survival of our species. For example, satisfying hunger by eating a meal, satisfying thirst by drinking water, and satisfying the sex drive by engaging in intercourse all are correlated with heightened dopamine levels. External or internal sexual cues can trigger the release of dopamine in key brain regions that are also sensitive to testosterone. The key element to remember here is that dopamine is directing us toward resolving the tension that is being produced by the sexual images and anticipation of sexual release. It provides the rush that men feel when they view pornography.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)
3. “Another neurotransmitter involved in heightening this rush is norepinephrine. It has two functions in the development of sexual addictions. First, norepinephrine is a significant player in promoting sexual arousal. It is a cousin to adrenaline chemically, and it is involved in helping the body prepare for sexual activity. In addition to preparing the body, it also is readying the brain to remember how the sexual drive is being met. Norepinephrine helps to store the memories of this event. It should come as no surprise that many men who can’t remember what they had for breakfast last week can still remember the image of the first Playboy centerfold that they ever saw. Norepinephrine serves to help store these memories and get these images stuck in the brain because, presumably, they were memories that were important to be stored.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

4. “While dopamine and norepinephrine may provide the immediate rush that men get from viewing porn, the key event in determining whether or not viewing becomes a habitual pattern is going to be the release of endogenous opiates produced during sexual release (most notably in response to orgasm). Many men will report that this experience is accompanied by feelings of transcendence and euphoria that are known to be related to the release of endogenous opiates. It has been known for decades that the brain produces its own opiates that are involved in pain relief and pleasure. Street drugs such as heroin and medicines such as morphine can produce feelings of euphoria and reduce pain. This ability of orgasm to produce euphoria or release from sexual tension is what provides the psychological reward to the sexual drive. The release of endogenous opiates during masturbation or sexual activity with a partner is part of a larger sequence of sexual arousal and response. Viewing pornography provides the stimuli that help prepare the body for sexual response. When the viewer sexually acts out, resulting in orgasm, it gets stored as a behavior that is known to have a significant payoff. That significant payoff is the release of opiates that provide the chemical substrate for the psychological experience of orgasm.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

“While the payoff for orgasm is powerful, it is not an easy thing to achieve. The highs of orgasm are not available on demand. In the
real world with real people, considerable effort has to go into cultivating a relationship that may result in a sexual encounter. A great deal of neurological effort, hormonal preparation, and appropriate behaviors usually precede this high. Here is where pornography hijacks God’s intended pattern of sexual attraction, arousal, and response.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)

5. “Viewing pornography for sexual arousal and using it to produce the release and euphoria of orgasm provides a merely transient fix to any number of psychological problems. Whether it is depression, poor self-esteem, anger, or any other number of things that cause a person to feel a need for relief or release, pornography becomes part of the ritual that is used to get a short-term fix. Like eating candy to satisfy hunger, pornography can feel like a healthy way to satisfy the drive for intimacy. In truth, it provides no nourishment whatsoever, and results in a greater degree of need. Even in the absence of acting out, the images have such a robust, salient character that they are stored as memories that can produce a warped sense of sexuality and objectification.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)


“This system works the way it is supposed to work when you’re having sex with your spouse. Together you can experience a high, an alertness of sexual pleasure, and the deep calm afterwards (norepinephrine,
endorphins, and serotonin). With each sexual embrace you are emotionally bonding to this person (oxytocin and vasopressin). Over time a craving for sex is transformed into a desire for one another (dopamine).


“However, the observed volumetric association with PHs in the striatum could likewise be a precondition rather than a consequence of frequent pornography consumption. Individuals with lower striatum volume may need more external stimulation to experience pleasure and might therefore experience pornography consumption as more rewarding, which may in turn lead to higher PHs.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry. 2014;71(7):827-834, http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574)

“Watching porn also seems to quiet a part of the brain that processes visual imagery, researchers reported in 2012 in the Journal of Sexual Medicine. It's not clear why this happens, but researchers speculated that the brain diverts blood flow from the visual cortex in order to focus on more pressing things, like being turned on.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“The finding makes sense, in that people looking at pornography would be focusing on the sexually explicit image more than the fine details of the background of the image, the researchers speculated. A person who was scanning the horizon for potential threats would have trouble being aroused.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“On the flip side, getting aroused requires feeling safe, and freedom from the need to look out for potential dangers, the researchers said.” (Tia Ghose, “5

“Interestingly, adrenaline, also called epinephrine, is a drug we physicians use in surgery and in emergencies to start a patient’s heart again when it beats too slow, or even stops. So here is the question: Is epinephrine not a drug if the brain makes it (causing the heart to pound and race), yet is a drug if the same epinephrine is given by a physician?” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Teach Kids What Porn Does to the Brain”

“If your child has gone through a school program in drug education, he or she has a framework for understanding addiction and the chemical changes that take place in the brain. Show that porn stimulates the brain in the same way that drugs do, appealing to the brain’s reward center and retraining your grain to see that porn is the answer to loneliness, stress, fear and other negative emotions. But porn goes a step further than drugs. Even when one stops using it (which is hard enough to do once a taste for it has been developed), the images and scenes linger in the memory, continually calling the user back. You can detox the body from drugs and alcohol, but you cannot detox the memory.” (Laura Nott, Elements Behavioral Health, November 22, 2103, “How to Teach Your Kids About Pornography,” https://www.elementsbehavioralhealth.com/adolescent-issues/how-to-teach-your-kids-about-pornography/)
"Viewing pornography for sexual arousal and using it to produce the release and euphoria of orgasm provides a merely transient fix to any number of psychological problems. Whether it is depression, poor self-esteem, anger, or any other number of things that cause a person to feel a need for relief or release, pornography becomes part of the ritual that is used to get a short-term fix. Like eating candy to satisfy hunger, pornography can feel like a healthy way to satisfy the drive for intimacy. In truth, it provides no nourishment whatsoever, and results in a greater degree of need. Even in the absence of acting out, the images have such a robust, salient character that they are stored as memories that can produce a warped sense of sexuality and objectification.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/)


UPDATES – JANUARY 2019

Want to Be More Brave? The Brain Can Edit Memories to Erase Fear, Study Says

“For every new experience someone encounters, bunches of neurons fire in their brain, the connections strengthen, and molecules gather around where the neurons come together. The Atlantic reported that some scientists think that these connections are the physical representations of memories. When people think of their memories, these patterns in the brain fire and briefly become unstable.”


“Decreased Brain Matter in the Right Caudate of the Caudate Nucleus”:

“A 2014 study of the brain scans of 64 pornography users found that increased pornography use [i.e. pornography dosage] is linked to decreased brain matter in the areas of the brain associated with motivation and decision-making and contributed to impaired impulse control and desensitization to sexual reward. 79(Simone Kuhn and Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption.” JAMA Psychiatry 71, no. 7 [2014]: 827-834.) Thus the study demonstrated that pornography use can produce physical, anatomic change in the brain – a hallmark of addiction.” 80(Donald L. Hilton, Jr.,and Clark Watts, “Pornography Addiction: A Neuroscience Perspective,” Surgical Neurology International 2, no. 19 [2011].)

“Enlargement of the Amygdala”:

“Structural MRI data comparing healthy adult males to those with compulsive sexual behaviors (CSB) concluded that there was increased
volume of amygdala gray matter in the brains of those with CSB. The amygdala is the reward center and plays a key role in processing emotions. Because of constant stimulation, the amygdala is put under stress and enlarges. This impairs the connectivity of the frontal lobe to the amygdala and distorts decision making. This is characteristic of addictions to controlled substances.” 81(Casper Schmidt et al., “Compulsive Sexual Behavior: Prefrontal and Limbic Volume and Interactions,” Human Brain Mapping 38, no.3 [October 27,2016]: 1182-190, doi:10.1002/hbm.23447.)

“Hijacks the Brain’s Reward System”:

“Motivation and reward are regulated by the mesolimbic system. There is ample evidence that the mesolimbic system is activated in response to both substance abuse and natural rewards such as sex.” 82(K.S. Frohmader et al., “Methamphetamine Acts on Subpopulations of Neurons Regulating Sexual Behavior in Male Rats,” Neuroscience 166, [2010]:771-784.)

“Addiction occurs when the pleasure/rewards pathways of the brain are hijacked by drugs such as cocaine or by natural process vital to survival such as eating and sex.” 83 (Hilton, ibid.) “The constant novelty of Internet pornography, as well as properties such as violation of expectations, anticipation of reward, and the act of seeking [i.e. surfing] stimulate mesolimbic dopamine activity.” (84)( Brian Y. Park, https://endsexualexploitation.org/brain/#_ednref4)

“Growing evidence suggests that pornography use hijacks the brain’s reward system in the same way that drug use does. For instance, a study of 19 men with compulsive sexual behavior (CSB) and 19 men without CSB, the same brain activity pattern in pornography addicts [CSB subjects] was seen as in drug addicts and alcoholics. The study also identified a dissociation between desiring or wanting but not liking sexually explicit materials-a finding consistent with theories of incentive motivation underlying drug addiction.” (85)Valerie Voon, “Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours,”PLOS ONE, [Jul 11, 2014]: https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0102419)

“Interference and Desensitization”: 
“A study of sexually active individuals found that higher sexual compulsivity scores correlated with greater interference [increased distraction] during a task. Additionally, more years of “compulsive sexual activity” lead to greater habituation or a general numbing of the pleasure response [desensitization].” (Ian P. Albery, et al., “Exploring the Relationship between Sexual Compulsivity and Attentional Bias to Sex-Related Words in a Cohort of Sexually Active Individuals,” European Addiction Research 23, no.1 [November 14, 2016]: 1-6, doi:10.1159000448732.)

“How the Teen Brain Transforms Relationships”

“More intense emotion…” “They found more intense emotional responses among adolescents…” “Teens are also more likely to see emotion in other people, even when there is none.” (Daniel Siegel, “How the Teen Brain Transforms Relationships,” Greater Good Magazine, August 12, 2014, https://greatergood.berkeley.edu/article/item/how_the_teen_brain_transforms_relationships)

“When you show a neutral face to an adolescent in a brain scanner, their amygdala activates—they think that the person is having a negative emotional response rather than a neutral one.” (Daniel Siegel, “How the Teen Brain Transforms Relationships,” Greater Good Magazine, August 12, 2014, https://greatergood.berkeley.edu/article/item/how_the_teen_brain_transforms_relationships)

“…novelty is one of the major things that can trigger dopamine release.” (Daniel Siegel, “How the Teen Brain Transforms Relationships,” Greater Good Magazine, August 12, 2014, https://greatergood.berkeley.edu/article/item/how_the_teen_brain_transforms_relationships)

“5 Ways Kids’ Brains are Super Susceptible to Porn”

“First, recognize that kids’ brains process porn different from adults…”

“Second, that kids’ brains are more vulnerable to porn.”

“…pornography acts like magnet to the brain. It pulls viewers in to look — even when they find the images disturbing or frightening.”
“That’s because sexually explicit content triggers a physical response in the body — a chain of events that ultimately floods the brain with unnaturally high quantities of chemicals (dopamine among others). In a split second, intense messages of excitement and euphoria are sent through the body. “

“Adults brains’ have safeguards in place to protect them from being tricked by these chemical messages. But in the child and teenage brain, these safeguards are under heavy construction. This is what makes kids more vulnerable to the pull of pornography than adults. When pornography is viewed habitually at younger ages it could drastically interfere with normal brain development.”

“#1: Underdeveloped prefrontal cortex…”

“The brain’s ability to reject signals from pornographic content occurs in the prefrontal cortex. That’s where all rational thought patterns and self-control take place. “

“…when kids are exposed to pornography they don’t always have a natural ability to make safe, healthy decisions on their own. “

“#2: Dopamine in overdrive…”

“When kids reach puberty this system goes into overdrive! That means youth exposed to pornography actually feel more and get a higher hit of dopamine then an adult. Dopamine cravings are also stronger at this age…”

“#3: Imbalanced stress response…”

“First, large amounts of cortisol further impair the “thinking brain” (prefrontal cortex) and second, it can increase feelings of anxiety or depression.”

“#4: The organizational window of adolescence…”

“Repeated exposure to pornography increases production of testosterone and cortisol.”

“…steroid hormones…”
“Too much exposure to pornography when young will allow these stress hormones to subtly rewire the brain.”

“ #5: Increased testosterone levels…”

“Testosterone levels are at their natural peak during adolescence. As such, so is sexual anticipation.”

“…when young people, particularly teen boys, are exposed to pornographic content their sexual response will be much higher than that of an adult.”

“…increased feelings to act out on what they are seeing — further increasing their level of sexual anticipation.”

“State Legislature to pass a bill or resolution…”

“Library Bill: Mandated filtering — including WiFi — in all libraries.”

“Custody Bill: If a parent has intentionally exposed a child to pornography, that can be taken into account when determining custody situations.”

“Internet Provider Bill: ISPs have to send out a letter and let their consumers know what options they have for filtering pornography.”


“Resolution on the Public Health Crisis: pornography was declared to be a public health crisis (Utah was the first state to declare this. It caused enormous media uproar! Since then many other states have passed similar resolutions.)” (Marilyn Evans, “5 Ways Kids’ Brains are Super Susceptible to Porn”, Protect Young Minds, July 17, 2018, https://protectyoungminds.org/2018/07/17/5-ways-kids-brains-susceptible-porn/)

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“Latest research reveals the more you hug your kids – the smarter they get”

The more you hug a baby, the more their brains grow, according to a recent survey from the Nationwide Children’s Hospital in Ohio.

125 babies, both premature and full-term, were included in the study, which looked at how well they responded to being physically touched.

“…babies that were subjected to more affection by parents or hospital staff showed stronger brain response.

Basically, affection is vital for the development of the brain. So, cuddle and hug your babies as much as you can.


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“The Brain Literally Starts Eating Itself When it Doesn’t Get Enough Sleep”

“Researchers have found that persistently poor sleep causes the brain to clear a significant amount of neurons and synaptic connections, and recovering sleep might not be able to reverse the damage.”


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Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

- IGen for Jesus
- Overcoming Sin & Setbacks
- You, Me, We
- Wholeness In A Sex Saturated World
- Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:

Living Free

FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:

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972-907-1000 ext 135

2001 W. Plano Pkwy, Ste 2400

Plano, TX 75075
Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master's degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

- When God Talks
- Empowered to Live Life Fully Alive
- Connections that Count
- Wholeness in A Sex Saturated World
- Unshakeable Truth
- Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

- Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

- Sherry Brosamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

- Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

- Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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  Plano, TX 75075
Alex McClellan

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ—until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

- You Can Handle the Truth!
- How To Find The Meaning Of Life
- Reasons To Believe In The Resurrection
- Will The Real Jesus Please Stand Up?
- How Do You Make Sense of Suffering?
- Can We Trust The Bible?
- Be Prepared to Share (1 Peter 3)
- Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey
Self Image | Sexual Integrity | Truth in Today’s Culture
“This has helped me more than any other kind of seminar on speaking”
- Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
- Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
- Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
- Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.
# SOLUTIONS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRO</td>
<td>5</td>
</tr>
<tr>
<td>MISCELLANEOUS</td>
<td>16</td>
</tr>
<tr>
<td>#1 A HEART ISSUE</td>
<td>18</td>
</tr>
<tr>
<td>#2 PERSONAL ACCOUNTABILITY</td>
<td>19</td>
</tr>
<tr>
<td>#3 INTERNET FILTER</td>
<td>23</td>
</tr>
<tr>
<td>#4 ADMIT YOU HAVE A PROBLEM</td>
<td>27</td>
</tr>
<tr>
<td>#5 ENTERTAINMENT MEDIA</td>
<td>37</td>
</tr>
<tr>
<td>#6 DESTROY ALL PORN</td>
<td>38</td>
</tr>
<tr>
<td>#7 EVALUATE YOUR MARRIAGE</td>
<td>39</td>
</tr>
<tr>
<td>#8 PORN ACTORS ARE REAL PEOPLE</td>
<td>50</td>
</tr>
<tr>
<td>#9 LIST OF IDEAS</td>
<td>51</td>
</tr>
<tr>
<td>#10 QUESTIONS I HAVE</td>
<td>62</td>
</tr>
<tr>
<td>#11 DISCLOSURE</td>
<td>90</td>
</tr>
<tr>
<td>#12 STRENGTHEN YOUR MARRIAGE</td>
<td>91</td>
</tr>
<tr>
<td>#13 SAFETY TIPS FOR CHILDREN</td>
<td>100</td>
</tr>
<tr>
<td>#14 REWIRE YOUR BRAIN</td>
<td>132</td>
</tr>
<tr>
<td>#15 WHEN YOUR HUSBAND IS ADDICTED TO PORN</td>
<td>138</td>
</tr>
<tr>
<td>#16 BIBLICAL VERSES</td>
<td>159</td>
</tr>
<tr>
<td>#17 ONE ANOTHER VERSES</td>
<td>175</td>
</tr>
<tr>
<td>#18 HOW A HUSBAND CAN REBUILD TRUST</td>
<td>188</td>
</tr>
<tr>
<td>#19 DEALING WITH DESIRE</td>
<td>190</td>
</tr>
<tr>
<td>#20 PORN AND THE CHURCH</td>
<td>228</td>
</tr>
<tr>
<td>#21 BIBLICAL VIEW</td>
<td>249</td>
</tr>
<tr>
<td>#22 STORIES OF RECOVERY &amp; HURT</td>
<td>251</td>
</tr>
</tbody>
</table>
“Let Us Strip off and Throw ASIDE EVERY ENCUMBRANCE (Pornography)
AND THAT SIN WHICH SO READILY CLINGS TO AND ENTANGLES US

and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us.”

Hebrews 12:1
INTRO

“MY JOURNEY FROM ADDICTION, by Brett Butcher with Hope Forrester”

“I saw hard-core pornography for the first time around first or second grade. The effects in my life were similar to those of abuse. I was reintroduced to porn at a bookstore as a middle-schooler. Those were low years for me, and porn felt like life, something good in the midst of something bad. I got hooked.”

“I came to Christ at a young age and grew up in church, but there was always this dark side to me. I started to feel guilty in high school, but I learned it was better not to talk about it. I thought I needed to figure it out on my own, just Jesus and me.”

“Maybe you’ve fought a similar battle. Maybe you’re fighting one now, or know someone who is. You’re not alone.”

“When I was 21, I attended Bible school in Austria and later entered fulltime Christian ministry. I brought my pornography addiction with me. I lived two lives, and my shame started to grow.”

“I didn’t understand why I was powerless over this sexual darkness, so I hid this life at whatever cost. I took a year away from ministry to focus on restoration. It was a great year, but it didn’t help with my addiction. I attended counseling, but it didn’t help either.”

“I believed that Jesus wanted to transform me, but why wouldn’t He heal this area? I concluded that I was broken beyond repair, or that maybe God wasn’t real. I was in despair, completely hopeless. I had tried everything and stopped believing I could be free.”

“A chance encounter with Ted Roberts, founder of Pure Desire Ministries, resulted in my wife and me beginning his counseling and recovery program. I had finally met a Christian man who could make sense of what was happening in my life. Ted and his wife navigated us through sexual addiction counseling wrapped in a biblical worldview.”
“I learned that at the core of sexual bondage, there’s often an intimacy wound. Now when I struggle, I understand why and have resources to help. My intimacy wounds are healing, and I’m learning how to trust my wife and the Lord with all of me.”

“I can now say I’ve had three years of solid sobriety with no acting out. I’m taking what I learned from Ted and teaching others. People are desperate to hear. What’s the solution?”

“Everyone wants a book, and there are some good books. But you can’t read or pray your way out of this. You were likely wounded in relationships, and what’s where you’ll find healing. In the context of safe community groups, you must focus on four areas:”

“**First, you must confront denial.** You can go to a group and talk about struggles with work or alcohol, but when you say you struggle with sexual issues, it kind of clears the room. There’s so much shame around this topic. We feel the need to hide our sexual struggles, so we learn to hide from and deceive even ourselves. Commit to honesty at all costs.”

“**You also must understand the nature of your battle.** There’s more knowledge on how the brain works now than ever before. Sexual addiction isn’t just a moral problem; it’s also a brain problem. We’re not merely making a poor moral choice when we choose to indulge in sexual sin. A powerful chemical neurotransmitter called dopamine, or the “gotta have it” molecule, is released in our brains when we view porn or act out sexually. We may develop a brain problem with moral implications that can’t be healed by moral solutions alone.”

“We can’t read our Bibles more, pray more or attend more small groups. We must be transformed by the renewing of our minds and we must find healing for our wounds. But where is healing found?”

“**By accessing the wound that drives your need to return to things you know are unhealthy.** We live in a broken, fallen world. You can grow up in a perfect family with tons of support and still get hurt. Some people can process their pain relationally with others, but many of us can’t do that.
We don’t know how. We find ways to numb our pain, and that can become addiction, whether sexual or to something else.”

“Ultimately, you must go on the exploratory journey of your own life and ask, Where have I been wounded, and how do those wounds affect me today? Abuse, divorce, high school? If we don’t identify these wounds, we’ll end up treating the symptoms rather than the root problems. You must go on the journey of your own story with safe people. Discover where you’ve been wounded, and allow yourself to process that pain. Then you can find healing.”

“Finally, you must practice preventative accountability. If you don’t know how to do accountability well, you’ll find yourself in relapse over and over again. You fail, you confess and pray. You fail, you confess and pray. Eventually, you stop being so transparent because it’s simply not helping. Begin to look at the circumstances around you and identify stressors, such as marriage, work or finances. Look for the triggers, and then choose to stay in the pain and process it with others rather than trying to numb it with porn or something else.”

“Be watchful when you are hungry, angry, lonely or tied (think, H.A.L.T.). Start talking with your accountability group about what you desire when you are in these states. Process together ways you can respond better. Be relational with your pain. The biblical idea of “weeping with those who weep” and “rejoicing with those who rejoice” is a learned skill for many of us. Let others into your pain, celebrations, joy – living life in color with close friends rather than just keeping things on the surface.”

“There is hope. You can find lasting freedom. But you won’t find it alone, just you and Jesus. Breaking isolation and learning to ask for help – that’s where trust is built and freedom is found. This journey is difficult, but I’m now walking with integrity and purity, and you can, too.”

“A List of Warning Signs” of Porn Involvement

- “Absence of supervision and accountability in my life”
- “Marital problems”
- “Presence of sexual addiction”
- “Experience of chronic low-level depression”
- “Unresolved, unrecognized early life trauma”
- “Agreeing to give certain female clients special time and attention”
- “Seeing female clients at odd times”
- “Looking forward to appointments with certain female clients”
- “Making it know to others, and inpatient records, that certain female clients were being ‘seductive’”
- “Making sexual comments about certain female clients”
- “Feelings of anger toward women”
- “Sitting next to clients, giving them long and inappropriate hugs.”
- “Feelings of entitlement, that I deserve to get my needs met and no one is meeting them”
- “Using lots of sexual humor”
- “Excessive stress and work”

(Christian Counseling Today – 1998 Vol 6 No. 1)

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1. “The best version of yourself doesn’t watch porn”

“I know he’s not a real man, but do you think the character James Bond was watching porn in between killing bad guys and slaying gorgeous women? Do you think George Clooney and Brad Pitt were spending hours streaming porn and fapping in their trailers on the set on Ocean’s 13.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“There’s not a chance.”

“Guys who live lives that you envy, get girls you want, and carry themselves like you should, don’t waste their time jerking off to internet porn. They are ambitious. They approach women and are smooth when they do so. The best version of you can be like this. Or you can turn to

2. “Porn makes you lazy”
“Men no longer have to make any attempt at fulfilling their sexuality. It is the worst thing that ever happened to the race. Men used to go out of their way to win the hearts of women they wanted. They used to be romantic and bold. Now they just stay home and spend countless hours jerking off to internet porn instead.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

3. “Porn strips you of your desire for improvement”
“There is no reason to go to the gym. There is no reason to do your hair and make yourself look good. Porn will never reject you no matter how you look, and regardless of how much money you make. When there is no primal need to impress the opposite sex in order to fill man’s instinctive need for lust, men let themselves go and lurk their house in their underwear.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

4. “Porn causes insecurity”
“Porn sets unrealistic standards for men. To be in porn men must have abnormally large ‘talent.’ Men who watch porn consistently grow to see that as the norm and themselves as inadequate.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“It’s a slippery slope because this insecurity keeps men from having sex with women, in turn driving them deeper into porn use.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

5. “Many men find porn more stimulating then sex”
“Porn is now so fantastically HD, with every sexual fantasy imaginable at the click of a mouse. The pleasure of watching porn is starting to overtake the pleasure of actual sex, if it hasn’t already done so.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“I could link you 100 + examples easy, of just men who write about it online. If this sounds like you, you really need to sort yourself out. Get on the forums, there are many people who have been through the same thing who can help you along the way.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

6. “Porn causes ED”
“Because of reason 4 and 5, porn causes erectile dysfunction in an enormous amount of men. Porn becomes the only thing that can stimulate them because of the intense visual experience it offers the brain. This experience is unnatural, and real sex become bland and un-stimulating.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“The experience of porn is so unnatural, that it actually causes the brain to release unnatural amounts of Dopamine, the reward chemical. The brain becomes so accustom to this unnatural level of Dopamine that without porn you can not achieve an erection and you straight feel like crap.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“It is a proven fact that porn affects the brain the exact same way as other addictive drugs. Educate yourself on the matter.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

7. “You will find women more attractive”
“I think the greatest gift of living a porn free is how you start to perceive women around you. After months free of porn, your attraction to women will go through the roof. It is truly remarkable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Just the sight of a woman’s skin will turn you on”
“Being free of porn you start to really appreciate the beauty of women. Just the sight of a woman’s skin, or her smell will be enough to throw your attraction into overdrive. Your sexual instincts will be back where they are supposed to be, and you will crave women like never before.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will start to notice women you once found unattractive”

“Women that once were not up to your porn standards really start to pop out at you. You will start to see the beauty in women that you once overlooked because they did not have the bodies of porn stars. I find myself more and more surprised at some of the women I find attractive and for what reasons. It is really a beautiful thing.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

8. “You will be better with women”
“This should be reason enough for anyone to stop watching internet porn. I promise you that after months of no porn, and even better, no masturbation, you will be better with women (out of necessity!). And not just a little better, but a lot better.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will crave women, instead of craving your favorite videos”

“Have you ever gotten that incredible sexual urge that comes out of nowhere. To a regular porn viewer to first thing they do is head to the internet. To men who don’t watch porn, the first thing they do is head to their cell phone to call a real girl. Or they go out and meet one.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will find it easier to talk to women”

“Many men who give up porn find that they start to interact much smoother with women. A lot of their anxiety towards the opposite sex fades and they start to feel more confident and smooth.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)
9. “Sex will be more satisfying”
“Instead of having ED and not finding sex as satisfying as porn, you will be the opposite. After months without porn in your life your pleasure for sex will skyrocket.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will have better, harder erections with women”

“Without porn numbing your sexual stimulation, just the touch of a woman will be enough to get you up and going. Actual sex will feel so different than it ever did. So much more powerful and pleasurable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Your intimacy levels during sex will be something that you never experienced before”

“If you are like most men who started porn at an extremely young age, you have probably never even experienced intense intimacy. You have sexually numbed yourself from porn for years, and your first sexual experience free from porn will be like a sexual awakening.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“You will also be much better at sex itself. You will be more in touch with a woman’s body, and your own. You won’t have any performance anxiety issues and your sexual freedom and spirituality will increase.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Sex can be the greatest experience there is, you just need to lose the porn.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

10. “You will simply be a better version of yourself”
“It’s a fact that if you can give up porn you will be a better version of yourself.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

– “You will think clearer and be less stressed”
– “You will find women more attractive”
– “You will be better with women”
– “Your sex life will improve”
– “You will have more energy”

“Try it. If it doesn’t work, porn will be waiting for you right where you left it.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“A recent study asked a group of kids how often their peers look at porn online. They responded that it was often. The study also asked what parental controls were in place on their devices, and almost all said none — because their parents trusted them. These parents have no idea what their children are seeing.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

“Most everyone who is troubled by their pornography use asks the question, ‘Am I addicted?’ A man attending a 12-step recovery group for sexual addiction stated, ‘I finally figured out that the reason I needed to quit was because I couldn’t. I hated what it was doing to me, but every time I quit I ended up going back.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Take the Quiz.”
“If you question whether your pornography use is a problem or has become an addiction, answer the following questions to determine if you need help.”

- “Have you ever promised yourself you would never view pornography again?”
- “Do you decide that you’re going to quit looking at pornography, or cut down, and change your mind?”
- “Do you plan your day so that you can make sure that is an opportunity to view pornography?”
- “Do you resort to viewing pornography to escape, relieve anxiety, or avoid other issues?”
- “Do you feel guilt, remorse, low self-esteem, regret or depression after viewing pornography?”
• “Do you feel like your sexual thoughts and/or behaviors are causing problems in your life?”
• “Do you feel the ‘right relationship’ would help you stop? In other words, is this a problem that you feel others can fix, but you are not controlling on your own?”
• “Is the amount of time you spend viewing pornography increasing or taking the place of things you should be doing?”
• “Are you less connected with important aspects of your life, such as friends, work, school and family responsibilities, because of the role pornography plays?”
• “Does viewing pornography ever take priority over things which you’re expected to do or need to get done?”
• “Is the material viewed becoming more graphic or your behavior becoming more involved?”
• “Do you ever avoid questions or lie to hide your pornography behavior? Are you leading a double life?”


“What do you want? Ask yourself - do I want to be struggling with this problem in ten years, or do I want to look back on this as a painful learning experience which I haven’t visited for ten years? After you have decided that recovery is for you, that you truly want to break the chains, the time has come for the next questions which are closely related to the first: What am I willing to do? How far am I willing to go? In answering these questions we come to the fundamental question at hand: How does one change from being addicted to a person firm in recovery with years of sobriety?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“So simply avoiding porn can put people into a more long-term mind-set, the researchers found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)
“Try it. If it doesn’t work, porn will be waiting for you right where you left it.”
(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013,
http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“And lastly, be kind to yourself! You’ve never been here before, and you are climbing a huge mountain…but it’s going to be worth it. God is with you!”  (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“Oftentimes, people go through stages as they walk toward their freedom. First, a person must recognize they are addicted. Second, they begin practicing sobriety (abstaining from porn usage). Then finally, they wake up one morning and realize that they are no longer stuck in an addictive cycle. Practically, this looks like your “yes” to the right things getting bigger and bigger each day, until porn use is no longer an option for you. Breaking any addiction is going to take you applying your will, keeping your vision in front of you, inviting other people into your process, staying vulnerable, and asking for help.”  (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“Being free, doesn’t mean that you are no longer tempted. It means that you know how to handle the temptation and you are aware you have power over it. You are not a victim to your temptation any more.”  (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)


“Because pornography is so rampant, it is important to provide training and education even to those who may not currently be struggling. As pornography is discussed more openly, individuals will have the courage to step forward and seek help if needed, recognize current problems and be better equipped to handle future problems. Openness does not mean condoning behavior or lessening consequences. It means eliminating the
secrecy surrounding this subject and helping people understand that the problem is widespread and needs to be addressed openly in an appropriate manner.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“We drafted the Utah Resolution with the intent that it be a catalyst for action…a public health crisis, then it follows that that state must enforce its obscenity laws (45 states prohibit retail distribution of obscene material)...” (from Patrick Trueman e-mail to Josh McDowell, March 11, 2016)
#1 A HEART ISSUE

“Your pornography addiction is a heart-issue first and foremost. It's an idolatry issue. You are exchanging truth for a lie. You are voluntarily placing your affections on the cheap thrills that are ultimately fleeting and leave you feeling worthless. You were created for God, by God. Your affections were meant to be placed there, on Him. Ask God to help you every time you are tempted.” ("10 Ways to Fight Pornography" All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“Realize that you didn't just become addicted to porn. How you conduct yourself in public and where you look everyday have greatly influenced where you find yourself today. That long stare at the passing woman, the double take at the lady you just walked by, the thoughts that come to mind when you see the magazines in the checkout lane at the grocery store... This is where the battle starts - in the everyday scenarios and situations. Fight the good fight here too. Guard your eyes and guard your mind.” ("10 Ways to Fight Pornography" All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“Dr. Mark Laaser, a noted author and therapist on the subject of sexual addiction, always asks his clients the following question when he begins his work with them: ‘Do you want to get well?’ He says that if the individual can’t answer that question, then he will have difficulty helping them. It’s my belief that if the answer to the question is ‘yes’, then breaking out of isolation to get help will be much easier.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It is imperative that Christians look below the surface of sexual sin. So many porn actresses and actors, prostitutes, and others who work in the sex industry, are there because of other major brokenness issues in their lives. It is inaccurate, unhelpful and judgmental to merely condemn those in it apart from seeing and understanding the numerous factors that contribute to it. On the Shared Hope International website (sharedhope.org: a Christian organization working to help victims of sex trafficking and eradicate the demand for it), a young girl named Robin tells her story about her descent into prostitution, a story that is not uncommon: (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)
#2 PERSONAL ACCOUNTABILITY

“Invite trusted friends to speak into your life, hold you accountable and encourage you. We would also suggest bringing your wife in on your struggle. Voicing your struggle to others and admitting you have a problem is a huge step in the right direction.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/) 

“Additionally, it is important to have someone you are accountable to that can help you when you feel the desire to view pornography. Start by finding someone you can trust, a parent, leader, close friend or other relative, and ask for help. Then find a sponsor, someone who has recovered from your addiction, and can help you overcome challenges you face on a day-to-day basis.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Why is it important to be open and disclose my pornography problem to someone?”

“Pornography addiction thrives in secrecy and often breeds feelings of shame and guilt which tend to cause the problem to escalate. Admitting and disclosing pornography use is the first step in stopping for good. Once an addict can admit and talk about the behavior, the shame and guilt often begin to dissipate. Talking to others can provide needed support, additional resources and accountability.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In contrast, keeping pornography behavior secret can actually create more emotional arousal, which may lead to additional acting out. ‘Asking for support is not easy, but living in recovery requires absolute honesty and the courage to ask for help. Denial, self-deception, and isolation are hallmarks of addictive behavior. These traits make it difficult to achieve lasting and stable progress in recovery without the support and perspective of others. It is important for an addict to enlist the help of appropriate and effective support people as soon as possible’ (LDS.org).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Since recovery is more than just stopping unwanted behaviors, it’s critical to enlist the help of others who can offer support in the form of education, accountability, and encouragement.” (“Safety Net – Resources to Protect Your Family from...

“This secrecy puts tremendous emotional pressure on the individual which reinforces the need to continue viewing pornography. The most powerful ways to break out of this cycle of secrecy is to ‘step into the light’ and tell someone else about the secret behaviors.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Who is the safest person to tell? Consider the following suggestions: The confidant should be someone who 1) can keep confidences, 2) is helpful and encouraging, and 3) will be around to offer support long-term. If an individual is married, their spouse needs to be at the top of the list . . . Trusted friends, parents, or counseling professionals are also important supports to consider.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It’s important for those struggling with pornography addiction to complete a full inventory of secret behaviors that will eventually be shared with a trusted confidant. Most 12-step programs have excellent information on how to create a full inventory.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“How can I tell if someone I love is addicted to pornography?”
“If you are concerned that a loved one might be viewing pornography, the best course of action is to ask him or her directly. The following questions may also help identify if there is a problem. It is important to note that some of these conditions are common and may not necessarily be caused by pornography use, but by other life conditions or circumstances.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What is a sponsor?”
“Sponsorship is a critical component of all 12-Step programs. Sponsors are those who have worked the twelve steps and have found sobriety and recovery from a specific addiction. Because of their experience, they are in
a unique position to help guide others suffering from the same addiction through the recovery process. They provide hope, accountability, and specific guidance on how to avoid relapse. The literature of one 12-Step program encourages the newcomer to ‘find a sponsor who has what you want and ask how it was obtained.’ A sponsor will give assignments designed to help gain and maintain recovery. The assignments may include specific rules of conduct, attendance at meetings, reading various kinds of literature, and reporting on a designated schedule. Typically those struggling with addiction call their sponsor at set intervals to report their progress and get support or practical feedback as they encounter daily problems. The addicted individual may also call a sponsor or any other program member at any time when they feel tempted to act out.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How can I find a good sponsor?”
“Sponsors can be found at 12-Step meetings. Although anyone who is in recovery from a specific addiction can generally be a sponsor, it is important to find a sponsor who will work well with the individual seeking help. It is also important to remember that each sponsor offers unique insights and perspectives. At different points in the recovery process, individuals may feel a need to change sponsors. Some considerations in selecting a sponsor are included below.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Though quitting porn is often a profoundly private and personal experience – requiring us to come face-to-face with ourselves in a series of quiet moments – we are not alone. We can find friends, counselors, and/or groups to support us along the way.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Dan Allender’s The Wounded Heart of Cliff and Joyce Penner’s Restoring the Pleasure; healing requires relationship. Why? Because our brokenness happened in relationship. In our relationships we have experienced refection, abuse, abandonment, selfishness, bitterness, judgment. We can’t experience love, forgiveness, or learn to trust simply by reading. These

“There are few more sacred moments than a confession of one person to another. A confession of sin. A confession of hidden shame. A confession of fear. A confession of brokenness. It is as if time stands still as one human being waits for the response of another. Will my confession be met with judgment and scorn, or with grace and acceptance? Will I be rejected, or embraced? What happens in that sacred moment can either propel a transformative journey of healing or reinforce a lifelong pattern of pretending.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Dr. Larry Crabb – I came to the conclusion that real healing has less to do with technical intervention and more to do with profound relational engagement.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“One of the most powerful ministries of the body of Christ is the sacred work of inviting each other into restorative relationship. We never heal in isolation.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“We also need people in our everyday lives who love us, laugh with us, and tell us the truth about what they see. We need those who would weep with us, rejoice with us, and carry burdens that are far too heavy for our own shoulders. Walking with us on our messy journey.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Dr. Juli Slattery is clinical psychologist, author, speaker and the president/co-founder of Authentic Intimacy. Juli earned her college degree at Wheaton College, an MA in psychology from Biola University, an MS and a Doctorate degree in Clinical Psychology from Florida Institute of Technology.”

“From 2008-2012, Dr. Slattery served at Focus on the Family writing, teaching, and co-hosting the Daly Focus on the Family broadcast. In 2012, she left Focus on the Family to start Authentic Intimacy, a ministry devoted to reclaiming God’s design for intimacy. Juli is the author of ten books, the host of the weekly radio program/podcast “Java with Juli” and a member of the board of trustees for Moody Bible Institute. Juli and her husband Mike are the parents of 3 sons; they live in Colorado Springs.
#3 INTERNET FILTER

“Online accountability. Use software to monitor your online activity. Covenant Eyes is a great resource for men. It allows you to receive your accountability partner’s reports weekly for the sites they visit and the searches they make. It lets you know when you need to follow up with each other on questionable activity. Finally, it allows you to celebrate with each other in putting online struggles to death.” ("10 Ways to Fight Pornography" All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“Set boundaries with your mobile device. Nowadays, our smartphones and tablets are even more of a gateway to pornography than a desktop computer. The same online accountability applies to your mobile device. Set boundaries and use software to monitor all online activity.” ("10 Ways to Fight Pornography" All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“CHILDREN MAY BE TOO CLEVER FOR OUR INTERNET PORN FILTERS, MINISTER ADMITS”

“The government’s plans to prevent children from accessing internet pornography may fail because young people are ‘smarter’ than adults when it comes to technology…” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-ado.png tells)


“She said: ‘Whatever solutions are put in place, they will fail at times. Young people are smarter than we are at technology, they will find their way around it and they will find their way to this material. We must be absolutely realistic. In most cases we will never be able to solve this problem completely.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)
“She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed.” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“She said if it was necessary, the government would ‘enshrine in law’ the ability to provide family friendly filters, which she said was ‘a vital tool for parents.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

WHAT YOU DO ONLINE IMPACTS YOUR LIFE OFFLINE

TRY COVENANT EYES FREE FOR 30 DAYS USING THIS PROMO CODE: safeguard

Guard yourself and your loved ones with Internet Accountability and Filtering.

ACCOUNTABILITY SOFTWARE

✓ Monitors and reports Internet use
✓ Each site is rated (such as T for Teen, M for Mature, etc.)
✓ Reports are sent to a person you choose: a parent, friend, or mentor.
✓ Use Reports to have conversations about online temptations.
✓ Available for Windows and Mac computers, Android™ phones and tablets, iPhone®, iPad®, iPod touch®.

FILTERING SOFTWARE

✓ Blocks inappropriate content.
✓ Customizable block/allow lists.
✓ Decide the amount of time the web may be accessed.
✓ Choose the times of day the web may be accessed.
✓ Available for Windows, Mac, iPhone, iPad, and iPod touch.

Find Covenant Eyes on: Facebook, Twitter, LinkedIn

1525 W. King St., PO Box 637
Owosso, MI 48867
Toll free in US 877.479.1119
www.covenanteyes.com
HOW DOES COVENANT EYES INTERNET ACCOUNTABILITY WORK?

1. Create a Covenant Eyes account and download the software to your devices. Covenant Eyes Accountability monitors Internet use and rates each website visited, similar to how video games are rated, such as T for Teen, M for Mature, and HM for Highly Mature.

2. We send reports to an Accountability Partner you choose, such as a friend, parent, or other trusted person. These reports show how you use the Web. Parents: Consider using Internet Accountability with your kids to teach responsible Internet use.

3. Your Accountability Partners can then talk to you about the report, or you can talk with your kids about theirs. It may be as simple as a quick e-mail or as personal as a conversation.

4. Experience freedom! Removing the secrecy helps remove online temptation. Uphold your values online and encourage others in your home and office to do the same.

TRY OUR SERVICES FREE FOR 30 DAYS AT www.covenanteyes.com
USE THE PROMO CODE: safeguard

LEARN THE FACTS
Discover how the Internet affects your life and the ones you love by using our free educational resources. We break down topics such as cyberbullying, pornography obsessions, new Internet trends, and other issues.

Find out more at: www.covenanteyes.com/ebooks
#4 ADMIT YOU HAVE A PROBLEM

“PORNOGRAPHY”

“What are some warning signs that pornography use could be a problem?”

“You decide that watching pornography is taking up too much time in your life and you try to cut back but you aren’t able to.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“You’ve made promises to your partner that you will change your pornography habits but begin to lie about your use.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)


“Your relationships are being negatively impacted as a result of your use.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“Your pornography use, whether you are single or in a relationship, replaces or becomes preferable to sexual intimacy with a partner.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)


“Admit you have a problem. We live in a world that wants us to make allowance for justifying and tolerating almost every off-color thing we could think of. One of the best things you can do for yourself, your marriage and your children is to admit you have a problem with pornography.” (“10 Ways to
“For those Struggling with Pornography”
“One of the first steps along the pathway to recovery is coming out of hiding and speaking with another trusted individual about your behavior. Most people find it challenging to tell another about their pornography habits and other associated behaviors, but until you do, it is unlikely that you will make any real, lasting progress. Given the nature of addiction, it is generally impossible to actually quit your behavior without the assistance of others. Once you can admit and talk about the problem, the shame and guilt generally begin to dissipate. There is a peace and self-acceptance that comes from openly discussing your pornography behavior with other trusted individuals. Consider honestly discussing your behavior with a spouse, parent, religious leader or serious girlfriend/boyfriend.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For close relationships, such as a spouse or serious girlfriend/boyfriend, honest disclosure is not only important for recovery, but also for restoring trust and saving your relationship. You cannot hide your behavior forever. Eventually it will come out and it is much better to be upfront about your addiction initially than for your loved one to discover your behavior on their own at a later date. Talking to religious leaders, if available, is also important. Religious leaders provide an opportunity for individuals to openly confess their behavior, get spiritual encouragement and can offer added accountability.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As you become open and honest about your behaviors and work the steps of recovery, progress will occur. Recovery is possible, but it takes work to break the chains of your addiction.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How can I tell if I have a pornography problem?”
“Simply put, an individual has a problem when he tells himself that he is not going to look at pornography anymore and then finds himself doing it anyway.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Pornography addicts return to thinking about, planning for, and participating in secret behaviors that take priority over healthy and important activities. The following list may help individuals in deciding if help would be beneficial.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Feelings that the ability to stop viewing pornography is out of control”
- “Recurring patterns of ‘stop-start’ behavior with frequent or consistent relapses”
- “Continued pornography use despite possible adverse consequences and losses including time, money, job, education, marriage, and family relationships”
- “Escalation of behavior including increased time spent viewing pornography, the need for increased stimulation and viewing or participating in harsher and more graphic forms of pornography”
- “History of lies, secrecy, deception, and living a double life in order to maintain the appearance of normality while participating in the viewing of pornography and other sexual behaviors”
- “Feelings of guilt, shame, and low self-worth related to one’s sexual behavior”


“Why is it important to be open and disclose my pornography problem to someone?”

“Pornography addiction thrives in secrecy and often breeds feelings of shame and guilt which tend to cause the problem to escalate. Admitting and disclosing pornography use is the first step in stopping for good. Once an addict can admit and talk about the behavior, the shame and guilt often begin to dissipate. Talking to others can provide needed support, additional resources and accountability.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In contrast, keeping pornography behavior secret can actually create more emotional arousal, which may lead to additional acting out. ‘Asking for support is not easy, but living in recovery requires absolute honesty and the courage to ask for help. Denial, self-deception, and isolation are hallmarks
of addictive behavior. These traits make it difficult to achieve lasting and stable progress in recovery without the support and perspective of others. It is important for an addict to enlist the help of appropriate and effective support people as soon as possible’ (LDS.org).” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“I think I may have a problem - what should I do?”
“In looking back, many of us see that regardless of how, why, or when it began, there came a time when we were not only aware of the power this thing held over us, but that we were acting against our will. Only when we tried stopping did we see that we were captive to a force stronger than we, at the mercy of a power greater than ourselves.” (White Book, Sexaholics Anonymous) ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Simply put, you have a problem if pornography is negatively impacting your life and you are not stopping. Many people viewing pornography, like drug users, tell themselves they can stop and their behavior is not causing problems. However, if you tell yourself that you are not going to look at pornography anymore and then you find yourself doing it anyway, you probably need help. Pornography addicts return to thinking about, planning for and participating in secret behaviors that take priority over other healthy relationships and important activities. If you think you may have a problem, you likely do.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What do you want? Ask yourself - do I want to be struggling with this problem in ten years, or do I want to look back on this as a painful learning experience which I haven’t visited for ten years? After you have decided that recovery is for you, that you truly want to break the chains, the time has come for the next questions which are closely related to the first: What am I willing to do? How far am I willing to go? In answering these questions we come to the fundamental question at hand: How does one change from being addicted to a person firm in recovery with years of sobriety?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How do I know if I really need to get help for my behavior?”
“Men who struggle with pornography problems usually do so in isolation despite their best intentions and efforts to quit. In their isolation, they make deals with themselves such as, ‘if I slip one more time, then I’ll get help’, or
‘let’s see how the next week goes and then I’ll decide if I need to get help’. These mental gymnastics keep the individual stuck in their old patterns of addiction because they continue to make up new rules and exceptions. In other words, the line of accountability keeps moving.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Dr. Mark Laaser, a noted author and therapist on the subject of sexual addiction, always asks his clients the following question when he begins his work with them: ‘Do you want to get well?’ He says that if the individual can’t answer that question, then he will have difficulty helping them. It’s my belief that if the answer to the question is ‘yes’, then breaking out of isolation to get help will be much easier.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“I encourage men I work with to do some self-education on the topic of pornography addiction so they can begin to understand the landscape of recovery. I want them to understand what it will take for them to undo the grip of pornography and make long-term lifestyle changes. Virtually every guy I’ve worked with tells me they initially underestimated how much help they needed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A person who truly wants to be rid of their behavior will do everything they can to completely eliminate the unwanted behaviors. Although asking for help will produce momentary embarrassment, the long-term benefits of a life without pornography are worth the effort.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Sometimes people approach recovery with the desire to eliminate the problematic behavior without considering how the problem became so unmanageable in the first place. Stopping the behavior is actually the easiest part of recovery. The long-term changes associated with undoing the thinking patterns that create the addiction is a much deeper process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What’s involved in overcoming these unwanted behaviors?” “I’ve broken down the process of recovery from pornography addiction into the following stages. Each will be explained briefly.”
1. “Step into the light”
2. “Transform the behavior”
3. “Discover life without pornography”
4. “The long-term recovery journey”


“Step Into the Light”
“When an individual views pornography in secrecy, those behaviors usually continue to stay secret. There is tremendous effort exerted to ensure that the behaviors are not discovered.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This is often the most difficult step due to embarrassment and fear. It’s likely that the fear of being discovered has been around since the individual had their first exposure to pornography. For many people, this first exposure happened in early adolescence.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Virtually every individual I’ve worked with has felt tremendous relief in their first meeting with me after telling their story of struggling with pornography. They describe feeling a literal release of the terrible burden of secrecy that has been with them for years. They finally have a taste of what life will be like without the additional weight of their secret behaviors. There is a tendency for those who struggle to want to tell only a portion of the secret behaviors.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This is what I call ‘spotlighting’ behavior. While spotlighting is certainly better than keeping others entirely in the dark, it doesn’t allow the full scope of the problem to be resolved. Turning on all of the lights allows the entire problem to be understood more completely.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It’s important for those struggling with pornography addiction to complete a full inventory of secret behaviors that will eventually be shared with a trusted confidant. Most 12-step programs have excellent information on how to create a full inventory.” (“Safety Net – Resources to Protect Your Family from...
“If an individual is married, sharing this inventory with their spouse can often be a delicate and sensitive process. Some spouses can be traumatized by too much detail early in recovery. I highly recommend reading a book on disclosure such as ‘Discussing Pornography Problems with a Spouse’ by Dan Gray and Rory Reid or ‘Disclosing Secrets’ by Jennifer Schneider and Debra Corely for further information on this topic.”


“Some warning signs might be:”

“Preoccupation with Internet gaming/porn” “Withdrawal symptoms when Internet is taken away”

“Development of tolerance. This means the need to spend increasing amounts of time engaged in gaming/porn to get the same effect/pleasure”

“Unable to control gaming/porn habits”

“Continued use despite knowledge of negative impact”

“Loss of previous interest in hobbies, entertainment, sports”

“Use of gaming/sports to escape unpleasant moods”

“Deception toward family, therapists and others regarding amount of time spent gaming/on porn sites”

“Loss of job, relationship, career opportunity because of gaming/porn use”


“Here are five questions…are you addicted?”

1. “Do you have a preoccupation with pornography”

2. “Have you had repeated unsuccessful attempts to control or stop viewing pornography?”

3. “Do you use pornography as a reward for hard work, and/or a way to escape problems or negative emotions?”
4. “Are you risking the loss of a significant relationship, job or educational or career opportunity because of the use of porn?”

5. “Have you been thinking that you might need counseling because of your pornography use?”


“Many things can trigger unwanted sexual thoughts in someone who has a history of sexually acting out. Stress, feeling isolated, visual cues, and even boredom are common triggers. Sexual thoughts are like a lightning rod. They can draw all of our energy and attention. They are a powerful symptom of an inner struggle. However, when we dwell on the symptom we can miss the cause and more importantly, the cure. Being honest about having sexual thoughts is one part of honesty, but it’s not the biggest part, nor the most important . . .” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“You have a problem with pornography? Just make up your mind not to do it anymore, stick to your commitments, think pure thoughts . . .’ is common advice. While all those suggestions are important spiritual activities, they do not provide a likelihood of curing a pornography problem because the issue does not stem merely from a lack of desire to quit. Pornography is a physical addiction that chemically alters the brain. To treat this problem, serious measures are required including a substantial amount of professional, outside help. If someone is addicted to alcohol, they would be strongly advised to seek counseling and immediately begin attending Alcoholics Anonymous meetings. It is essential to recognize that use of pornography, like alcohol, can lead to addiction. As with addiction to drugs or alcohol, it cannot be conquered through willpower alone.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How do I know if I am addicted to pornography? Professor Wilson ascribes to the “3 C Theory” – craving, (loss of) control, and (negative) consequences. With craving, someone becomes focused on getting, using, or getting over the use of a substance or experience. As behavior becomes less under the control of the individual, they use the substance for longer periods of time and more frequently, largely due to their increased

“Here are five questions…are you addicted?”


“What are the signs of pornography addiction?”

• “A preoccupation and obsession with pornography.”

• “An inability to stop looking at pornography in spite of previous attempts to do so.”

• “Attempting to keep your obsession with pornography a secret.”

• “Spending time with pornography, masturbating to it, and rationalizing/justifying your use of it.”

• “Feelings of shame and guilt.”
• “It interferes with your marriage, home life, job, or schooling.”
• “A need to increase intensity and frequency in order to get the desired outcomes.”
• “Irritability when you are unable to access pornography.”
• “Continuing the behavior in spite of the risk or realization of consequences, including relational breakdowns and job loss.”


“Pornography’s Lies”

“As an expression of brokenness, pornography takes God’s good gift of sexuality and twists it all around. Pornography tells lies. And the deeper we go into pornography, the more we are convinced that the lies are not lies, but that they are truth. Here are some of the lies pornography tells:

• “People are sexual objects to be used for our own pleasure.”
• “Using pornography will make your life – and your sex life – better.”
• “Sex is purely a recreational sport.”
• “The main purpose of sex is to have your own personal needs met.”
• “Pornography doesn’t hurt anyone.”
• “To dominate someone sexually is more fun and enjoyable than mutual sexual pleasure between a married husband and wife.”
• “Pornography offers intimacy.”
• “Pornography portrays sex as it was meant to be.”

#5 ENTERTAINMENT MEDIA

“Take all forms of media seriously. Don’t think to yourself that TV shows or movies that emphasize sexual situations or portray women in the wrong light are harmless. Even if they are not considered ‘porn’, they are damaging. If you’re struggling with pornography these types of entertainment will only make your struggle harder. Instead, think on these things.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“My college students and I were discussing the pros and cons of reading Fifty Shades of Grey last semester. I teach at a small Christian college with a diverse population of kids from the farm, the hood, uptown, and fresh out of their mamma’s kitchen classroom. You can imagine this sparky debate. After the banter died down, I simply sighed and said, “But your brains. Your brains just can’t handle that kind of stimulus. They’re not even fully formed yet, and your sexual experiences haven’t even culminated in marriage yet, and geesh.... Your neuro-pathways, and synapses, and desire and pleasure centers will learn to feast on trash so they won’t even recognize homemade ice cream as being good. And why is abusive sex glamorized, anyway? When, in our society, did it become sexually gratifying to be used?” I don’t know if those 18 and 19 year olds even knew what I was rambling on about- me with my hopeless shoulder-shrugging, and old-fashioned ideals. But I know.” (Michelle Hollomon, “The Secret We Can’t Afford to Keep”, Michelle Hollomon, May 24, 2015, http://michelle-hollomon-498f.squarespace.com/blog/the-secrets-that-slowly-kill-us-inside)

“The VCR, barely known five years ago, has made sexually-oriented material much more easily available and brought it into many homes for the first time. Sales of hard-core porn videos, for example, more than doubled from 1983 to 1986.”
#6 DESTROY ALL PORN

“If you have offline pornography at your disposal, destroy it. If you are wanting to fight your addiction to pornography, but are hanging on to that magazine or DVD (in its secret hiding place) then your ‘fight’ is really just a masquerade. Man up, and destroy those items. Right now.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“Today, we have the opportunity to join a global movement of people who are rebooting, rewiring and outgrowing pornography.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)
#7 EVALUATE YOUR MARRIAGE

“If you are married, take a step back and think on your marriage. Are you satisfied and happy in your marriage? What’s awesome about your marriage? What is lacking? Are you content with the level of sexual intimacy within your marriage? These are great questions to ask yourself. They just might lead you to the root cause for your addiction.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“Drawing Together When Pornography Threatens to Tear Apart Your Marriage”

“Ben saw that Kristy’s eyes were red the moment he arrived home from work. He asked what was wrong. Her response was terse: ‘We’ll talk after the kids are in bed.’ Later, as she tried to choke back fresh tears, Kristy handed Ben a stack of papers, a list of hundreds of websites he’d visited and topics he’d searched for—evidence that Ben had a serious pornography problem. ‘I’ve been faithful to you our entire marriage and thought only about sex with you. I’ve always assumed that the same was true for you, that you loved me the same way!’ she said.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Ben felt like his heart was going to break. How could he have done this to his wife? Then he felt panicky. What if this ruined their relationship? He just had to convince her that her fears about what this all meant were not justified. He tried to reassure her that he loved her genuinely and deeply. He explained that he was frequently tempted to view pornography, but not because he wanted sex with other women, not because he desired the women in the pictures more than he desired her. Facing this crisis, Ben knew that he absolutely had to do what he’d been trying to do for years: finally give up pornography. He vowed to Kristy that he would never view it again.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Throughout the next month, Kristy felt like the ache in her heart wouldn’t go away. Even worse, she felt alone with her hurt and feared that Ben didn’t really care about her. She tried to convey to Ben how devastating his pornography habit was to her, how doubtful she had
become about her attractiveness to him, how unsure she’d become of herself and of their relationship, and the way this had all turned her once-secure world upside-down. Her fear also led her to watch Ben’s every move and question his activities. Ben, in turn, tried to reassure her that he was still the same man she’d fallen in love with, that all of the good things she ‘thought’ she’d experienced throughout the years were real. He felt constantly horrible for his behavior and wondered, ‘What’s the matter with me?’ When Kristy asked him questions, the awful shame of what he’d done stirred inside. He wanted to get her away from his bad memories so she wouldn’t feel the way about him that he felt about himself. He really didn’t know how to talk to her; the feelings were so raw he just froze inside.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Ben and Kristy both continued in earnest to try in their own way to make things better, but it seemed things only got worse. By the time they came in for counseling, what had begun as a serious crisis was now threatening to destroy their entire relationship. They had separated, and Kristy was considering filing for divorce. Ben felt like he was walking on eggshells and could no longer do anything right in Kristy’s eyes. Kristy felt like Ben didn’t understand her pain—and worse, didn’t want to.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Kristy and Ben are like so many couples who come to see us. The men are sincerely trying to overcome their pornography habits. Even more desperately, they want to save their marriages. In an attempt to get things back on track, a husband typically:”

“Tries to calm his wife’s fears by explaining to her his true feelings.”
“Focuses their conversations on other topics that are less painful to her.”
“Hopes she’ll be reassured by all of his efforts to repent and do better.”

“Wives are just as intent on salvaging their relationships. In an effort to do just that, quite often a wife will:”

“Express her heartache and fears, in hopes that he’ll understand how devastating this problem has been to her.”

“Initiate discussions about the problem, its evolution, and the aspects and events that she still doesn’t understand.”

“Seek reassurance that he loves her and finds her attractive.”

“Unfortunately, one partner’s attempts to make things better may be at odds with the other’s sense of where things need to go. As a result, husbands and wives can end up putting all their effort into cross-purposes. For instance, let’s say she’s hoping they’ll get to the point where they can talk openly about the problem, while he really wants to get to the point where they’ve moved past it. To him, her efforts seem counterproductive, and vice-versa. As she becomes more adamant about the need to talk, he tries to avoid the topic more. Rather than feeling understood, she feels dismissed. She concludes that he doesn’t take the problem seriously enough. She wonders if his sinful behavior has deadened his conscience and impaired his capacity to empathize with her pain. He fears that she’s becoming obsessed about the problem, he’s fighting this by himself because it's ‘his problem,’ and he wonders if he’ll ever be able to redeem himself in her eyes.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Although couples in this situation might start out frustrated and upset, over time they can learn to work together to resolve even thorny problems like a husband’s pornography habit. They can begin to see that their spouse is just trying to do for the relationship what they think it needs most, escalating their efforts when they feel stymied. As couples come to understand each other more fully, they can ease away from familiar, unproductive automatic responses. Each becomes more able to recognize what the other genuinely wants and needs—and more able to provide it. Here are some of the shifts we’ve seen that seem to help couples work more productively together:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“The husband comes to understand that it’s a good thing his wife keeps coming to him with her hurt. It’s a great sign that instinctively she regards him as the one who can help her feel better about it. As we’re fond of saying, ‘If your wife comes to you, it’s because she intuitively trusts that you and only you can help her heal—not a family member, friend, or another man. It’s you she wants to share with and feel validation from.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“He comes to see that it’s more important to be with her in pain than to try to make it go away. Being together in the pain is what helps it heal.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Both husband and wife come to understand that the worst part for her may not be the pain of what he’s done, but the feeling that she’s facing her pain alone because he’s not connecting deeply with her when she tries to convey it.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“She realizes that he may have been avoiding the topic precisely because it hurts him so badly to see her hurt. It is difficult for him to face her pain head on.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“She comes to understand that he feels like he doesn’t measure up, he may feel unworthy to comfort her, and he fears her rejection. He may have been hoping that if he gave her space, honored her in other ways, and focused on the good things they shared, she might stop focusing on this heart-wrenching topic and feel better about the relationship. This may be his way of trying to help heal her pain.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“He learns to trust that honesty, including emotional honesty, throughout recovery is more important even than avoiding pornography—not to minimize how crucial that is. The more honest and open he becomes, the more included she feels. As she feels
more included, his pornography problem is no longer a part of his life she is left out of. They become a team fighting together against the habit, rather than letting the pornography come between them.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“He comes to treat her as a resource in his recovery. She can help him understand the emotions and needs that previously have built up and were released in pornography use.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“She discovers that although sex becomes the focus when he’s tempted, most of his everyday needs are emotional in nature. Thus she begins to feel less threatened, and rather than viewing him as an enemy or ‘pervert’ she can’t relate to, she sees him as an ally.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In counseling Ben learned to relax and take a few deep breaths when temptation hit instead of bracing against it or trying to fight it. He learned to use the temptation as a flag that he was stressed and needed to talk to someone or do something to reduce his stress. Solving the problem of how to manage his stress became something to focus on besides sexual thoughts and urges. At the same time he started counseling, Ben began attending the Sexaholics Anonymous meetings that were held once a week at a church near his office. He started to admit that he had been powerless to resolve his addiction on his own. At first it felt foreign to him to ‘surrender’ and rely on God’s help; he had always seen this problem as one he had to conquer on his own or push through. Over time, he experienced a growing sense of strength and peace when he turned to God. He felt that Heavenly Father accepted him even in the midst of his struggle, and Ben went to Him more in times of need.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In the 12-step group meetings, Ben heard other attendees talk about the importance of ‘rigorous honesty.’ He remembered how distraught Kristy had been when she talked about feeling he had violated her trust. He knew that his secrecy had been a big part of not only her trust, but his problem. Ben resolved to be completely honest with

“Now that the problem was out in the open and he and Kristy were working together on it, Ben experienced fewer cravings than he had before. As time wore on, however, the old urges to view pornography started to hit him again. On tough days, he’d let Kristy know about it. Although she appreciated his openness, she was concerned that he was struggling.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“During one counseling session, it was apparent there was unresolved tension between them. ‘I told her I was struggling,’ Ben said. ‘She asked for more information. I wasn’t sure whether or not I should tell her. I knew it might hurt her if I told the truth.’ In an effort to be rigorously honest, he told her that while driving around in his van for work that afternoon, he had stopped at a traffic light. A black convertible pulled up next to him with an attractive woman at the wheel. ‘I hate to admit it, but I started to fantasize about her. I told Kristy about it. She was upset. Then she wanted to know more about the fantasy, but it was just a brief lapse, a wandering of my mind. It wasn’t that detailed. But Kristy assumed I wouldn’t tell her more because she was upset. She thought I was holding back. I tried to think back and see if any other thoughts had come into my mind. But then my mind was on that topic again, thinking sexual thoughts about a strange woman. I told Kristy that I didn’t think it was good for us to dwell on it.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Many things can trigger unwanted sexual thoughts in someone who has a history of sexually acting out. Stress, feeling isolated, visual cues, and even boredom are common triggers. Sexual thoughts are like a lightning rod. They can draw all of our energy and attention.
They are a powerful symptom of an inner struggle. However, when we dwell on the symptom we can miss the cause and more importantly, the cure. Being honest about having sexual thoughts is one part of honesty, but it’s not the biggest part, nor the most important . . .” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“We encourage clients like Ben to pay attention inwardly, to be on the lookout for other feelings and needs that might be in play when sexual urges hit. If he feels lonely because he's out driving on his own all day, it might be a relief to think about sex instead. However, those sexual thoughts are obscuring something much more important. He needs to be honest with himself, rigorously honest, by acknowledging the loneliness. The sexual thoughts are closer to the surface. It’s easier —and may seem manlier—to feel sexually interested or aroused. It’s more difficult to admit more vulnerable feelings and softer inner experiences. He needs to start by being honest with himself about what he's feeling before he can be deeply honest with his wife.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The next time Ben told Kristy he had been tempted that day, she saw the usual bait, but she didn’t take it. Instead of asking about the content of his tempting thoughts, she was more interested in what, in particular, had happened that day to make him vulnerable. ‘What had your day been like up to that point?’ she asked.”

“‘Kind of a drag, I guess,’ Ben responded.”

“‘What was going on inside for you?’ Kristy asked. Ben pondered her question and thought back.”

“He couldn’t put his finger on anything. Still, that brief discussion helped him to feel hopeful and cared about and to be on the lookout the next time temptation hit. He was in a more curious frame of mind a few days later when illicit thoughts kept popping into his mind. ‘Sex is the most attention-grabbing feeling, but what else is going on for me?’ he wondered. ‘I’m driving around replacing copier toner cartridges, and it’s boring. I know that’s part of it. It’s hard to see
people driving around in nice cars. I go into offices with all of these sharp professionals. Am I envious? Seems like they have important things to do and places to be. Do I feel less important than them? Sometimes I wish I’d stayed in school and earned my degree. I don’t feel like I’m living up to my potential.’ Ben’s forehead was getting warm and there was a lump in his throat. ‘I worry that other people look down on me. I guess that’s why it’s nice when women find me attractive. It makes me feel like I still have it, like I’m worth paying attention to, that I’m admired and important, like I have something to offer.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Ben knew immediately that it would be much tougher to be honest with Kristy about these feelings. After the kids were down that night, he talked to her about what he had felt that afternoon. As he did, the feelings came back. Sitting on the side of the bed, he looked down at the floor as he shared his self-doubts. ‘Part of it is that you were with your old boyfriend for three and a half years before we got together. His business is thriving now.’ Ben’s throat almost wouldn’t let the next words out: ‘Do you ever regret marrying me, with all the financial struggles we’ve had?’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Kristy looked Ben in the eye. ‘The financial struggles have been the easiest part,’ she said. They both laughed. It felt good to both of them to laugh together, with how painful things had been. ‘None of our struggles have ever made me sorry I chose you. I watch you in the backyard kicking the ball with Trevor. I see you wrestling with Isaac. Little Crystal just can’t help herself from jumping into the melee. I’d never trade you in and take a chance on my kids having a different father.’ Kristy thought for a few moments. ‘Even the hard stuff we’ve done together. We’re spending our Saturday afternoons fixing the flood damage in the basement because we can’t afford to hire it out, listening to the oldies station and CDs no one else would like but us. The funny thing is, that time together is precious to me. It’s just the two of us working. I wouldn’t have it any other way. I cherish all my memories of times like that with you.’ Ben felt as if she was looking straight into his soul now. ‘I love you, Ben. I love that you’re willing to work so hard doing stuff you don’t really like to support our family. I
don’t want any other man. I want you, which is why it hurts when I’m afraid that you don’t desire me. When I worry about your attractions to other women or sense you’re hiding something, I feel so unsure, and I want so badly to know I can trust you and feel secure in your love.”


“‘Look what I’ve done to you,’ Ben said. Looking into his eyes, Kristy knew that he had really heard her, was genuinely seeing how much she had been hurting. ‘I don’t want to minimize my sexual problems,’ Ben said, ‘because I know they’ve fueled your insecurity. But I do want you to know that my struggles are my struggles; they have nothing to do with your attractiveness or desirability. Everything I’ve done so far in my recovery, and everything I’ll do in the future, I’m doing because I want to be—I want to become—the kind of man you can count on, that you can put all your trust in. That is who I want to be. I know these are just words, but I’m going to keep doing whatever I need to do for the rest of my life to show you that I mean what I’m saying.”


“These types of heart-to-heart discussions continued to happen with Ben and Kristy. They not only helped their relationship recover but they helped Ben overcome his old pattern. It takes a while for most couples to learn to communicate about their deeper feelings and ask for their needs to be met the way Kristy and Ben did. Each partner’s history and insecurities create an entire minefield of other less-helpful reactions that can be set off along the way. As couples keep trying, however, the understanding they develop can change everything. Each is more likely to see the other’s deepest, once-obscured needs and become more able to help meet them. As understanding and communication deepen, distress lessens and tensions diffuse. A wife finds it easier to relate to and identify with a husband when he talks about the quieter, more genuine aspects of what’s going on inside him. This is the same man whose sexual struggles may have only weeks ago so put her off that she wondered, ‘What kind of man did I marry?’ . . .”

“Pornography can ignite a powerful crisis in a marriage, a crisis that can tear couples apart. Or, if both partners are willing, the struggle can be used as an opportunity to draw together, becoming stronger and more united.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Maurer’s work also helps clarify what satisfying sexual relationships entail. Maurer found three common traits that distinguish sexually satisfied couples from unsatisfied couples:"


“A common misconception is that a compulsion to view pornography will disappear following marriage. While marriage may temporarily halt the use of pornography by disrupting the pattern of the addiction, the compulsion generally resurfaces and escalates. Pornography is often used as a way to deal with negative emotions and to cope with life’s problems, just as
alcohol or illicit drugs might be abused. Although pornography use is not as common among women, the number of women viewing pornography is increasing rapidly.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
#8 PORN ACTORS ARE REAL PEOPLE

“Take a second and think beyond the images or videos you’re looking at. This is a person, a real woman, a human being created by God, just like you. She's somebody's daughter, sister, or even mother. Think of what her life must be like in front of the camera day after day - exploited and made insanely vulnerable. Chances are she is wrapped up in some kind of string of human sex trafficking and your addiction is helping to fund this multi-billion dollar business. She is not there for your enjoyment. She is being held captive and more than likely is crying out for help.” ("10 Ways to Fight Pornography" All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)
#9 LIST OF IDEAS

“Here are some practical suggestions to get you started:”


“Be wise: have a plan for your free time, avoid things/places/people/music/movies that would tempt you, get rid of the data on your phone, use a program like Covenant Eyes on your computer, leave your computer in a common area at night.” ("Top Pornography FAQ’s – What About Pornography", Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)


“White Knuckle Abstinence verses Addiction Recovery”

“Recovery from pornography addiction is difficult, but definitely attainable. Those who are completely committed to doing what it takes to find and maintain recovery will be successful. Recovery involves:”


“Becoming educated about the nature of pornography addiction and the recovery process.” ("Safety Net – Resources to Protect Your Family from
“Creating a safe environment where triggers and temptations are less likely to occur” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Seeking professional counseling. This will usually include a mixture of individual counseling, couples therapy, and group counseling (at least eighteen months is typically required)” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Abstinence is not the same as recovery. Abstinence involves going a period of time without viewing pornography. Recovery requires a life-style change and involves relearning healthy sexuality, resetting unhealthy expectations and establishing positive patterns of interaction with others. Additionally, recovering individuals must learn to manage emotions, stress, relationships, and other factors that underlie their addictive behaviors. They must learn to differentiate between lust and healthy love.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Just as an alcoholic can never consider himself to be cured, those who are addicted to pornography are always susceptible to relapse and should take proactive measures to stay in recovery for the rest of their lives. With time, remaining in recovery becomes easier.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The following factors can be used to measure an addict’s recovery:”


“What has he done to facilitate his recovery? Did he fully disclose his problem, work the 12-Step program and get counseling?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Does he acknowledge himself as an addict and continue to attend 12-Step meetings and work with a sponsor to maintain recovery?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How long have has he gone without viewing pornography? Has it been 7-12 months?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Has he healed from the effects of pornography, addressed issues that led to pornography use and learned to deal with life in a more constructive manner?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“10 WAYS TO FIGHT PORNOGRAPHY”

“A recent study asked a group of kids how often their peers look at porn online. They responded that it was often. The study also asked what parental controls were in place on their devices, and almost all said none — because their parents trusted them. These parents have no idea what their children are seeing.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

“Why are controls so critical? First, the average age of a child’s first exposure to pornography is 11. So if that’s the average, some children are seeing it much earlier. Furthermore, research is beginning to give us the full, frightening picture of what porn does to a brain and to a life. Much like substance abuse, it alters the brain, creating a need for a level of stimulation that a healthy, marital sex life doesn’t always provide. It sets our children up to have a distorted view of sex and suffer from a desire that can’t be satisfied.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)
“Why are so many dads turning a blind eye to this problem? Is it because they don’t think it’s a problem? Is it because of their own porn use? Maybe they feel hypocritical setting up boundaries for their kids that they themselves can’t hold. If this is you, we want you to know that it’s not too late to protect your children, and there is hope for you too. Here are 10 ways to fight pornography:” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

1. **“Admit you have a problem.** We live in a world that wants us to make allowance for justifying and tolerating almost every off-color thing we could think of. One of the best things you can do for yourself, your marriage and your children is to admit you have a problem with pornography.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

2. **“Invite trusted friends to encourage you and hold you accountable.** We would also suggest bringing your wife in on your struggle. Voicing your struggle to others and admitting you have a problem is a huge step in the right direction.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

3. **“Online accountability.** Use software to monitor your online activity. Covenant Eyes is a great resource for men. It allows you to receive your accountability partner’s reports weekly for the sites they visit and the searches they make. It lets you know when you need to follow up with each other on questionable activity. Finally, it allows you to celebrate with each other in putting online struggles to death.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

4. **“Set boundaries with your mobile device.** Nowadays, our smartphones and tablets are even more of a gateway to pornography than a desktop computer. The same online accountability applies to your mobile device. Set boundaries and use software to monitor all online activity.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

5. **“If you have offline pornography at your disposal, destroy it.** If you are wanting to fight your addiction to pornography but are hanging on to that magazine or DVD (in its secret hiding place) then

6. “Take all forms of media seriously. Don’t think to yourself that TV shows or movies that emphasize sexual situations or portray women in the wrong light are harmless. Even if they are not considered ‘porn,’ they are damaging. If you’re struggling with pornography, these types of entertainment will only make your struggle more difficult.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

7. “If you are married, take a step back and think on your marriage. Are you satisfied and happy in your marriage? What’s awesome about your marriage? What is lacking? Are you content with the level of sexual intimacy within your marriage? These are great questions to ask yourself. They just might lead you to the root cause for your addiction.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

8. “Realize that you didn’t just become addicted to porn. How you conduct yourself in public and where you look every day have greatly influenced where you find yourself today. That long stare at the passing woman, the double take at the lady you just walked by, the thoughts that come to mind when you see the magazines in the checkout lane at the grocery store… This is where the battle starts in the everyday scenarios and situations. Fight the good fight here too. Guard your eyes and guard your mind.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

9. “Take a second and think beyond the images or videos you’re looking at. This is a person, a real woman, a human being created by God, just like you. She’s somebody’s daughter, sister, or even mother. Think of what her life must be like in front of the camera day after day – exploited and made insanely vulnerable. Chances are she is wrapped up in some kind of string of human sex trafficking and your addiction is helping to fund this multibillion-dollar business. She is not there for your enjoyment. She is being held captive and more than likely is crying out for help.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)
10. “Your pornography addiction is a heart issue first and foremost. You are exchanging truth for a lie. You are voluntarily placing your affections on the cheap thrills that are ultimately fleeting and leave you feeling worthless. You were created for God, by God. Ask God to help you every time you are tempted.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

“Help for Healing”

“Dr. John Mark Chaney’s description of teenage pornography addiction is equally true for adults:”

“Professionals sometimes fail to understand the power of the compulsion youth are facing, and it is not uncommon for school, religious, or private-sector professionals to advocate a simple treatment plan that is based upon willpower or moral character. Since pornography can be an addiction, these “just say no” types of approaches are likely to only create more frustration and self-defeating ideation . . . the intervention and treatment modality must recognize the problem as a full addiction, and treat it with the same consideration given to alcohol or chemical substances.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Regarding healing, Dr Victor Cline says, ‘I have found that there are four major factors that most predict success in recovery.”

1. “The individual must be personally motivated to be free of his addiction and possess a willingness to do whatever it takes to achieve success...You can never force a person to get well if he doesn’t want to...”

2. “It is necessary to create a safe environment, which drastically reduces access to porn and other sexual triggers...”

3. “Third, he should affiliate with a twelve-step support group...”
4. “The individual needs to select a counselor/therapist who has had special training and success in treating sexual addictions.”


“THE BATTLE PLAN: A FIVE STEP APPROACH TO REMOVING PORNOGRAPHY FROM YOUR LIFE” (synopsis)

1. **Prayer & Fasting:** “In your fight against pornography, prayer and fasting are two powerful weapons.”

   “You could say that prayer without fasting is like boxing with one hand tied behind your back, and that fasting without prayer is, well, dieting.”

   “Finding Time – in your fight against pornography, prayer and fasting are two powerful weapons. Don’t say, ‘I don’t have time to pray,’ for, if we’re honest, we always find time for that which we love: social media, television, waiting in line for coffee…and sin. From now on, be honest and say ‘I don’t have the love to pray.’ And then tell our Lord that, and plead with him for that love.”

2. **Accountability:** “Allow another person to remind you of who you are and who you desire to be.”

   “The Importance of Sharing – This means being transparent with a trusted friend of mentor about your struggles so that they can offer encouragement and support.”

   “Find a Friend – Find a friend or mentor you can trust. Ask them to be your accountability partner. Share with this person when you’re struggling and how you’re progressing. Remember, no recovering porn user can be an island! As the Bible says, ‘though a man might prevail against one who is alone, two will withstand him. A threefold cord is not quickly broken” (Ecclesiastes 4:9-12).

3. **Get Informed:** “It’s important that we not only feed our souls, but our minds as well.”
“Educating yourself on how pornography affects us spiritually, neurologically, and even physically will help convince you to break free from it.”

4. **Counseling:** “There is nothing dishonorable in taking action to be a better person.”

“Sometimes the struggle for purity needs professional help, and there are plenty of good Christian counselors out there who are willing and waiting to give it.”

5. **Perseverance:** “Be patient with yourself, healing won’t take place overnight.”

“Remember that the wounds you have received didn’t come overnight, and the healing won’t take place overnight. It takes time, perseverance, and determination.”


“3 recommendations for a woman struggling with porn (by Audrey Assad)”

1. **Confession.** Speaking your sins aloud to someone you trust is the surest way to begin to confront them, and then to walk away from them.”


2. **Accountability.** Pick several people in your life (probably of your same gender, unless you’re choosing you brother or your dad) who know you well and who don’t judge you for your sins, but who care enough about you to hold you accountable to what you are attempting to do. A great way to be accountable online is to use Covenant Eyes.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, [http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/](http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/))
3. **Counseling.** Pornography feeds on what is, deep-down, a good and innocent need – the need for intimacy, for love, and for affection. Most often when someone is addicted to pornography, the foothold of the enemy is to warp and twist those natural, God-given needs and desires. A good counselor can help you unravel the spiritual and emotional reasons those needs and desires are being preyed on, and help you develop healthy ways to meet those needs at your stage in life and in your state of life.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/)

“It’s extremely helpful that you examine each stage in the sequence and honestly reflect upon your own experience. Once you have done this you can then write a deactivation sequence … A game plan.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/)


3. **Thought.** Almost simultaneously with the emotion is a thought. (‘What will I see;’ ‘can look at pornography;’ ‘no one has to know’).” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/)

**“REAL-LIFE ADVICE ON HOW TO QUIT PORNOGRAPHY”**


3. “Quitting one thing usually isn’t enough change. Often entire routines have to be switched up, with multiple new positive habits thrown in the mix.” (MidSingles Today, “Real-Life Advice on how to Quit Pornography”, LDS Living, February 19, 2015, http://www.ldsliving.com/Real-Life-Advice-on-How-to-Quit-Pornography/s/78115)


“Here are some practical suggestions to get you started:”
“Ask for help: tell someone you trust, seek out accountability, join a purity group.”
“Seek out healthy resources: books, blogs, teachings, podcasts.”
“Do a spiritual detox: listen to worship music, read your Bible and memorize scripture”
“Get in community: surround yourself with great people who will help meet your relational needs”
“Be wise: have a plan for your free time, avoid things/places/people/music/movies that would tempt you, get rid of the data on your phone, use a program like Covenant Eyes on your computer, leave your computer in a common area at night.”
“Take care of yourself: get yourself on a healthy sleeping schedule, eat the right foods, drink enough water, exercise”
“Schedule fun into your life.”
“And lastly, be kind to yourself! You’ve never been here before, and you are climbing a huge mountain…but it’s going to be worth it. God is with you!”

“Other things that they report help regulate mood during a return to equilibrium are: vigorous exercise, time in nature, daily mindfulness meditation, friendly interaction with others (avoiding isolation), techniques for turning their attention elsewhere when urges arise, and avoiding all sexual cues for a time, even on TV. For many, ‘avoiding cues’ means
#10 QUESTIONS I HAVE

“I’ve stopped using porn, but I’m starting to desire it again. What should I do?”

“The real question you need to be asking is, ‘Why am I desiring porn again?’ If you’ve already abstained for a time, or found a measure of freedom, your desire probably means that you have a need and porn feels like a solution.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)


“Is it okay to use pornography as part of the sex life between consenting spouses?”

“We do not recommend it. Marriage is between a man and a woman. The Bible is very clear that anything outside of that is adultery, including what happens in the mind. Using pornography in a marriage is like inviting another person(s) into your bed. It is clearly unbiblical and a breach of the marriage covenant.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“What does the Bible say about pornography?”

“The word ‘pornography’ has it’s root in the Greek word pornos. This word is used in Hebrews 13:4: ‘Marriage is to be held in honour among all, and the marriage bed is to be undefiled: for fornicators and adulterers God will judge.’ The root word for ‘fornicators’ is pornos. Therefore, pornography is rooted in fornication. This explains Matthew 5:27-28 (MSG): ‘You know the next commandment pretty well, too: ‘Don’t go to bed with another’s spouse. But don’t think you’ve preserved your virtue simply by staying out of bed. Your heart can be corrupted by lust even quicker than your body.

“The good news is, forgiveness and restoration are abundantly available. God has already made every provision for freedom accessible through Jesus. All we have to do is ask.” ("Top Pornography FAQ’s – What About Pornography", Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“How do you heal and restore a marriage when there has been pornography use or addiction?”

“Our sex therapist writes:”

“I would encourage you to talk to someone who can help you formulate a discussion with your spouse about what you want to see happen and who can provide wise counsel and support for you through the process. Then, either join a group for spouses of sex addicts – even if your spouse is not an addict, there would be similarities that would help you – and/or get therapy yourself. It does not have to be someone who understands sexual disorders but that would be great if you could find someone like that. Working on yourself is the only thing that you can change and keeps you from feeling powerless. This will help you heal and get stronger so that you will be able to make decisions about your relationship and your life from an empowered place.” ("Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“My boyfriend has a porn addiction. What should I do? How should I proceed? Should I proceed?”

“In regards to dating someone with a porn addiction we cannot tell you what to do. Only you can decide that for yourself. However, we would highly recommend that you consider if this is something that you want to live with. You cannot change him or heal him or fight his battle. He needs help. He needs a covering from a spiritual dad or mentor or close friend who will help love on him and pull him out of this. But he has to want out and needs to seek help. This does not just go away. He should be connected to a small group or support group and work through how and why he keeps returning to this.” ("Top Pornography FAQ’s – What About Pornography", Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)
“There are deeply rooted issues in men and women that view porn. Porn has a crazy wild draw that will lure you in and keep you trapped. When viewing porn, it is an escape and it is easy, free, accessible and you can keep all your secrets in the dark. People are able to have intimacy with no commitment, heart connection, effort or risk rejection. He needs help.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“As for you, you’ll have to decide how you want to proceed in this relationship. We personally would not recommend that you continue to expose yourself to devastation and pain, if he is not pursuing his healing. You two are only dating. You are not engaged. You are not married. We also would not recommend getting engaged to someone with a porn addiction, who is not actively seeking help and on their way toward wholeness, if not already there. There are many things at risk with trust, heart connection, intimacy, healing, etc. that you would not want to carry into your marriage.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“I have struggled with pornography: when and how is a good time to tell my future wife?”

“Our sex therapist writes:”

“I personally think that if you are dating someone who you see as potentially being your future partner, then the sooner you communicate your past and choose to be vulnerable, the better. Lack of communication and honesty can definitely damage a relationship and is actually a common cause of divorce. However, the first few months of getting to know someone, in my opinion, should be in a group setting where you can find out enough about them to know if you want to consider dating or not. Your past struggles should definitely not be talked about at this point. Let’s say you start dating after 3 months of hanging out in a group, for example; a good time frame to communicate your past struggles might be within those next few months, after you’ve made the decision to date exclusively. It probably wouldn’t be fair for her to find out 6-12 months in as by this point it would be something you are hiding from her. Your past is your past and you can’t change that, you can only model where you are going by your vulnerability and openness with her.” (“Top Pornography
“I think there is such honor and privilege in being able to create a safe environment of trust and authenticity in a relationship. Once you have set the standard it allows the other person to feel safe and be open and real. It can, however, be a lot harder for guys to share experiences that may reveal weakness, as pride can sometimes stand in the way. It is a choice to be vulnerable and I think most girls would agree that honesty and vulnerability are way more important than your history. Where you are going is a lot more important than where you have been.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“In regards to dating someone with a porn addiction we cannot tell you what to do. Only you can decide that for yourself. However, we would highly recommend that you consider if this is something that you want to live with. You cannot change him or heal him or fight his battle. He needs help…” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

Frequently Asked Questions about Pornography”

1. “What is pornography?”
“Pornography is ‘material that is sexually explicit and intended primarily for the purpose of sexual arousal.’ It may depict nudity or sexual behavior, and includes written materials such as romance novels, photographs, movies, electronic images, video games, internet chat rooms, erotic telephone conversations, music, or other media.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

2. “How is viewing pornography progressively addictive?”
“Dr. Victor Cline has explained the addictive process as follows: “In my experience as a sexual therapist, any individual who regularly masturbates to pornography is at risk of becoming, in time, a sexual addict, as well as conditioning himself into having a sexual deviancy and/or disturbing a bonded relationship with a spouse or girlfriend.”” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A frequent side effect is that it also dramatically reduces his capacity
to love (that is, it results in a marked dissociation of sex from friendship, affection, caring, and other normal healthy emotions and traits which help marital relationships). His sexual side becomes in a sense dehumanized. Many of them develop an ‘alien ego state’ (or dark side), whose core is antisocial lust, devoid of most values. In time, the ‘high’ obtained from masturbating to pornography becomes more important than real life relationships….It makes no difference if one is an eminent physician, attorney, minister, athlete, corporate executive college president, unskilled laborer, or an average 15-year-old boy. All can be conditioned into deviancy. The process of masturbatory conditioning is inexorable and does not spontaneously remiss. The course of this illness may be slow and is nearly always hidden from view. It is usually a secret part of the man’s life, and like a cancer, it keeps growing and spreading. It rarely ever reverses itself, and it is also very difficult to treat and heal. Denial on the part of the male addict and refusal to confront the problem are typical and predictable, and this almost always leads to marital or couple disharmony, sometimes divorce and sometimes the breaking up of other intimate relationships. He has summarized the progression as follows:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


3. “What are the specifics of pornography and sexual addiction?”
   “Discussing the specifics of pornography can be uncomfortable. However, it is important that priesthood leaders, parents, and spouses understand in general terms the varying levels of pornographic material and associated experiences so they know what specific questions to ask
and what to be aware of. Soft-core pornography generally consists of models posing topless or nude, as is common in Playboy magazines. Hard-core porn involves images of people actually engaging in graphic sexual acts or poses. On-demand pornography is available on the internet for a cost, allowing viewers to specify the exact acts they want to see performed in front of the camera.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The sexual activity available at strip clubs varies greatly depending on state laws and the level of enforcement. At strip clubs, so-called lap dancing and other such activities may involve direct physical contact with private parts of the body. Some strip clubs have private rooms where simulation sex acts take place. As the sexual addiction progresses and escalates, addicts frequently become involved in activity with prostitutes and in other unbounded sexual encounters such as anonymous sex and one-night stands. The addicts’ actions may eventually evolve into more deviant forms of sexual behavior such as the viewing of child pornography, sexual abuse of self or others, rape, and sex in the context of violence.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. **“How big of a problem is pornography?”**

“The following are statistics from various studies regarding pornography. Although more accurate information is needed, the following reflects the magnitude of the problem:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In 1997, approximately one out of every six Internet searches related to sex. Each day there are 23 to 60 million unique visitors to pornography websites. Revenues from pornography now exceed the combined revenues of all professional football, baseball, and basketball franchises. Some 34,376,000 unique users (23.68% of all Internet users) visit pornography websites and view an average of 239 pornographic web pages each day.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“By the end of 2004, 420 million pages of pornography existed on the internet. It is estimated that 13.97% of online pornography consumption is by children ages two to seventeen. Some 83% of youth watch pornography at home. Approximately 70% of youth ages fifteen to seventeen reported accidentally coming across pornography online, and 23% of those youth said this happens ‘very’ or ‘somewhat’ often.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Of all consumers of online pornography, 71.61% are male and 28.39% are female. Nearly 9 out of 10 (87%) young men and nearly one third (31%) of young women report viewing pornography. Forty million Americans regularly visit porn sites. Seventy percent of men between the ages of eighteen and twenty-four visit porn sites in a typical month. The average age at which a child first sees online porn is eleven years old. In 1998, 45% of the Protestant clergy surveyed reported using pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Forty-seven percent of families in the United States say pornography is a problem in their home. Every second, more than 28,000 individuals are looking at pornography on the internet. Pornography is a worldwide industry, generating $97 billion annually. Every second consumers spend $3,075.64 on pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Nine out of ten children between the ages of eight and sixteen have viewed pornography on the internet, in most cases unintentionally. Every thirty-nine minutes, a new pornographic video is created in the United States. Twelve percent of the websites on the internet are pornographic (approximately 24,644,172).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

5. “Is pornography a problem for women?”

“While pornography use is currently not as common among women as it is for men, the number of women who view pornography is rapidly
increasing. Seventy percent of new pornography websites are geared towards women. Pornography addiction in women frequently takes different forms than for men. For example, men tend to respond to visual images, while women initially tend to be more drawn to verbal and written forms of pornography such as graphic romance novels, explicit chat rooms, or online romantic role playing. Many women are drawn into social media relationships that can lead to the production of self-pornography for dissemination to individuals they meet online. Some women agree to watch pornography with their boyfriend or husband as a way to “spice up” the relationship or in an ineffective attempt to keep him from viewing it alone. In many cases, women can become addicted to the pornographic material. The same dangers of addiction and the same process of recovery that apply to men also apply to women.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

6. “If the problem is so big, why am I not more aware of it?”
“Traditionally, the topic of pornography and sexual addiction has been taboo, so it was rarely discussed openly. There has been a stigma associated with the viewing of pornography along with an assumption that good people do not view it. This created a social culture that strongly resisted the recognition of pornography as a problem or addiction. Today, pornography is marketed as a healthy pastime. Additionally, the idea is being perpetuated that only religious prudes with over-active guilt complexes disapprove of it. Much of society does not recognize pornography as a social concern. Unlike other addictions, pornography and sexual addiction are relatively easy to hide. This perpetuates the myth that pornography really is not a widespread problem. In actuality, it is a very real problem that needs to be discussed and addressed openly.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

7. “Will discussing pornography make the problem worse or even raise curiosity?”
“In society today, pornography is rampant; virtually all children will be exposed to pornography by the time they graduate from high school. As a result, it is necessary to discuss pornography openly.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Without this discussion, children and teens are left with the impression that pornography is rather harmless. They are left totally unaware of its addictive nature and of the fact that regularly viewing pornography can destroy their ability to experience healthy and empathic relationships with others. Openness does not mean condoning immoral behavior or lessening consequences; instead, it involves teaching the truths about the consequences of viewing pornography and creating a relationship where exposure to pornography is discussed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

8. “Why is pornography so dangerous?”
“While some people feel there is nothing wrong with pornography, evidence shows that there can be very real and dangerous effects on both individuals and society as a whole. Research indicates that pornography can be extremely addictive. Pornography conditions a person to respond emotionally and sexually to a self-centered, artificial world. Many online relationships are similar to pornography in that they are not based in reality: what individuals ‘read and see about people, relationships, and sex is distorted.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

9. “Is pornography addictive?”
“Many wonder why those viewing pornography do not just stop when they have a sincere desire to do so, especially as they experience dramatic negative consequences associated with the behavior. Most accept the concept that drugs and other substances can be addictive in a neurobiological sense, in other words, they can change the chemistry and function of the pleasure/control centers of the brain, a process called neuromodulation. Can this happen with ‘natural’ addictions also, such as with food, pathological gambling, and sexual addictions? The last ten years has produced research into the neurobiology of addiction which has provided strong evidence that the same “molecular switches” that induce and perpetuate drug addiction are also operative in natural addictions as well. This evidence supports the model that all addiction is perpetuated by an imbalance in the dopaminergic reward systems of the brain, this being associated with pathologically functioning control/reward centers.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“The human brain is programmed to incentivize behaviors that contribute to survival. The mesolimbic dopaminergic system rewards eating and sexuality with powerful pleasure incentives. Cocaine, opioids, alcohol, and other drugs subvert, or hijack, these pleasure systems, and cause the brain to think a drug high is necessary to survive. Evidence is now strong that natural rewards such as food and sex affect the reward systems in the same way drugs affect them, thus the current interest in ‘natural addiction.’ Addiction, whether to cocaine, food, or sex occurs when these activities cease to contribute to a state of homeostasis, and instead cause adverse consequences. There are some professionals as well as those involved in the pornography industry that disagree with the research and suggest that pornography may become a compulsion but not an addiction. The pornography industry and its apologists want to minimize any research pointing to an addictive basis for this devastating social and individual emotional illness. Rather than consider what is now a growing and substantial body of research supporting the existence of natural addiction, they attack or ignore any such research or researcher, generally saying that sure, pornography can be a ‘problem’ for some. They obtusely point out that since there is no specific study on pornography, nothing can be said with regard to pornography as an addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

10. “What is Sexual Addiction?”
“Sexual addiction is best described as a progressive intimacy disorder characterized by compulsive sexual thoughts and acts. Like other addictions, its negative impact on the addict and on family members increases as the disorder progresses.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Over time, the addict usually has to escalate the addictive behavior to achieve the same results. (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For some sex addicts, behavior does not progress beyond compulsive masturbation or the extensive use of pornography or phone or computer sex services. For others, addiction can involve strip clubs, soliciting prostitutes, or illegal activities such as exhibitionism, voyeurism,

“The National Council on Sexual Addiction and Compulsivity has defined sexual addiction as ‘engaging in persistent and escalating patterns of sexual behavior acted out despite increasing negative consequences to self and others.’ In other words, a sex addict will continue to engage in certain sexual behaviors despite facing potential health risks, financial problems, shattered relationships, or even arrest. Lust is the force behind sexual addiction: our healthy sexual feelings or our normal human sex drive are taken over by lust. Lust is the opposite of human intimacy; it’s a self-indulgent fantasy which separates the sex from emotional connection. It is always insatiably ‘hungry’ and the addict will risk family, job, and church to indulge in this hunger. As one addict stated, ‘Lust is the most important thing in my life, it takes priority over me.’” (White Book, Sexaholics Anonymous, p 42) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

11. “In what ways might pornography serve as a ‘drug’ or coping mechanism for other problems or kinds of stress?”

“While many individuals initially seek pornography out of a desire for excitement, anticipation, and pleasure, pornography is also often used as a way to escape from or cope with feelings of anxiety, fear, anger, stress, frustration, boredom, restlessness, loneliness, and insecurity. In this way, pornography becomes a drug used to cope with life problems, just as alcohol or illicit drugs might be used.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Every person finds ways to deal with the stress, anxiety, fear, boredom, and insecurity in their life. An addict is a person who has used addictive activities or substances as a way to deal with these things. Because pornography is readily accessible and can serve as a way to cope with anxiety, fear, boredom, etc. it is often used. This use can easily escalate into addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

12. “How can I tell if someone I love is addicted to pornography?”
“If you are concerned that a loved one might be viewing pornography, the best course of action is to ask him or her directly. The following questions may also help identify if there is a problem. It is important to note that some of these conditions are common and may not necessarily be caused by pornography use, but by other life conditions or circumstances.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Physical Behaviors”
• “Have you caught your loved one viewing inappropriate material or found pornographic material for which your loved one denies responsibility?”
• “Does your loved one spend time on the computer after everyone else is in bed or stay up late for unexplained reasons?”
• “Does your loved one quickly change the computer screen or turn off the computer when you walk by or enter the room?”
• “Does your loved one frequently clear the internet history on the computer?”
• “Does your loved one have substantial amounts of unaccounted-for time and avoid disclosing his or her activities?”
• “Is your loved one working long hours at the office over prolonged periods of time for unexplained reasons?”
• “Does your loved one seem tired or worn out? When questioned, do his or her answers seem odd or unsatisfactory?”
• “Is your loved one missing appointments and deadlines without a satisfactory explanation? How does your loved one respond when you address the topic of pornography? Does he initially seem uncomfortable or non-responsive?”
• “Does your loved one seek out and view increasingly graphic and sexually explicit movies and TV shows?”

“Relational Behaviors”
- “Does your loved one seem withdrawn, ‘checked out,’ or emotionally disconnected for long periods of time?”
- “Does your loved one spend less time with the family or seek isolation frequently?”
- “Does your loved one seem more irritable and on edge?”
- “Have you experienced a ‘gut feeling’ that something is wrong?”
- “Does your loved one seem to be unable to see his or her part in relationship conflicts and, instead, blames others when discussing such issues?”
- “Does your loved one become angry over little things?”
- “Do you periodically notice sharp contrasts in behavior which might include being more disconnected, uninvolved, and critical?”
- “Has your loved one become more concerned with or critical of physical appearances?”
- “Does your loved one send conflicting messages regarding his or her feelings and desires for your relationship?”


“Financial Behaviors”
- “Are there charges on your credit card statements to unfamiliar companies?”
- “Are there long-distance phone charges to unknown numbers on your phone bill?”
- “Are there unaccounted-for expenditures?”


“Sexual Behaviors”
“Does your spouse seem to go unusually long periods of time between acts of sexual intimacy? Does your spouse seem to pressure you for sex even when you make it clear that it is not something you want to do?”

“Does your spouse seek to experiment with sexual behaviors that you find uncomfortable or unacceptable?”

“Does your spouse ask you to view sexually explicit material to improve or ‘spice up’ your sex life?”


13. “What does sobriety mean?”

“For those attending SA meetings or Sexaholic Anonymous, sobriety is defined as ‘having no form of sex with self or with persons other than the spouse.’ In addition, true sexual sobriety ‘includes progressive victory over lust […] the driving force behind … sexual acting out.’ According to the SA White Book and Step into Action Books:” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Physical sobriety is not an end in itself but a means towards an end-victory over the obsession and progress in recovery….In practical terms, we stop entertaining lustful fantasy. We stop using the internet to look for pornography images….We choose a different route to avoid places where lust triggered us or we acted out…..If we are going to a business or event where we know there will be lust or sexual triggers (such as a supermarket, mall, or an airport), we call someone….If we are uncomfortable in any given situation, we simply leave…..Our sobriety becomes the most important thing each day in every circumstance.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

14. “What does recovery mean?”

“Recovery from pornography or sexual addiction requires more than just stopping or abstaining from the behavior. Abstinence from viewing pornography is important, of course, but true recovery requires a lifestyle change as well as a change of heart. It is about recognizing and admitting to being an addict, setting appropriate boundaries to protect
against future acting out, learning to cope with life’s challenges in healthy and appropriate ways, being willing to work on recovery daily, and changing underlying behaviors causing the individual to seek out pornography. Some factors that can indicate a person’s progress in recovery include:” (“Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Is he completely honest, open, and transparent in discussing his pornography problem—past and present?”
- “What steps are being taken to recover? Does he fully disclose his problem to his spouse, significant other, parents, therapist and religious leaders?”
- Does he work with a sponsor?”
- “Does he participate in a 12-Step program? Is he getting appropriate counseling?”
- “Does he still continue to acknowledge himself as an addict and continue to work his recovery program? How long has he gone without viewing pornography? Research has shown that it takes at least seven to twelve months before an addicted individual is on his way to establishing true and lasting sobriety. Complete recovery requires time. Does the person work on issues underlying his pornography addiction? Is the person working to change attitudes and behaviors regarding healthy sexuality, developing relationship skills, learning to address unresolved problems, and dealing with life more constructively?”
- “Is he more concerned about helping others who might also be suffering from pornography addiction than about his own image and reputation, or keeping his behaviors related to pornography a secret?”


15. “How does viewing pornography affect the friends of those addicted?”
“Often friends of those addicted will initially experience feelings of disbelief, fear, disgust, betrayal, distrust, shock, denial, sadness, and anger. Individuals may wonder if they can ever trust the addict, if the addict poses a danger, and why the addict would continue in such behavior. Being addicted to pornography can also cause the individual to be emotionally unavailable and cause a distance in relationships. Discovering a pornography addiction may initially be especially devastating for youth who previously looked up to the addict as a mentor.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Some people may deal with these emotions by withdrawing from the relationship. Others may try to maintain a feeling of normalcy by avoiding the issue and pretending nothing has changed. Others may try to inappropriately step in and try to fix the problem without the tools necessary to assist the individual in finding true recovery. Those associated with the addict may experience a grieving process similar to what a spouse undergoes. It is important for them to identify and learn to work through these emotions.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

16. “How can I best support a recovering loved one?”

“One of the most painful parts of supporting a recovering addicted loved one is coming to accept the lack of control over whether or not the addict chooses to pursue recovery. Recovery is the personal responsibility of the addict. Addicts have to become ready and willing to find recovery for themselves. It is often difficult to find the balance between patience, encouragement, and acceptance versus enabling destructive behavior. Do not confuse attempts to micromanage the addict’s recovery with true support and encouragement. A few important elements to keep in mind are:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Focus on personal choices that you can make regardless of the other person’s decisions. Take responsibility for your own peace and emotional wellbeing. Get help for yourself and recognize the ways that being in a close relationship with an addict will likely affect you. Many find counseling and a 12-Step program to be critical in this process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Do not take responsibility for the addict’s recovery. Recognize and accept that being a policeman is not helpful to the addict. The addict must ultimately choose his own course of action.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Set boundaries and have the commitment to stick to them. Although an addict can make his or her own choices, he or she cannot dictate the choices of others or avoid the consequences of violating the boundaries of others.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Try to identify ways in which the addicted individual is reaching out for help and recovery. Find ways to connect with him that are emotionally supportive, safe, and uplifting. Reaching out can be a tremendous source of encouragement and support.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

17. “How can I best support a friend or loved one who is in a relationship with a pornography addict?”

“When individuals are in a relationship with a pornography addict, they frequently feel isolated, alone, or helpless. Friends or loved ones of those who are directly impacted by the pornography addiction of another can best help by being available to support them. Listen and allow your friend to share his or her feelings in a safe, confidential environment. Do not tell that person that you know what it is like. Do not try to solve the individual’s problems or tell her what should be done. Encourage the individual to seek appropriate professional and religious counseling, find a sponsor, and attend meetings of support groups. Let the suffering individuals know that they are loved, accepted, and supported as they make important decisions. Learn about pornography addiction and encourage your friend to do the same.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

18. “What if a friend or loved one does not want recovery?”

“Ultimately, the person struggling with the pornography addiction must be the one to decide if he or she wants to do the work and make the lifestyle changes necessary for recovery. Continue to be understanding and supportive, but read about the problem of becoming co-dependent
or enabling the addict in his or her behavior. Encourage the addict to get help. Regardless of whether an addict wants to recover, it is important to provide support to the spouse of the addict. Encourage the spouse to get appropriate help and to set boundaries for protection in the relationship.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

19. “What if my friend or loved one says he wants to recover, but continues to have relapses?”

“Although a relapse can be a setback, what really matters most is the actions the addict chooses to take after a relapse. Does the individual try to excuse and or minimize his return to pornography, or is he contrite, with a broken heart? Help addicts understand that just because they may suffer a relapse does not mean they are a lost cause. Feelings of shame, humiliation and worthlessness can compound addictive behavior. At the same time, do not minimize or disregard acting out behavior. Help the addict realize that the relapse is serious. If appropriate, ask questions about what events may have triggered the slip. Encourage addicts to be regularly accountable to someone about their behavior choices, continue to attend 12-Step meetings, and work with a sponsor and therapist. Addicts can learn from their mistakes as they seek appropriate counsel and guidance. Recovery is hard work and requires serious lifestyle changes. By encouraging the individual to identify specific steps to avoid future slips and by expressing love and support, you can help struggling individuals to find hope, determination, and the courage needed to continue in their recovery program.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The 12-Step Program”

20. “Why is attending a 12-Step meeting so important to recovery?”

“For those who are seeking recovery, committing to participate in a 12-Step program is often a critical milestone in the recovery process. Many people have attempted to stop viewing pornography on their own, only to eventually fail and/or relapse. For many addicts, it is only when they break the secrecy surrounding their addiction, admit that they will not be able to change on their own, and join a 12-Step fellowship that real recovery is found. The White Book of Sexaholics Anonymous states:
We sexaholics do not presume to be authorities on addiction of any kind, much less sex addiction….Some researchers even confess to being baffled by what addiction really is . . . We speak from our own experience as seen through recovery. We have a solution. We don’t claim that it’s for everybody, but for us, it works.” ( “Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“There is an unwritten step underlying all twelve. Call it Step Zero: ‘We participated in the fellowship of the program’. No one seems able to stay sober and progress in recovery without it, though some try. For most of us, without associating in some way with other recovering individuals, there is no lasting sobriety and none of the fringe benefits of recovery, growth, freedom, and joy . . . We don’t try to explain this; it is simply a fact.” ( “Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For those closely impacted by the addiction of another, attending a 12-Step program is also important. One of the least understood components of sexual addiction is the devastating effect it can have on a spouse or loved one. In the process of trying to cope with the problems of living with a sex addict, a spouse or loved one frequently develops his or her own set of negative behaviors or co-dependent habits which are debilitating to the individual and destructive to relationships.” ( “Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Regardless of whether the addict chooses to follow a recovery program, the spouse or loved one of an addict should work his or her own recovery. Attending 12-Step meetings is a vital part of that recovery. It is important to note that support groups, or 12-Step programs, are not substitutes for therapeutic treatment and individuals should also seek appropriate professional counseling as a key part of their recovery process.” ( “Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

21. “What is a 12-Step Program?”

“12-Step programs have been unusually successful in helping those struggling with addiction Find recovery. There are over 100 different variations of 12-Step recovery programs in existence today. They address virtually every imaginable type of addiction. All of them, are
based on the original 12-Step program of Alcoholics Anonymous and the AA Big Book (first published in 1939). Other 12-Step programs deal with specific issues such as drug addiction, food addiction, codependency, over-spending, and gambling. 12-Step programs are non-professional and non-profit. While effective in promoting recovery from addiction, they are not intended to replace therapy led by trained professionals. All 12Step programs share a number of elements that aid in the recovery process:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Openness: Breaking the shame and secrecy surrounding an addiction is one of the first steps in overcoming it. Meetings provide a safe, supportive environment to share feelings and experiences with others who understand what you are going through because they have experienced the same thing.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Specific Boundaries and Recovery Plan: A 12-Step program can provide specific rules and definitions of abstinence or sobriety that are used to measure progress and recovery. The program also offers literature and instructions for recovery that can be applied on a daily basis to help the individual overcome addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Accountability: Addicts check in frequently with a sponsor and also report their progress at meetings. These interactions provide accountability and transparency. They also help to dissipate the shame surrounding addiction so the addict can focus on the actions needed to achieve recovery.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Support: Recovering addicts share their experience, strength and hope with new members who are just starting the recovery process. Newer and more experienced addicts in recovery all find support and encouragement by attending meetings, talking with other group members, making outreach calls, reading literature, working with a sponsor, or serving as a sponsor.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“The Twelve Steps: Working the steps on a daily basis is critical to addressing the emotional and spiritual issues behind the addiction. Daily effort is necessary to achieve long-term success.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Higher Power: All 12-Step programs focus on turning to a Higher Power for intervention and healing. Most 12-Step programs are non-denominational. They are careful to define the concept of God as broadly as possible so their program can feel inclusive to as many people as possible.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

22. “What are elements of a good 12-Step program?”

“Much of the benefit obtained from attending a 12-Step meeting is derived from the other members present. Accordingly, the efficacy of 12-Step meetings is as varied as the people who attend them. It is important to find a meeting that works for the individual seeking help.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Effective groups will have:”

- “Meetings attended regularly by a reasonable number of people who have found healing and recovery and who can share their experience, strength and hope.”
- “Available sponsors who are experienced and qualified to guide newcomers through the recovery process.”
- “Recommended literature specific to the addiction and a methodology for working the 12 Steps.”
- “A definition of sobriety consistent with the value system of the individual seeking recovery.”
- “Regular meetings several times each week conducted by someone who has gained recovery from the specific addiction.”

“If after attending several meetings of a particular 12-Step group, the individual seeking recovery does not have a positive experience, he or she should look for a different group that can better meet his or her needs and matches the above criteria. It is important to try several different groups and to not give up until a group is found that works for the individual. See www.salifeline.org for more information on finding 12-Step meetings.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

23. “What are LDS ARP, PASG, and Family Support Group Meetings?”
“The LDS church sponsors several 12-Step recovery groups. These groups include church doctrine as a central part of recovery. Addiction Recovery Program (ARP) meetings are open to men and women who want to recover from any type of addictive behavior, and they use the twelve steps as a sequential way to better apply the Atonement of Jesus Christ. The Pornography Addiction Support Group (PASG) is specifically for pornography or sexual addiction and the corresponding Family Support Group is for the loved ones of those addicted. The PASG and Family Support Group meetings follow the same format as ARP meetings and use the same manual, the Addiction Recovery Program: A Guide to Addiction Recovery and Healing. The LDS Family Service’s program is also working on a family support guide to assist those who have a loved one in addiction. The number of people attending meetings and the frequency of meetings held can vary greatly depending on the location.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

24. “What are SA and S-Anon?”
“Sexaholics Anonymous (SA) is a 12-Step program designed specifically for those who are struggling with sexual addiction, which includes pornography. SAnon is a 12-Step program designed to help those who are affected by someone else’s sexual behavior. While these programs are non-denominational, their principles are very similar to those of the Christian faith. An advantage of SA in particular is its definition of sexual sobriety: ‘No form of sex with one’s self or with partners other than the spouse [and] progressive victory over lust.’ Some other groups do not necessarily promote the Christian standards of chastity, but instead encourage members to create their own definition of ‘sobriety.’” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
25. “What can I expect when I attend a 12-Step meeting?”
“At 12-Step meetings, a group leader will generally begin by reading verbatim a set script, followed by readings from selected program literature and an opportunity for group members to share with others about the readings or their specific recovery experiences. As is tradition, speakers generally introduce themselves by first name only, after which the group responds, ‘Hi, _____ (name).’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Although the format of the meetings may feel odd to newcomers, the script soon becomes familiar and comfortable as the attendees learn the importance of each concept. There are no dues or fees for membership, although a basket will generally be passed around at meetings so that attendees can contribute a dollar or two in order to meet obligations of rent and operating costs.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

26. “What does involvement in a 12-Step program entail?”
“Initially, involvement in a 12-Step program usually entails attending a minimum of three meetings per week. Some programs encourage even more. Attending a meeting specifically designed for your addiction is ideal. However, it can still be useful to attend other types of 12-Step meetings, especially if meetings for your particular addiction are not available. If meetings are not readily available locally, an increasing number of live telephone or online meetings can also be found.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Working the twelve steps on a daily basis is what makes the 12-Step program work. This process includes studying prescribed literature, journaling, and reporting commitments made to a sponsor. Having a sponsor is critical to the recovery process. As progress in recovery is achieved, those in recovery have the opportunity to fill service positions within the program. This may include being a sponsor, being responsible for the group’s literature library, acting as a secretary to the group, or serving as liaison to the 12-Step group’s regional body. Maintaining recovery requires that we ‘give back what [we] have so generously been given.’ Many recovery addicts report that the most effective way to
safeguard their own sobriety and recovery is to work closely with other addicts who are trying to find that same recovery.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

27. “What is a sponsor?”
“Sponsorship is a critical component of all 12-Step programs. Sponsors are those who have worked the twelve steps and have found sobriety and recovery from a specific addiction. Because of their experience, they are in a unique position to help guide others suffering from the same addiction through the recovery process. They provide hope, accountability, and specific guidance on how to avoid relapse. The literature of one 12-Step program encourages the newcomer to ‘find a sponsor who has what you want and ask how it was obtained.’ A sponsor will give assignments designed to help gain and maintain recovery. The assignments may include specific rules of conduct, attendance at meetings, reading various kinds of literature, and reporting on a designated schedule. Typically those struggling with addiction call their sponsor at set intervals to report their progress and get support or practical feedback as they encounter daily problems. The addicted individual may also call a sponsor or any other program member at any time when they feel tempted to act out.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“While the need for addicts to have a sponsor is generally recognized, many people do not understand the critical role that a sponsor can play in the recovery of an addict’s spouse or loved one. The spouse’s sponsor can give support and validation and help the loved one understand that he or she is not responsible for the addict’s behavior. The sponsor can also help the spouse or loved one set healthy boundaries for personal protection.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

28. “How can I find a good sponsor?”
“Sponsors can be found at 12-Step meetings. Although anyone who is in recovery from a specific addiction can generally be a sponsor, it is important to find a sponsor who will work well with the individual seeking help. It is also important to remember that each sponsor offers unique insights and perspectives. At different points in the recovery process,
individuals may feel a need to change sponsors. Some considerations in selecting a sponsor are included below.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Sponsors ordinarily should not be related or closely associated with the individual (i.e. a spouse, partner, family member, loved one, or even close friend). They need to provide an impartial perspective.”

“Sponsors should be emotionally and spiritually stable in their own recovery. Unless they have thoroughly worked the steps and continue to do so, they cannot provide the insight necessary to help someone else.”

“Sponsors should be readily available, willing to accept phone calls, and encourage those they sponsor to reach out to them whenever needed.”

“Sponsors should keep confidences and maintain the anonymity of the person they are helping. Most programs suggest that sponsors be of the same gender as the addict. This is especially important for pornography and sexual addiction.”

“Sponsors should hold individuals to their commitments. A good sponsor is someone who is honest and calls the addict out when he or she starts minimizing commitments or slipping into addictive or enabling behaviors.”

“Sponsors must care about the individual. Effective sponsors will listen with empathy and act out of love and a desire to help the individual they sponsor succeed.”


29. “Which is more important: 12-Step support groups or professional therapy?”

“12-Step groups and professional counseling are equally important to recovery. Most individuals with successful recovery spend a substantial amount of time in counseling and the 12-Step program. Even though 12-
Step support will serve as the foundation for long-term recovery, professional treatment provides a critical component for individual and relationship healing. For most people, a multi-dimensional approach works best. Like a rope, the real strength is not in the individual strands, but in weaving many strands together.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, [link to document])

“A balanced recovery program will include an open-ended period of 12Step support, individual and couples counseling, group counseling, education, proper nutrition and exercise, spirituality, and other lifestyle changes. Even though a handful of individuals and couples have apparently experienced recovery doing only one or the other, the majority of individuals and couples benefit from a multi-dimensional approach.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, [link to document])

30. “What if there is not a good 12-Step group in my area?”
“it is important to be aware of how effective the 12-Step groups are in your area at helping individuals find recovery. If you are struggling to find 12-Step meetings near you or would like help strengthening local groups, contact info@salifeline.org. For specific information on organizing SA meetings, visit www.sa.org. To organize S-Anon meetings, see http://www.sanon.org/default.htm. To request that a LDS PASG or Family Support Group meeting be created in your area, contact your local LDS Family Services, www.providentliving.org/ses/emotionalhealth/contact/1,12169,2128-1,00.html.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, [link to document])

31. “What if the addict is a youth who is too young to attend 12-Step meetings?”
“Many children and youth are now addicted to pornography. Without appropriate help, their addiction can inhibit their ability to form healthy, emotional relationships with anyone. Because of the special considerations for teens, there are no regular, public 12-Step meetings available. There are counselors who specialize in this age group. Additionally, some therapists offer group sessions specifically for youth.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, [link to document])

“Protecting Against Pornography”
32. “How can I avoid pornography?”

“How can I avoid pornography?”

“Because of the changes in the way information is disseminated through high-speed media, there is no way to completely avoid pornography. Accidental exposure occurs even with the best software filtering programs. There are, however, some ways to decrease exposure. The most important method is to be personally committed to self-regulation.”


“Individuals must be ready to turn away from provocative images that are displayed in advertising, written material, magazines, movies, television, games, or any electronic device connected to the Internet. Decreasing exposure to media is a good way to reduce the desensitizing process that occurs in our hyper-sexualized culture. It’s important to note that today’s mainstream media contains sexualized content that would have been considered ‘soft-core’ pornography 30 years ago. Personal standards must be established ahead of time to avoid desensitization to offensive, immoral or pornographic material. Not only is decreasing exposure to triggering media important, but it is also important to personally monitor ongoing emotional and relational health that could increase vulnerability.”


“Is recovery possible and what does it involve?”

“Recovery is definitely possible, though difficult. Those who are completely committed to doing what it takes to find and maintain recovery are successful. Keep in mind, however, that the individual must desire recovery. The five elements of healing are:”

“Come Out of Hiding: Coming out of hiding and honestly disclosing the problem to a spouse and ecclesiastical leader is essential. Committing to continued honesty and transparency is fundamental to the recovery process.”

“Become Educated: Gain education regarding pornography addiction and the recovery process.”

“Set Boundaries: Set specific boundaries to avoid situations that will compromise your commitment to recovery.”
“Work a 12-Step Program: Find a sponsor, attend group meetings several times a week, and work the 12 Steps on a daily basis.”

“Get Therapy: Seek professional counseling from a qualified therapist who specializes in sexual addiction.”


“How do I ‘stay clean’ or avoid relapse?”

“Addictive tendencies frequently do not completely go away. Nevertheless, as many individuals diligently work the steps of recovery, the behavior is kept in check and they never act out again. This is often referred to as recovery. Maintaining recovery generally involves continuing to work the twelve steps, setting and keeping boundaries, and having some permanent form of accountability through participation in a recovery program with a sponsor and/or with a religious leader or friend. Prompt and complete honesty in admitting any slips of behavior is critical. Those who avoid relapse are generally those who recognize that they are still addicts and are vigilant in continuing to utilize the tools of recovery. They also learn to recognize negative emotions and thought patterns leading to compulsions to act out on their addiction through pornography use. They address emotional needs by making necessary adjustments and reaching out to others for support long before those needs turn into addictive behaviors and acting out.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
#11 DISCLOSURE

“One crucial element is creating a confidential context for full disclosure.”

“Disclosure of sex addiction or porn use is so stigmatizing that it is best handled in a confidential, small-group setting in which participants agree not to pass judgment. They also grant each other ‘the right to call’ 24/7 for unannounced check-ins.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, http://www.christianitytoday.com/ct/2008/march/20.7.html)

“Because Christian community is founded solely on Jesus Christ, it is a spiritual and not a psychic reality. In this it differs absolutely from all other communities. That comment from Dietrich Bonhoeffer perfectly sums up what faithful, risk-taking congregations offer a sexually obsessed society.”
#12 STRENGTHEN YOUR MARRIAGE


“HOW TO STRENGTHEN YOUR MARRIAGE AFTER PORN ADDICTION”

“Forgiveness”

“Forgiveness is critical in healing the marriage damaged by cybersex or pornography use,’ the Bennetts write. Although forgiveness is difficult and will take time, it is important for the spouse who used porn to ask for forgiveness and to acknowledge the pain he has caused his wife and family. He should patiently allow his wife to air her feelings as much as she needs, and he should be completely honest in discussing his addiction and answering all questions. He must accept responsibility for his actions and not shift any blame onto his spouse. ‘Professional help, spiritual guidance, and a program for life that shows a radical commitment to addressing this problem makes forgiveness possible,’ they write.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/)

“Addressing faulty beliefs”

“Dr. Patrick Carnes identified four beliefs that reinforce sex addictions:”

- “I am basically a bad, unworthy person;”
- “No one would love me as I am;”
- “My needs are never going to be met if I have to depend on others;”
- Sex is my most important need.”


“These beliefs must be rejected, but they have to be acknowledged and confronted first, and one may need help in defeating them,’ say the Bennetts.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/)

Josh McDowell Ministry 2019
“Improving communication”
“Better communication will not solve every problem, but it is a great tool for addressing the emotional distance created by sex addiction and may require the guidance of a professional therapist. ‘The couple may have to learn new skills fostering cooperation, understanding, openness and consideration in order to replace the existing defensiveness and repression,’ they write.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/)

“Intimacy”
“‘Intimacy depends upon openness, and that implies vulnerability,’ write the Bennetts. Vulnerability requires trust, but trust and self-worth are severely damaged by sex addictions. The need to rebuild intimacy goes beyond sexual intimacy: The Bennetts identify other key areas of intimacy in need of healing as emotional, recreational, physical, intellectual, social, and spiritual intimacy.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/)

“Humility”
“Humility lays the foundation for self-knowledge, love and forgiveness. ‘By strengthening our prayer and spiritual life, we should grow in humility, which in turn will strengthen our ability to love and thereby our marriage,’ they write.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/)

“Respect and affection”
“‘It is necessary to discuss problems and ill feelings,’ and it is a mistake to try to ‘get back to normal’ by avoiding conflict in an effort to minimize problems. Such lack of communication only creates distance between husband and wife. Here, too, a professional marriage therapist may be helpful, the Bennetts say.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/)

“Rebuilding marital trust is a major undertaking in itself. The man must patiently discuss all that went on as deeply and as often as she requests. He must provide her with more attention and become more
focused on their marital friendship. With time, if he can be chaste and accountable, his wife’s trust in him may grow again.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“Part of the recovery process as well as a preventive measure is for husband and wife to practice good interpersonal communication and to spend quality time together – in other words, to build and maintain a strong marital friendship.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“Marital friendship is based on talking, communicating, being present to the other—not just watching television, but taking time to discuss matters or to do things together, even pray together,’ Fitzgibbons says.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“While treatment clinics and support groups can be helpful, Fitzgibbons emphasizes the need for a strong spiritual component if a man is to address and overcome his addiction effectively.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“Where there is a spiritual component to the recovery, we have seen great success,’ he says. ‘The Lord doesn’t want this darkness to interfere with the great sacrament of marriage.’” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“Prayer, frequent reception of the sacraments, Bible study and support groups can be very helpful in the recovery process.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“Action Items for Protecting Marriages from Pornography’s Influence”

2. “If you are ever in doubt about the impact a particular behavior or choice will have on your spouse or marriage, ask your partner. The answer usually becomes crystal clear very quickly!” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

3. “Establish an ‘exposure rule’ (e.g., within 24 hours of being accidentally exposed to sexually explicit content, share that experience with your partner and debrief it. Don’t let images fester).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. “Clarify boundaries around contact with members of the opposite sex (e.g., on and offline; social networking sites, work, socially, Church, etc.).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


10. “Ask questions of one another. For example, questions like:”
   a. “When was the first time you were exposed to pornography and what were the circumstances surrounding that exposure?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
   b. “Have you ever intentionally sought out sexually explicit material? If yes, when was the last time?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
   d. “If either one of us ever had an issue with pornography in the future, which steps would we agree to take in order to get help?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
   e. “Are there any media triggers/weaknesses that you have that I should be aware of?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

12. “If you are struggling with pornography use, or another form of sexual acting out, seek the help of qualified professionals (including medical doctors) and disclose this problem to your spouse as soon as possible. In general, marriages have a better prognosis when a partner discloses this issue versus having a spouse discover it on his/her own.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Here are some practical suggestions to get you started:”

- “Ask for help: tell someone you trust, seek out accountability, join a purity group.”
- “Seek out healthy resources: books, blogs, teachings, podcasts.”
- “Do a spiritual detox: listen to worship music, read your Bible and memorize scripture”
- “Get in community: surround yourself with great people who will help meet your relational needs”
- “Be wise: have a plan for your free time, avoid things/places/people/music/movies that would tempt you, get rid of the data on your phone, use a program like Covenant Eyes on your computer, leave your computer in a common area at night.”
- “Take care of yourself: get yourself on a healthy sleeping schedule, eat the right foods, drink enough water, exercise”
- “Schedule fun into your life.”
- “And lastly, be kind to yourself! You’ve never been here before, and you are climbing a huge mountain…but it’s going to be worth it. God is with you!”

“If you feel you need more than the above, please prayerfully consider seeking out a professional counselor in your area.” (“Top Pornography FAQ’s – What

“Because porn addiction compulsion has so many of the same causes and effects as adultery, the treatment and counseling are pretty much the same, says Dr. Fitzgibbons.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“‘In adultery, the wife will say, ‘I want all the details.’ So you have to be totally uncovered, transparent, and honest about all the mistakes you’ve made, when, where and why,’ he says. ‘And then there has to be a deep sense of sorrow, a repentance. So it is exactly the same as treating adultery in that there has to be a real commitment to identify the problems and address them.’” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/)

“So I vote no on masturbation. There may be other reasons why it is wrong. For now I rest my vote on the inevitable sexual images which accompany masturbation and which turn women into sexual objects. The sexual thoughts that enable masturbation do not help any man to treat women with greater respect. Therefore masturbation produces real and legitimate guilt and stands in the way of obedience.” (John Piper, “Missions and Masturbation”, Desiring God, September 10, 1984, http://www.desiringgod.org/articles/missions-and-masturbation)

“As A Recovering Addict, What Can I Do To Heal And Strengthen My Marriage?”

“Both the person addicted to pornography and the spouse must find their own recovery before any significant progress can be made toward healing the relationship. Pornography addicts frequently discourage their spouses from talking about the problem, getting counseling, or attending a 12-step program. There is an instinct to keep the problem private in an attempt to
“In reality, keeping the problem quiet is more safe and comfortable (i.e., less volatile) but is often very damaging to both the addict and the spouse. As difficult as it is, a recovering addict who truly wants to heal and strengthen the marriage should do everything he can to encourage his spouse to reach out and get help for herself.”

“Once both partners are committed to and consistently working their own recoveries, trust generally will slowly return to the relationship. Hope and optimism will grow. This does not mean, however, that the rest of the journey will be easy. During this time, marital counseling in addition to individual recovery programs is usually necessary. Understand that pornography addiction often causes a substantial amount of emotional and relational trauma for the spouse. It is important that an addict allows his spouse time and space to heal at her own pace. An addict should be sympathetic to his spouse’s feelings of anger, frustration, ambivalence, and hurt. As an addict makes an effort to strengthen the relationship and work on his individual recovery, the three recoveries (his, hers, and ours) begin to support and complement one another. Specific actions that can be taken by the addict to help strengthen the marriage include the following:”

“Fully commit to completing all necessary elements of recovery.”

“Disclose past behavior. By postponing disclosure or confessing a little bit at a time out of the fear that the spouse ‘can’t handle everything,’ the healing process is often impeded and the resulting hurt prolonged. It may be wise to consult with a therapist and/or sponsor before making the full initial disclosure.”

“Continue to promptly disclose any slips promptly. Honesty and openness (transparency) are essential. Most spouses report that although relapses are difficult to deal with, secrecy and lies are intolerable. Graphic details are not necessary, but the spouse should know the type of slip, the duration, severity, and frequency of acting out. Set realistic expectations
about the recovery process. Change takes time and there will almost always be slips or relapses. Recognize that the marriage also takes time to heal.”

“Recognize the trauma a spouse may be experiencing. Reach out to the other person, try to alleviate her workload and spend time together doing activities that can help rebuild the relationship (walking, gardening, cooking, etc).”

“Encourage the spouse to get counseling and support. Attending counseling as a couple is also helpful.”

#13 SAFETY TIPS FOR CHILDREN

“You are your child’s best first source of information about the dangers of pornography. Do these and I promise you your kid will have much better odds of escaping the porn trap.”

1. “Decide to educate yourself. This is not an easy battle. It’s going to take time and commitment to keep yourself informed. Dedicate at least one hour per week reading blogs (like this one!) and listening to podcasts that keep you current on online threats. Check out Protect Young Eyes to find out about the latest apps that are dangerous to kids. This is your parenting homework and it will be time well spent!”

2. “Live in the real world. You can’t parent your kids like you were parented-today’s work is safer in some ways and more dangerous in others. Be open to the truth of living in the world as it is and as it’s becoming. You know as well as I do that head-in-the-sand parenting has never helped one kid ever.”

3. “Inoculate your kids from a young age. Prepare their minds with a defense so they’ll be ready to reject pornography whenever they encounter it. Give them lots of good reasons why they should turn away from images (or words) that might make them extremely curious. Start as soon as they have any access to the internet.”

4. “Avoid shaming. Porn is shameful, but kids who are curious about it are normal. Here are some helpful words from Good Pictures Bad Pictures Jr.: 

   “Sometimes kids see pictures by accident. But even if you see a bad picture, that doesn’t make you a bad kid…There’s something good you can do if you see a pad picture.”

1. “Give them a plan. You’ve probably figured out a plan for dealing with a natural disaster or a house fire. Kids need a plan for escaping from pornography! You can find the CAN DO Plan in Good Pictures Bad Pictures and the Turn, Run and Tell plan in Good Pictures Bad Pictures. Jr. Or you can make up your won wonderful plan!”
2. **“Keep talking!”** Believe it or not, kids like being empowered. They like being trusted. They like talking and planning together with you. And if a child doesn’t like these conversations, then maybe you’re doing too much of the talking and not enough of the listening. Or maybe they need something to relieve their anxiety—try giving them a fidget toy to use while you talk. Or talk while they’re building something or making cookies. Some parents find good family talk time while driving to or from an event or vacation.

3. **“Install filters.”** Do everything you can to filter and lock down your own devices, especially if you have young kids. Read this about Circle by Disney, Mobicop, and Covenant Eyes (affiliate link). And be careful if you still have cable television—take time to figure out the parental controls. (And if you plan to stay in a hotel, call first to see if they offer an easily accessible ‘adult’ channel. Seriously— you don’t want your kids to see the thumbnail photos or the category descriptions!) Then help your kids understand that you’re working to protect your entire family, not installing barriers because you don’t trust them.

4. **“Share what you know because porn impacts everyone.”** Let’s all work together to protect kids by sharing posts like this with your friends and family. When we know better we can do better. Most people are still living in a bubble when it comes to how pornography is harming kids. You know better so please help enlighten your friends and family members.

(Kristen Jenson, August 24, 2017, Protect Young Minds, “Kids Under 10 Make Up 10% of Porn Site Visitors”, https://protectyoungminds.org/2017/08/24/one-in-ten-visitors-to-porn-sites-age-10-or-under/)

“The following ten signs may be helpful in determining if someone has a problem with online sexual behavior:** (David L. Delmonico, PhD., Elizabeth Griffin, M.A., “Cybersex Unhooked: Understanding and Managing Compulsive Online Sexual Behavior”, site accessed 9.25.17, http://www.internetbehavior.com/pdf/Cybersex%20Unhooked%20article.pdf)

- “Preoccupation with sex on the Internet”
- “Frequently engaging in sex on the Internet in increasing amounts of time”
• “Repeated unsuccessful efforts to control, cut-back, or stop online sexual behavior”
• “Restless or irritable mood when attempting to cut down or stop online sex”
• “Using sex on the Internet to escape from feelings or life problems”
• “Returning to sex on the Internet to find a more intense or higher risk experience”
• “Lying to family members, therapists, or others to conceal involvement”
• “Committing illegal sexual acts online (or related to online behavior)”
• “Jeopardizing or losing a relationship, job, or educational opportunity”
• “Incurring significant financial consequences as a result of online sexual behavior”


“No single factor is more important than any other. If any of the above issues are of concern, it would be important to seek out a professional who is familiar with this topic and discuss it further.” (David L. Delmonico, PhD., Elizabeth Griffin, M.A., “Cybersex Unhooked: Understanding and Managing Compulsive Online Sexual Behavior”, site accessed 9.25.17, http://www.internetbehavior.com/pdf/Cybersex%20Unhooked%20article.pdf)

Zillman (2000) found that frequent exposure to pornography was associated with the following attitudes and dynamics:

• “Normalization of adverse reactions to offensive material”
• “Increased tolerance toward sexually explicit material, thereby requiring more novel or bizarre material to achieve the same level of arousal or interest”
• “Misperceptions about exaggerated sexual activity in the general populace and the prevalence of less common sexual practices (e.g., group sex, bestiality, and sadomasochistic activity)”
• “Diminished trust in intimate partners”
• “Decreased desire to achieve sexual exclusivity with a partner”
• “Increased risk of developing a negative body image, especially for women (Siegel, 1997)”
• “Acceptance of promiscuity as a normal state of interaction”
• “View sexual inactivity or abstinence constitute a health risk”
• “Begin to view love in a cynical manner”
• “Believe superior sexual satisfaction is attainable without having affection for one’s partner”
• “Believe marriage is sexually confining”
• “Believe raising children and having a family is as an unattractive prospect”


“…parents need to educate themselves about pornography – and to talk candidly to their children about how little justice it does to one of life’s great pleasures. That will be difficult for many. But the best weapon against misinformation is the truth, not an embarrassed silence.” (“Generation XXX”, Economist, September 26, 2015, http://www.economist.com/news/leaders/21666614-free-pornography-ever-more-plentiful-online-right-response-involves-better-sex)


“These should provide younger adolescents with awareness and avoidance skills, while educating older youth about the pitfalls of relationships with adults and their criminal nature. Particular attention should be paid to higher risk youth, including those with histories of sexual abuse, sexual orientation concerns, and patterns of off and online risk taking.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

• “Avoid descriptions of the problem that characterize victims as young children or emphasize violence and deception.”
• “Be clear about why sex with underage adolescents is wrong.”
• “Focus prevention efforts more on adolescents, less on parents, and frankly on concerns relevant to adolescents, including autonomy, romance, and sex.”

• “Focus prevention more on interactive aspects of Internet use and less on posting personal information.”

• “Educate youth about criminal behavior and child pornography.”

• “Develop targeted prevention approaches for the most at risk youth populations.”

• “Assess for patterns of risky online behavior.”


“The following are some online safety tips to share with children:”


“A good Internet filter will help to prevent at least accidental exposures to pornography. However, as children get older, reliance on a filter isn’t preferable. You are not just trying to protect your children right now but preparing them for a world without filters. Set your Internet filter to a more sensitive or restrictive setting when your children are young, then let up on the restrictions as they get older and prove their ability to be responsible online.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Remember, as you adjust your Internet filter, always keep tabs on your children through Internet Accountability. This will help you to have continued conversations about where they are going online, including the morally ‘gray areas.’” (Luke Gilkerson, “When Your Child is

“Set boundaries with your kids, not just for your kids. When setting boundaries about when and how computers, cell phones, and tablets can be used, involve them in the discussion and get their input. This helps them feel a sense of ownership.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)


3. **Guard Use:** As the parent, the Internet accounts should be in your name, and you should have the primary screen name and control passwords. Do not allow children to complete a profile for a service provider, and make sure their screen names are non-descript enough that a stranger may not know the user is a child. Sex offenders use sites regularly and pose as children and look for children.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

4. **Check out privacy policies:** Always read a privacy policy before you or your children provide any personal information. Also make sure that a Web site offers a secure connection before giving credit card information. Web sites for children are not permitted to request personal information without a parent’s or guardian’ permission. Talk to your children about what personal information is and why you should never give it to people online.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

5. “Talk about the dangers of email and chat: If your children use chat or email, talk to them about never meeting an online ‘unknown friend.’
Women versus men are much more likely to meet up with someone online (25-30% versus 2-5%) face-to-face. Talk to your children about not responding to offensive or dangerous email and unwanted ‘chats.’ Report any such communication to local law enforcement. Do not delete the offensive or dangerous email; instead turn off the monitor, and contact local law enforcement. Know whom your children are exchanging email with, and only let them use chat areas that you have visited. Parents and guardians, monitor online as you would on the playground!” ("The Internet and Pornography", The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

6. “Know what is going on: Keep the computer in the family room or another open area of your home. Let your children show you what they can do online, and visit their favorite sites or chat rooms with them. If you suspect online bullying or stalking or sexual exploitation of a child, report it to your local law enforcement agency. The National Center for Missing & Exploited Children (NCMEC) has a system, for identifying online predators and child pornographers and contributing to law-enforcement investigations. Leads forwarded to the site are acknowledged and shared with the appropriate law enforcement agency for investigation.” ("The Internet and Pornography", The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

“‘Children of all ages today have easy access to a wide range of pornography,’ he said. ‘If we as a society shy away from talking about this issue, we are failing the thousands of young people it is affecting.’” (Patrick Howse, “Pornography addiction worry” for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

“Prevention Tips:
• “Start a dialogue with your child about the harms of viewing pornography”
• “Keep the lines of communication open”
• “Talk about healthy sexuality in age appropriate ways”
• “Implement parental controls (filtering, monitoring, time limits) on ALL Internet enabled devices”

• “Review these safety guidelines and videos and share with your friends and relatives”

• “See EIE’s Rules N’ Tools Safety tips and videos for more details”

(Donna Rice Hughes, Typed from CRU Mail Article, “Just Harmless Fun”, June 13, 2017)

• “Pornography 101” (Internet Safety 101)

• How to Talk to Your Kids About Pornography (from educateesteemkids.org)

• Talk Today, Sfe Tomorrow: Top 10 Ways to Start Conversations About Pornography

• EIE’s “Recovery, Survivor & Victim Resources”

(Donna Rice Hughes, Typed from CRU Mail Article, “Just Harmless Fun”, June 13, 2017)

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“Help Kids Reject Pornography: 5 Powerful Parenting Tips”

“With her permission, (Claudine Gallacher, writing coach of the best-selling children’s book, Good Pictures Bad Pictures) I am sharing her advice on how to give your children the best chance of success at rejecting pornography.”

1. “Filter Everything When your Kids are Young – Gallacher is quick to point out that parents of young children need to be especially vigilant at keeping up with filtering technologies on all devices in the home. Sometimes we get this backwards and think teens need more filters than younger children because they tend to be naturally curious about sex, but she is adamant that it’s far easier for small children to stumble upon very graphic sexual content than parents realize.”
2. “Work Towards Accountability for Teens: As important as filtering software is Gallacher warns that filtering without facts could be setting children up for greater trouble down the line. Today, most children are exposed to pornography by the time they reach puberty. The porn industry is aggressive and predatory. It actively seeks ways to target children and teens through social media apps, provocative emails, embedded links in gaming, and advertising in general.”

As children mature they will not only want but need to have more autonomy online. We should be preparing our kids to thrive in all online experiences. She suggests that as kids move through middle and high school, parents should emphasize accountability and transparency over heavy filtering.”

3. “Tell it Like it Is: Kids appreciate honest and candid talks about sex, love and relationships. They need to know from their parents that it is normal to be interested in sex, especially as they approach puberty.”

“In age appropriate ways, children should also be informed that the porn industry uses sex to exploit individuals as a way to make millions of dollars. The industry knows it can get away with this because once someone gets a taste for pornography, they will crave it enough to pay for it. Pornography is a dangerously powerful substance that can be as addictive as hard drugs. When children understand why pornography is harmful, it helps them learn to reject it.”

4. “Stop Worrying About being Perfect: Being ‘imperfect’ can be an advantage. Gallacher says, ‘Kids don’t need ‘perfect’ parents; they need parents who are not afraid of acknowledging their imperfections, parent who are willing to learn from their mistakes, parents who are willing to grow.”

“We can’t afford to obsess about all the things we might have done wrong last year, last week, or yesterday. Instead we need to assess how to redirect our less than perfect parenting moments into
new opportunities for communication. Making mistakes is a fact of parenting. It’s what we do with those mistakes that will make the difference in our kids’ lives.”

“If your child has already been exposed to pornography. Gallacher explains that you can start by apologizing to your child. Try saying something like this:

“I don’t know when you were first exposed to pornography, but I bet you were caught off guard by the way it made you feel. I had no idea that kids your age could be exposed so easily! I have been caught off guard, too! I’m so sorry that I didn’t know enough to prepare you better to deal with this. I’m so sorry you have been facing this alone! Even if you were curious and were looking for pornography, I am sure what came back at you was not what you were expecting. I love you no matter what you’ve done and what you’ve seen.”

5. “Talk about Feelings: Gallacher encourages parents to express feelings when speaking with their kids, even when it means getting vulnerable. For example, if talking about pornography makes you uncomfortable, simply tell your child how you feel. Ask your child to be patient with you and work together to forge new territory. Ask your child to forgive you when you make stupid mistakes.”

“When parents are willing to describe emotions, kids learn the vocabulary they need to name feeling. Naming feelings is an important skill in recognizing and rejecting pornography. Talking about the mixed feeling you felt when you first saw pornography might help a child that has already been exposed feel more safe disclosing. We all need a little help expressing and dealing with uncomfortable feelings.”

“Child sexual abuse is perhaps one of the most heinous crimes imaginable.”

“As a result, people often avoid thinking or talking about it. But pushing such a serious problem under the rug might be doing more harm than good.”

“It’s always difficult to gather national statistics on the prevalence of child sexual exploitation because so much of it goes unreported. Research conducted by the Centers for Disease Control (CDC) estimates that approximately 1 in 6 boys and 1 in 4 girls are sexually abused before the age of 18.[1] Whether this number is exactly precise or not, it’s clear that child sexual abuse is more prevalent than we would like to believe.”

“What is child sexual abuse?”

“Children cannot consent to any form of sexual activity, period. Child sexual abuse can range from fondling or sexual touch, to any form of oral, anal, or vaginal intercourse, to sex trafficking. Child sexual abuse also does not require physical contact between the abuser and the child. Showing children obscene images, exposing oneself to a minor or convincing the minor to expose themselves in person or over the internet, exchanging sexually obscene messages, are all forms of abuse as well.”

“So what can a parent, or concerned adult, do to help prevent or intervene in child sexual abuse?”

“Perhaps one of the simplest and easiest steps is to talk about the subject in an age appropriate way, and to build a foundation of trust and openness.”

“Here are four conversations you can have with a child to help guard against sexual abuse:

1. “No means no, and nobody is allowed to touch you in a way that makes you feel uncomfortable or scared.”
“Body boundaries are easy to teach even young children. You can start with simple concepts like ‘this is your body’ and this is my body.’”

“Build up to discussing consent, and the idea that, ‘No means no.’ This can be applied with simple games. For example, any time you are tickling or kissing or hugging the child you can immediately stop if they ever say no. After you stop touching them, you can reiterate the message by saying something like; ‘Any time you don’t like the way someone is touching you, you can say no, and they are supposed to stop.”

2. “Name the body parts.”

“This one is fairly controversial.”

“While some parents may not be comfortable teaching their child anatomically correct terms for their body at a young age, it could one day prove vital to their safety.”

“We have heard some tragic cases where an abuser targeting children used code words for private parts, such as ‘cookies.’ The child didn’t have the correct language to explain the abuse to a parent or trusted adult, which helped shield the abuser from detection.”

“Have a conversation with the child about how some parts are ‘private parts,’ and as early as you feel comfortable teach them the anatomical names (breast, penis, vagina). Do not give fake names to the body parts, or imply any body parts are ‘dirty’ or ‘bad.’”

“The National Society for the Prevention of Cruelty to Children has tools for teachers, which parents or other adults could easily use, including free downloadable resources to explain ‘The Underwear Rule.’”
3. “Sometimes people we think are good guys, act like bad guys.”

“Tragically, many child abusers are members of the family or a close friend. Other abusers could be police, doctors, neighbors, teachers, etc.”

“Let your child know that sometimes people who should be good guys act like bad guys. As many as 93% of child sexual abuse victims under the age of 18 know their abuser. So it is vitally importantly to tell them that you will trust and believe them if they ever get hurt by someone – even if that person is your friend, or someone you both love.”

4. “You can always talk to me, even if you feel embarrassed or scared.”

“Repeat this message over and over to the child in your life. It is also useful to emphasize that there should never be secrets about where or if someone touched you. For example, sometimes a doctor may need to examine a child during an appointment, but it should never be a secret.”

“You can reinforce this message by not acting awkward or embarrassed if they have questions about their bodies or sex. Set a foundation of open communication, and let them know that they can come to you with questions at any time.”

“Also let them now that they can always tell you anything, even if they feel scared that something bad might happen. Many abusers threaten they will physically harm the child or their family. As clearly as possible, let the child know that if someone threatens to hurt them or anyone they love, they should always tell you right away because you have a safety plan that can help, or because you know the best way to protect them.”
“In addition to having these active conversations with the kids in your life, you can help guard against child sexual abuse by keeping alert to the signs.”

“StopItNow has developed a tip sheet for warning signs that could indicate a child has been sexually abused. Of course, the presence of any of these signs does not automatically mean a child has been sexually abused, but if several of these red flags appear then it may be a good time to ask some questions and consider seeking help.”

“The behavior you may see in a child or adolescent can include:

- “Nightmares or other unexplained sleeping problems”
- “Trouble focusing or becoming suddenly distant”
- “Sudden changes in eating habits”
- “Drawing, dreaming, or playing involving sexual or frightening imagery”

“Signs more typical of younger children:

- “An older child regressing behavior to act like a younger child (such as bed-wetting or thumb sucking)”
- “Resists removing clothing at appropriate times (bedtime or bath time)”
- “Wetting accidents unrelated to toilet training”

“Signs more typical in adolescents:

- “Self-injury (cutting, burning)”
- “Inadequate personal hygiene”
- “Drug and alcohol abuse”
- “Running away from home”
- “Depression and anxiety”

“For the full StopItNow Tip Sheet visit here. If you suspect a child is being abused, visit RAINN’s page here for guidance about how to speak to the child, and about how to report the abuse.”
“Child sexual abuse is an unspeakably horrific crime, and even attentive parents and adults can miss the signs.”

“But that’s no reason to remain silent.”

“In fact, that’s the reason we must speak up.”


Need help? Visit RAINN’s National Sexual Assault Online Hotline or the National Sexual Violence Resource Center’s website.

(Haley Halverson, HuffPost, April 14, 2017, “4 Conversations That Can Help Guard Children Against Sexual Abuse”, http://www.huffingtonpost.com/entry/4-conversations-that-can-help-guard-children-against_us_58efd4c1e4b048372700d6a1)

“The first defense against child exposure to pornography and exploitation is vigilance by parents. With just a few simple steps, parents can greatly minimize the chances that their children will be exposed to pornography.”


“Keep the computer in a high traffic area, never in a child’s bedroom, even if filtered internet service is used. No filter is 100 percent effective, and savvy children can circumvent many filters.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)


“Instruct children not to give out any personal information to anyone they may meet on the internet. This is particularly important with social networking sites like Facebook, Twitter, and Instagram, where children might unwittingly provide a predator with details like their birth date, where they go to school, and the route they take walking home.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)


“Monitor your child’s usage of online social networks. Sites such as Facebook, YouTube, and Twitter are used by predators to spread pornography and connect with vulnerable teens. Craigslist is also used by predators to seek out victims for sexual exploitation.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)

“Make certain your local library is complying with state and federal laws, which require that libraries filter internet access that may be used by children and take steps to ensure children are not otherwise exposed to pornography. Center for Arizona Policy (CAP) supported this legislation in Arizona.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)

“If your child has a cell phone that is capable of receiving pictures or video, familiarize yourself with how the phone works
and check it frequently for pornographic content. Also scrutinize the cell phone bill to check for charges which may indicate porn purchases.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)

“Be aware of common sexual text messaging slang and abbreviations:”

“GNOC (get naked on cam)"
“TDTM (talk dirty to me)"
“PRON (porn)"
“NIFOC (naked in front of computer)"
“CD9 (code 9 – parents are around)"
“POS (parent over shoulder)"
“P911 (parent alert)”


“If your child has a smartphone with internet capability, contact your carrier about parental control options or install a mobile internet filter such as SafeEyes.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)

“Talk to your children about the dangers of ‘sexting’ (sending sexually explicit pictures via text message). Though the practice is illegal, it is still extremely popular among teens. Explain to your kids that once an image is sent, it can never be taken back, and the sender loses all control over how the picture is used or distributed.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)

“Any plastic-wrapped magazines received through the mail containing no return address should be inspected by an adult or thrown away.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, http://azpolicypages.com/marriage-family/protecting-children-from-pornography/)

“Here Are 5 Things I’ll Teach My Boys About Pornography:”

1. “She’s someone’s daughter, sister, and friend.”
   “No father hopes his daughter will be the next star in a hardcore porno. No. He hoped she would be a marketing manager or a chef or a loving mother. The real question you must ask is this: Would you want someone watching your daughter or sister or mother have sex? Remember, finding pleasure in anything that causes pain for another, is always wrong.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)

2. “You can’t always control what you see, but you can control the second look.”
   “Your eyes are the gateway to your soul. Protect them at all costs. You will be unable to escape all the images but you can control your stare. You can choose to look away or even remove yourself. This act of self-control is what truly makes a good man.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)

3. “Don’t confuse beauty with pornography.”
   “Pornography is stealing intimacy that never belonged to you. It cheapens the value of the real thing and distorts your definition of beauty. What truly makes a woman beautiful is her character. The way she loves, her compassion and creativity, her dreams and desires, her reactions to moments of importance, and the purity of her emotions. Her body is a gift to her future husband and it is to be appreciated within a marriage, not objectified on a screen.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)

4. “Your sexuality is connected to your spirituality.”
   “Sex was created by God for a man and woman to experience pleasure and procreation within a marriage. Outside of its purpose, it’s often the culprit of shame, guilt, and trauma. And while sex is the joining of two people, it’s also the connection of two souls. If practiced incorrectly outside of marriage or through internet

5. “Your willingness to watch, fuels someone else’s brokenness.”
   “As consumers, we vote with our attention and our dollars. Like the quote says, ‘What gets rewarded, gets repeated.’ Every moment you affirm a woman’s revealing clothing with your stare, you affirm her value is in her body. Every time you buy a sexually dominant magazine (Cosmopolitan, Maxim, etc), you encourage the creators of it to continue to objectify women. But when you stand for a woman’s worth and even help redefine it, you become a part in the greater story. A story of healing.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)


“6 WAYS TO HELP YOUR KIDS SURVIVE SOCIAL MEDIA”
“Parents today grew up in a completely different culture from their children. Technology has radically reshaped the way we live.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media“, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

“Recognizing this, here are six ways parents can help their kids survive their social media knowledge until the wisdom kicks in.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media“, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

1. “Start at the right age."
   “Every child is different, so there’s no perfect age to jump into social media. You know your children better than anyone else. You’re best equipped to decide when they’re ready to enter the world of social media. Remember, it doesn’t hurt anyone to wait, even if ‘everyone’ is already on social media.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media“, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

2. “Research all the apps.”
“A new social media app debuts seemingly every week. It can seem daunting, but before you allow your children to start on social media, you should know the major channels like Facebook, Twitter, Instagram, Snapchat, and Vine.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

“On top of those, parents need to be aware of newer apps like Kik, Whisper, Yik Yak, Periscope, and YouNow. You don’t have to be proficient at them all, just knowledgeable about what they are and what they do.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

3. “Limit the number of platforms.”
While you should know about as many popular apps as possible, your children don’t need to have them all on their phone. Allow them to spend time on one app and demonstrate trustworthiness before rushing to add more.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

“And before they start using a new platform, make sure you know it well. Learn the in’s and out’s and decide if it’s right for your children. If they aren’t ready for one, then wait until they are before you give them permission.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

4. “Let them know the pitfalls.”
“It’s not about scaremongering; it’s about teaching your children wisdom in all things. They need to know there are dangers when it comes to social media usage. Talk with them about those.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

“What they post as teenagers will still be there when they are 20-somethings looking for a job and 30-somethings with families of their own. No matter what the app says, there’s always a way for someone to see or retrieve what was supposedly deleted.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)
5. **“Know all the passwords.”**

“For every social network they join, you should know the password to their account. That doesn’t mean you check it every day, but it does mean you can if need be.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70)

“It’s like using training wheels to help them learn to ride a bike, you are providing a safety net as they learn to navigate something entirely new. Offer correction and encouragement as needed.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70)

6. **“Show grace.”**

“Think back to your times as a middle or high school student. What type of things would you have posted to social media had it existed then? Hopefully, that can give you a better perspective on your teenagers trying to navigate social media today.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70)

“They aren’t perfect in the real world, so recognize they won’t be online either. When they stumble—because they will—use times of failure as opportunities to learn and grow. Remember, you are trying to discipline them, not merely punish.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70)

“The teenage years have always been tumultuous and adding social media into the volatile mix certainly doesn’t make things easier, but both you and your children can not just survive this time, but thrive in it.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70)

**“Action Items for Protecting our Children from Pornography’s Influence”**

1. “Teach healthy sexuality in a layered, step-wise manner throughout a child’s development. It is best if both the mother and father are involved in teaching male and female children.” (“Safety Net – Resources to
2. “Teach children anatomically correct names for parts of the body.”
   (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

3. “Back your concerns up with actions (In a recent study of 2000+ parents, 84% of parents were concerned about media in their home, but only 27% had taken specific actions to protect their children).”
   (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

4. “Communicate expectations and values around media use, avoidance of pornography (be sure to define it), virtual citizenship, etc.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

5. “Implement a family media pledge (see The Clean & Safe Media Pledge).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

6. “Help children become media literate by teaching them how to discern and interpret media messages (What is the message that is being conveyed? Is the message congruent with family standards? Whose agenda is being presented? What is their goal? Who is the message aimed at? How is the human body being portrayed and why? How do you feel when you see/hear this message?).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

7. “Share our own uplifting and challenging media experiences with our children.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

8. “Help our children know how to deal with boredom, anger, stress, loneliness and sexual feelings in constructive ways. These are common triggers for pornography problems.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

10. “Hold regular family meetings and integrate this topic into discussions when related subjects arise (e.g., integrity, respect, standards).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

11. “Reclaim the word ‘adult’ as something ennobling and worthy of respect (e.g., say ‘sexually explicit material’ vs. ‘adult material’ or ‘adult store’).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


13. “As a family, brainstorm practical ‘fire drills’ for when encounters with inappropriate media arise (e.g., change scenery/situation; go find a family member or friend to be with; identify needs and how to meet them in healthy ways).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


15. “Perform a media inventory in your home (Review movies, Internet use, magazines, books, music and images. Honesty assess if there is anything in your home, car, office, cell phone or computer that could be dangerous for you or members of your family. If there is, discard these items as soon as possible.).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
16. “Set strict guidelines around gaming, especially online gaming (the pornography and gaming industry are close cousins and work together to groom young/future consumers).” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


18. “Implement some technology-free zones or blocks of time (e.g., during dinner or while driving together).” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Keeping Kids Socially Safe Online” (Andrea Eldridge, ContentWatch)

“Monitoring and Guiding Kids’ Use of Social Media”
“Nowadays, if you’ve got kids old enough to walk and talk, you’ve got kids old enough to use the Internet and they’re probably better at it than you are. Modern kids grow up with technology interwoven into most major aspects of their lives - entertainment, education, and, yes, even social relationships.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_packet.pdf)

“It used to be easy to meet your child’s friends (and their parents) when they lived across the street, but what do you do when they live halfway across the world or your child doesn’t even know them by their real name? There are a few common-sense ways to make sure that your child’s online social interactions are building safe, respectful friendships and not getting them into trouble, and fortunately, many of the same old rules we learned as children still apply.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_packet.pdf)

“Don’t Talk to Strangers: Sites like Facebook are for social networking, meaning that most of the people your child is meeting will be real-life friends and friends of real-life friends. Teach your kids to be very cautious about who they ‘friend’ - you can even scan their ‘friends’ list to see notations of how many ‘mutual friends’ each person shares with your child - if the person they are friending doesn’t know any of their other friends, talk to your child about who that person is and how your child met them. Your child’s online friends should be just like their real-world friends - they should be willing to let you ‘meet them.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_packet.pdf)

“If You Can’t Say Anything Nice....: Make sure your kids understand that their online speech is just as real and lasting as anything they would say to someone in person. Some kids will post comments online that they would never say to a person’s face, because of the greater feeling of anonymity. Explain to your children that what they write online is sometimes even more permanent than what they say out loud, because other people can easily copy and “repeat it.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_packet.pdf)

“Hold Hands When Crossing the Street: Ideally, young children’s initial online activity should be at the family computer, with a parent by their side. Just as you spend time teaching your child to navigate the real world safely...
you, as a modern parent, must also spend time teaching your child to navigate the digital world safely. Set online safety rules like ‘Don’t give your personal information’ and ‘Don’t click on offers for FREE stuff’ and make sure your child can repeat these rules, just like you’d watch them to see that they’ve learned to look both ways before crossing.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Listen to the Babysitter: Internet monitoring programs like NetNanny will allow you to set all sorts of parental filters for your children’s Internet access, as well as giving you detailed reports of how and when your child is accessing social media (facebook, twitter, etc.). To prevent your kids trying to find ways around the filters, it helps if they understand that the program is like an online babysitter - it’s there to enforce the rules the parents set while the parents are away, and it’s there to help the child while they are still learning to ‘babysit’ themselves. Your kids should know that they can come talk to you about any ‘rules’ (filters) you have set and why.

“The modern child’s life may be more technology-geared than most parents are comfortable with, but with good communication, clear boundaries, and a set of common-sense rules, you can teach your child to navigate the online world as safely and successfully as the real world.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography Basics”

“How can I protect my child from pornography?”

“Education is essential in helping children become aware of the dangers involved with using pornography. Most people do not know that viewing pornography can quickly turn into a lifelong addiction that is extremely difficult to overcome. Teach children what to watch out for and how to respond when they encounter pornographic images or information. Regular, open communication about pornography with family members reinforces the commitment to core values and family rules that are established and agreed upon.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Careful consideration should be given when determining what kind of internet access to give children with phones, games or computers.
Parents need to monitor the use of electronic devices. Vigilance is required even after taking precautions. Parents should be aware that 79% of pornography is viewed in the home—either their own home or that of a friend—so they need to establish rules regarding internet use. Although filters will not prevent a child from viewing pornography if that child is determined to do so, it will provide an initial delay and block most easy or accidental access. Having discussions about media use, posting guidelines for computers, and drafting a family pledge signed by all members may be beneficial. Additionally, watching for negative changes in a child’s behavior is important. If any such changes are noticed in a child’s behavior or a parent is concerned about possible pornography use, it is important to talk to the child and get help immediately if needed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What can I do in my home to increase internet safety?”

“Individuals and parents can do many things to safeguard their homes from the harmful influences found on the Internet. While there is no foolproof system, some simple steps can help to reduce the risk of family members seeing encountering pornographic materials. Please visit www.salifeline.org for more information.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Become educated about computers and how the Internet works. Your Internet browser allows you to view a history of sites that have been visited (although the history can be deleted).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Place computers in high-traffic areas of the home. Kitchens and family rooms usually have the most traffic. Because these rooms usually do not have doors, they are typically less secluded than bedrooms. Position computer monitors so the screen faces outward for public view.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Install Internet filters on electronic devices. Learn their features and how to use them. Good filtering programs have an un-erasable history of websites (including chat rooms) that have been visited and
when they were visited. They can also provide a record of incoming and outgoing emails. Some filters allow you to password-protect the Internet or certain types of websites. Others allow you to set limits on when the Internet is accessible.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Teach family members about the dangers of Internet pornography, including how to escape if an inappropriate site is accidentally accessed. Usually it is recommended to just push the off button to shut down the entire system or to walk away.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Teach family members to tell their parents if they encounter any form of pornography while on the computer or elsewhere. This will help reduce the fear or shame of accidental exposure. It also serves to open discussion about the dangers of pornography.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Teach family members to use the Internet for a specific purpose only. Aimless surfing makes it easier to happen to come across inappropriate sites.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Teach children not to share any personal information online without parental knowledge and permission. Many predators pose as children to gain access and to information that may put children at risk.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Teach family members never to open email from anyone they don’t know. Even emails apparently from those you know could be a problem.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Some key steps to take to protect your child when she’s using the internet include:”


8. “Put filters on all devices (i.e., Covenant Eyes)” (Josh McDowell, August 8, 2015)


“What Fewer Christians in America Means for Christian Parents”

1. “Parents will need to intentionally make their kids less comfortable in their faith.”

“We need to help our kids handle their faith like a kaleidoscope: They should hold it up to the light, spin it around, and examine it from many different angles to fully understand what it’s all about.”


2. “Many parents will need to relearn the difference between good values and Christianity.”

“The world, however, doesn’t need Christianity in order to have well-behaved citizens. The world needs Christianity because it’s the truth of where we came from, our sinful nature, the problem of separation from God, and the good news of reconciliation through Jesus.”


3. “Parents will have to stop ignoring the tough parts of the Bible.”

“A critical part of making sure your kids understand the real gospel (and not a value-based proxy) is studying the Bible with them.”


4. “Parents will need to answer tough questions about Christianity and other beliefs starting at a much earlier age.”

5. “Parents will need to give their kids good reason to have thick skin about their beliefs.”

“In an increasingly secular world, kids will see and hear the media mocking their beliefs. They’ll experience their friends’ jokes about faith. They’ll be challenged by unbelieving teachers and professors who claim the authority of knowing that religion is just wish-fulfillment and a by-product of evolution.”


6. “Parents will need to more explicitly help their kids ask the right question about competing worldviews.”

“As America becomes less Christian in general, kids will encounter a greater diversity of claims about the nature of reality. Some people will say there is no God; some will say there’s no way to know if there’s a God; some will say there’s a God but any religion can lead you to Him; some will make generic claims about being spiritual but not religious; some will mysteriously say they have their own beliefs; some will say there’s only one way to God, but that it’s a way other than Christianity.” (Natasha Crain, “What Fewer Christians in America Means for Christian Parents”, Natasha Crain, September 23, 2015, http://christianmomthoughts.com/what-fewer-christians-in-america-means-for-christian-parents/)

“Educating young people about porn and the brain is challenging, but possible. In fact, learning about the reward circuitry helps kids understand all addictions, including junk food (obesity). To this end, a free audiobook directed to kids and their parents to help both understand the risks of porn addiction in terms of its effects on the brain can be heard here: ‘Things You Didn’t Know About Porn.’” (Slide presentation of excerpts: www.youtube.com/user/BodyWisdomVideos#p/a/u/2/aJLRTL7w5qA Full audio file: http://www.reuniting.info/download/misc/ThingsYouDidntUK.mp3) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)
“Parents must be equipped to learn how to talk about sexuality to their kids and given tools to protect their children from the dangers of unfiltered and unaccountable Internet usage that children and youth now see on tablets, smartphones, and iPod Touches.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“The best tools, though, remain close adult supervision and thoughtful conversations. Since children are known to begin looking up sexually explicit material around puberty, it is a good idea to start having these conversations before they reach puberty. An effective household rule is not allowing media devices in children’s bedrooms, so parents can keep closer tabs on the material their children are viewing. However, spying on your child’s Internet activity could alienate them and spur them to become even more secretive, whereas asking them about it can lead to a more productive and honest dialogue.” (Shimi Kang, M.D., Contributor, January 16, 2017, U.S. News, “Why Parents Need to Talk to Their Kids About Porn”, http://www.drshimikang.com/2017/01/16/why-parents-need-to-talk-to-their-kids-about-porn-2/)
#14 REWIRE YOUR BRAIN

“Rebooting”

“Hussey said that in addiction therapy, it’s important to get to the root of the purpose the addiction serves. ‘Does it help them manage anger, loneliness, stress, relationship conflicts—these are big reasons why people use addictive processes and substances,’ he said. ‘They work very well to manage stress.’ Socially awkward guys who are lonely, stressed and bored might turn to alcohol, porn or cocaine for a distraction, he said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Like Middleton, David also struggled with an alcohol addiction and other internalized battles. When he decided it was time to get off porn, he had to quit the booze if he was going to commit. But porn proved to be a harder habit to kick. ‘I’ve been sober in all of this time, but the porn site has been a lot of struggle,’ he said. ‘It’s completely different than alcoholism … [with it] being a substance … but porn, all the images, the videos, everything, they’re still in my head.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“David started his recovery in January 2012. A few months earlier, he saw the movie ‘Shame,’ about a sex addict, and while David wasn’t sexually active, he felt strangely connected with the main character. It hit him one day when he was driving home on the highway, at 60-70 mph, searching his phone browser to get videos ready to watch when he got home. ‘I could see myself, at the affliction of how obsessed I have become that I don’t care about my own life, anybody’s life, all I want is to have…these videos open the moment I open my door,’ he said. ‘That I would say was a painful moment—the moment of painful realization of how much powerlessness I have. It was just compulsion beyond my comprehension.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“He started seeing a therapist and began 12-step programs in the city for alcoholism and porn addiction. During the therapy process, he discovered that he was sexually abused as a child. Although a gay man, he didn’t watch gay porn—it was usually with men and women, but moreover, it was an escape. ‘Maybe in a way, I was trying to hide from everybody, and the moment I found porn, I found the one thing which will keep me isolated,’ David said. ‘I was really afraid of people, and I thought that if I can keep

“Today, David doesn’t have Internet access at home. He uses security apps and works with his provider to help foolproof his phone, blocking any pornographic images from the server end. He has friends, goes on dates and has made a commitment to go dancing once a month. He said he feels like a teenager. ‘Most refreshing is I think I may be an extrovert,’ he said. ‘I do like people’s company. ... I am this social being who just never exploded.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“About six weeks ago, a small group from Middleton’s church went over to his house for what he thought was Bible study. By the end of the night, he was in an intervention for his drug and alcohol abuse. That week, he started an intensive outpatient rehab program at a Hazelden Betty Ford Foundation clinic. He goes four days a week for three hours in the evenings. On Facebook, he came across Fight the New Drug, a nonprofit whose mission is to raise awareness of the ‘harmful effects of pornography.’ He said it’s really opened his eyes to get sober. While the values the anonymity of addiction programs, he chooses to be open with friends and family. ‘Every time I take a stand to grab more control over my life and let people in, I feel less shame, and more confidence.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“For Kevin, help was at nofap.com, which has a following on Reddit of more than 160,000 ‘fapstronauts’ (followers). The site refers to recovery from porn addiction as “rebooting” and challenges users to refrain from porn, masturbation and maybe even sex altogether for a period of time. Kevin started April 7, and already he feels like a different person. He feels more confident, procrastinates less and feels like he has more testosterone. He said he thinks his ED has gone away and described random erections in the middle of the night. However, there have been struggles in his recovery. The hardest part: ‘Dealing with the anger of not finding it before while I was still with the person I really wanted to be with.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Hussey said it’s important for anyone with an addiction to work with an individual psychotherapist. ‘They need to get to the underlying causes of
why they ended up addicted in the first place,’ he said. He also recommends support groups, such as Sex and Love Addicts Anonymous, which, he said, takes on ‘healthier attitudes toward sex in general.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘You don’t have to be isolated anymore,’ David said. ‘You are a social being, and you deserve a full social life. Come out, ask for help. ... There is help out there. Just opening the door is all it takes.”’ (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Pornography is a difficult issue for the politically nuanced to get right. On the one hand, its regulation could be deemed to limit freedoms and can smack of Daily Mail-style moral panic. On the other, an increasing body of evidence suggests that porn is having a dangerous and as yet unquantified effect on the brains of those who use it.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“One of the most effective ways to break an addiction is to get a laser like focus on something else that you have always wanted to do or try.” (“Is it bad to watch porn? – The Impact of Pornography Addiction”, The Social Costs of Pornography, Accessed 4.24.2017, http://www.socialcostsofpornography.org/)

“How Do You Cure Hypofrontality?”

“To bring the prefrontal lobes back into working order, a two-pronged attack is needed: (1) the old neural pathways must be starved, and (2) new neural pathways must be built and fed, increasing dopamine levels in a way that build up the prefrontal cortex.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

1. “Starve: Stop All Pornography and Fantasy”

“Don’t give into the urge to look at porn. As the prefrontal lobes are given plenty of time to rest, executive control will be strengthened over time.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
“This advice feels to many like a catch-22. ‘You tell me I’ve killed my willpower by looking at porn. So now the way to increase my willpower is by willing myself not to look at porn. How does that work?’ Isn’t that like telling the alcoholic to ‘just stop it’?” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“The big difference between ‘just stop it’ and a conscious effort to rewire your brain is this: The man being told to ‘just stop it’ has no hope that the cravings will ever be different. When he hears ‘just stop it,’ he hears, ‘Live with these intense cravings the rest of your life and never give into them.’ To the addict porn is life. Telling him to stop is like telling him to die.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“However, informed by the process of how our brains can change, the addict can avoid porn and fantasy knowing that real change is possible. Change is built into the very fabric of our brains. Change is exactly what our brains are designed to do. When this person abstains from porn, he thinks, ‘Okay, this really stinks for now. I feel terrible. But I will not always feel this way. In fact, I aim to reclaim my brain so I can experience real, lasting pleasure again.’” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Here are some helpful tips for avoiding pornography”

“Redirection – When you feel the urge, get into the habit of distracting yourself with another activity that you can start immediately. This can be as simple as a breathing exercise or journaling your thoughts. It can be as involved as making a meal or going for a jog. It will be difficult to do, but each time you choose to redirect, your brain will build new neural circuits.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Avoid All External Triggers – Remember, you’ve carved a grand-canyon-sized gorge of neural circuits in your mind. It is easy for everyday experiences to become triggers. If the trigger is a specific channel on TV, refuse to visit that channel. If the trigger is
a type of person you see walking down the street, choose to bounce your eyes away from that person. Learn what your triggers are and for the first several weeks or months, completely avoid them—no exceptions.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Avoid Internal Triggers – External triggers are things you experience in the world. Internal triggers are emotions or states of mind. For some, when they feel lonely, this has become a trigger for porn. Porn has become their release valve to make themselves feel good. Identify what your internal triggers are (loneliness, boredom, exhaustion, anger, etc.), and create an escape plan when these emotions pop up. Call a friend. Journal your thoughts. Do something creative.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Avoid SUDs – ‘Seemingly Unimportant Decisions.’ These are the rationalizations you say to yourself to get you one step closer to porn. ‘I’m just going to see what’s on TV.’ ‘I’m just going to check my e-mail.’ ‘I’m just going to get on Facebook.’ Get honest with yourself and learn what your SUDs are. Be ruthless against these rationalizations.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Avoid Inactivity – Fill up your social calendar to the brim. Refuse to give yourself an open window.”


2. “Feed: Build Up Your Brain”

“Much like a muscle, the more you exercise the prefrontal cortex, the stronger it becomes. The goal is to engage in new habits that will increase your dopamine and dopamine receptors.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Meditation – Making a habit of meditation has been shown to increase dopamine release up to 65%. Even after only 11 hours of meditation spread over a month, changes are observable. (For a Christian approach to meditation, visit CCEF.org or biblicalcounselingcoalition.org.)” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)


“So if a teen is doing music or sport or academics, those are the cells and connections that will be hard-wired. If they’re lying on the couch or playing video games or MTV, those are the cells and connections that are going to survive…It’s sort of unfair to expect teens to have adult levels of decision-making before their brains are finished being built…The frontal lobe is often called the CEO, or the executive of the brain. It’s involved in things like planning and strategizing and organizing, initiating attention and stopping and starting and shifting attention. It’s a part of the brain that most separates man from beast, if you will…” [Emphasis added] (Judith A Reisman, PhD, The Institute for Media Education & California Protective Parents, Assoc., “Restructuring the Immature Brain” http://www.drjudeithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
#15 WHEN YOUR HUSBAND IS ADDICTED TO PORN

“WHEN YOUR HUSBAND IS ADDICTED TO PORNOGRAPHY”
“For the Husband: 7 Steps to Overcome Pornography Use”

1. **Identify the Damage** – evaluate how viewing pornography has been affecting your life, including obsessive thoughts that distract from more wholesome pursuits, distance in family relationships, and guilt.” ("Life, Love and Family Daily Fact Sheet," Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

2. **Identify Patterns of Temptation** – Identify the locations and activities that provide temptation. Avoid stores that sell pornographic magazines. Use the computer only when someone else is in the room. Purchase software that blocks access to undesirable internet sites and become accountable to someone you trust.” ("Life, Love and Family Daily Fact Sheet," Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

3. **Identify Emotional Triggers** – are there work associates, times of the day, or particularly stressful situations that trigger the temptation? Take steps to minimize these triggers.” ("Life, Love and Family Daily Fact Sheet," Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

4. **See it as Sin** – It is important to see the behavior as sin and no longer justify it. Remember that even looking on the opposite sex lustfully is sinful, creating brokenness with God.” ("Life, Love and Family Daily Fact Sheet," Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

5. **Refocus on Christ** – develop a plan to strengthen and deepen your relationship with Jesus Christ. Be accountable to someone for daily Scripture reading and prayer. Memorize Scripture so that you can bring every thought into captivity to the obedience of Christ” (2 Cor. 10:5). ("Life, Love and Family Daily Fact Sheet," Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

7. “See a Therapist Trained in Sexual Addiction Recovery - pornography use can lead to devastating, long-term problems, such as affairs, divorce, other forms of promiscuity, and sexually transmitted diseases. Find a professional who may help you recover from your pornography use and move forward with your life, free of the stronghold of porn.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

“For Those Impacted by Another’s Addiction”
For spouses, girlfriends, parents and others who are impacted by the pornography addiction of another, it is important to find someone you can trust to talk with. Especially for spouses, there can be intense emotions upon discovering that your husband or wife is participating in pornography. Often times the individual viewing pornography will pressure their spouse not to tell anyone regarding their behavior. Keeping silent can create unnecessary emotional turmoil. It is important to be able to talk through the emotions you are experiencing. Find someone you trust. Helpful individuals may include a religious leader, parent, close friend, therapist, or sibling. Speaking with a religious leader, if available, can be particularly useful in helping to put life in perspective and maintain spirituality.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Identify key individuals who:”
1. “Will keep confidences”
2. “Provide a safe place to talk”
3. “Will not negatively judge you or your loved one”
4. “Can offer some support and direction”


“Be respectful of any confidence that is shared with you by your loved one through not broadcasting the pain you may feel to all who will listen. Instead, confide in select individuals who can actually help and support you. Be respectful and discrete about whom you talk to, but make sure that you get the help that you need.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“How does my viewing pornography affect my spouse or loved one?”
Not only does viewing pornography damage relationships, it can also have a direct and destructive effect on the wellbeing of a spouse or loved one. Pornography addiction can destroy a spouse’s sense of being uniquely important to their partner. Many spouses report feeling a sense of betrayal, having low levels of self-esteem, having decreased trust in their partner’s commitment to the relationship, feeling diminished sense of security, and experiencing reduced marital satisfaction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“These negative emotions can manifest themselves in many ways. Wives may try to overcompensate in the hopes of regaining their husband’s attention or approval. Anorexia or other eating disorders are common among spouses of addicts, along with an unhealthy sense of responsibility for the success of the marriage and the addict’s behavior. Spouses may swing between feelings of anger, hatred, anxiety, and unhealthy compulsions to protect their partner and marriage from humiliation. The feelings of hopelessness may even escalate to thoughts of self-harm or suicide.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography addicts frequently exert pressure on their spouses to keep the issue secret. Many spouses feel trapped in an unhealthy kind of isolation because they are unable to discuss their feelings or receive necessary needed support and help. Without appropriate help and counseling, the emotional, physical, and spiritual health of the addict’s spouse may be in as much danger as that of the addict himself.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Typically, how does a spouse respond when they find out about a pornography problem?”
“Feeling intense hurt, sadness, low self-worth, betrayal, anger, or even hatred is common. It is important for spouses to recognize how they are responding emotionally, and to find a trusted friend or family member or ecclesiastical leader with whom they can share these feelings and seek support. It is also important to honestly share those feelings with the addicted spouse.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Keeping things in perspective is important. Having a pornography problem does not negate everything good in the addicted spouse. Still, it is a significant, serious problem and should not be minimized. Remembering positive experiences can help provide motivation to work through the difficult times ahead and apply the necessary effort to save the marriage. It is helpful to try to be calm and compassionate. On the other hand, feeling responsible to change the addict’s behavior or lashing out in anger is not helpful. The addict’s spouse needs help and support as she works through her emotions and sets appropriate boundaries. Getting help will ensure the emotional well-being of the spouse and will aid in repairing the marriage relationship.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Why can’t my spouse just stop viewing pornography?”
“Pornography is addictive. Once the addiction is established it is extremely difficult to quit and it is almost impossible to stop without outside help.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How is the addiction of a spouse/loved one likely to affect me personally?”
“Many spouses of addicts feel a sense of isolation and abandonment after discovering the addiction. It is common for the addict’s spouse to avoid telling others about the addiction, hide her feelings, or pretend that nothing is wrong. She often feels a great deal of pressure to protect the addicted spouse and preserve the image of normalcy. As the addict’s spouse withdraws, it is common for her to feel increasingly lonely and hopeless. Depression and even thoughts of suicide may result.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Discovering an addiction can start a chain of devastating emotional responses. Many spouses of addicts experience intense anger, while others respond by feeling numb and listless. Thoughts such as, ‘How could this happen to me?’ or ‘What did I do to deserve this?’ are common. Many spouses have feelings of guilt or a false misplaced sense of personal responsibility for the addiction. Spouses often experience feelings of low self-worth and fall into thinking, ‘This wouldn’t have happened if I had just been a better wife,’ or ‘If I was were just
more attractive or sexy, this wouldn’t be a problem.’ This type of thinking is often followed by feeling the need to fix the problem and the belief that some action on their part, such as working harder to be pleasant or losing weight, will make the problem go away. When such efforts to fix the problem do not work, feelings of fear, anxiety, hopelessness, and despair increase. Fear and uncertainty about the future—‘What is going to happen? If I were to leave the marriage, what would I do? What about the children? What about our marriage?’—can become overwhelming.”


“As emotional wellbeing deteriorates, spouses often fall into counter-productive behaviors or dangerous coping mechanisms. Spouses commonly try to be the policeman by constantly monitoring the addict or trying to manage his recovery. They frequently become obsessed with looking for ‘evidence’ by checking their spouse’s email, reading their journal, looking for unusual charges on credit card statements, or checking the calls on their spouse’s cell phone. Many develop eating disorders such as anorexia, bulimia, overeating, or under-eating.

“Serious depression is very common. Hopeful feelings like ‘We have finally gotten to the bottom of this and will put this behind us forever,’ alternate with feelings such as, ‘There is no hope for ever getting out of this endless cycle.’ The addict’s spouse may wonder what is wrong and why they she feels so out of control.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How is the addiction of a spouse likely to affect our relationship?”

“Discovering that your spouse is addicted to pornography can turn your world upside down. Many spouses of addicts feel deeply hurt, betrayed, angry, ashamed, numb, sad, depressed, or helpless. Many initially worry that they will never be able to trust their spouses again. Spouses often feel uncertainty and fear for the future.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The cycle of feelings experienced is very similar to grieving for the death of a loved one and may include the following symptoms:

1) “Shock”
2) “Disbelief or denial”
3) “Anger”
4) “Bargaining”
5) “Depression”
6) “Acceptance.”


“Acknowledging, accepting, and allowing those feelings to take their course are important steps. Addicts frequently withdraw and disconnect from relationships. The addict may exert pressure on the spouse to protect his secrecy or to not pursue help. It is crucial for spouses of addicts to get help, regardless of whether the addicted approves.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As the spouse of an addict, what can I do to find healing for my damaged relationship?”

“It is just as important for the spouse of an addict to reach out and get help as it is for the addict. This means developing a strong support network, getting appropriate counseling, participating in a 12-Step program, and having a sponsor. If both parties are willing to do their part in working toward recovery, usually trust can be rebuilt over time and the relationship can begin to heal. The initial focus, however, needs to be on individual recovery. While many spouses of addicts want to jump in and work on fixing the marriage relationship, working to heal the marriage can be ineffective and even counterproductive as long as the addiction and its effects on the addict’s spouse are active and unresolved. It is like pumping air into a tire that has a hole in it. As long as the hole is there, any air pumped into the tire will just leak out. The hole in the marriage needs to be repaired first as each individual gets help. Repairing the marriage relationship will come later. Counseling from a qualified therapist who specializes in sexual addiction is often useful in this process.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Spouses of addicts frequently fall into behaviors that are counterproductive to the recovery process. They may try to control or
compel the addict’s recovery. On the other extreme, they may be so afraid of “rocking the boat” that they will not set boundaries to protect themselves or set consequences if those boundaries are crossed. Relationships have the greatest chance of healing if the spouse focuses on her own individual recovery and well-being rather than obsessing about her spouse. The spouse of the addict also needs to set the clear boundaries and expectations with the addict as well as establish consequences if the boundaries are crossed they are not met.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How do I find hope and healing for myself as the spouse of an addict?”

For the spouse of an addict, there are many things that can be done to more effectively handle the difficult emotions and trauma that may be experienced. The following are five elements to healing that many have found helpful:

1) “Break the secrecy: Develop a support system and find others to safely confide in. This may include a parent, a close friend, a religious leader, and/or a therapist.” (“Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

2) “Become educated: Learn about the nature of pornography addiction. While spouses of addicts can support recovery, it is important to understand that the addict is responsible for the progression of his own addiction and it that cannot be fixed by trying to control the addict.” (“Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4) “Get Therapy: Seek appropriate personal and marital counseling.”
(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

5) “Find a 12-Step Program: Network with the spouses of other addicts. Work the 12 steps of recovery and find a sponsor.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

“What programs and resources are available for me as the spouse of an addict?”

“12-Step programs: S-Anon is a 12-Step program for spouses or other family members, whose lives have been impacted by the behavior of sex addicts, including those with pornography problems. It is allied with Sexaholics Anonymous.”
SA Lifeline: www.salifeline.org

“How do I balance my need for support and healing with my desire to maintain my spouse’s anonymity?”

“For the spouse of a pornography addict, getting the support and help needed is particularly difficult because doing so involves disclosing the addict’s behavior to someone else, and thus breaking anonymity to some degree. One of the most serious side effects of a pornography addiction for the spouse of an addict is that she can either consciously or subconsciously be manipulated into remaining quiet and suffering in silence. It is important to realize that although the addict has control over his actions, he has no right to control his spouse’s behavior. The addict’s spouse must feel free to build a safe support network, to attend recovery meetings, and to seek appropriate counseling. The decision about how much information to disclose and to whom should be made with sensitivity and discretion. Many women find it helpful to share what they are experiencing with a trusted friend, family member, ecclesiastical leader, sponsor, or support group. Indiscriminate disclosure of a pornography addiction is not advisable and can result in adverse consequences for children and others involved.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
“The following are Action Items if your spouse is involved in pornography:”

“Recognize your pain. Do not try to hide or mask it.”

“Approach your spouse about the pornography use”

“If necessary, seek assistance from counselors”

“Learn how to combat pornography addiction together”

“Plan to support your spouse in recovery”

“Establish with your spouse appropriate boundaries and safeguards in your home”


“Am I Making Effective Changes to Deal with My Spouse’s Addiction?”

<table>
<thead>
<tr>
<th>I feel that in some way my spouse’s addiction is my fault and blame myself for his behavior</th>
<th>I recognize that pornography addiction is a serious problem and requires hard work to find recovery. However, I do not blame myself for my spouse’s addiction.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I pretend there isn’t a problem, it is already taken care of, or it isn’t a big deal</td>
<td>I require honesty and transparency from the addict and ask him directly when something is bothering me.</td>
</tr>
<tr>
<td>I believe whatever the addict tells me, even if my gut tells me something is wrong.</td>
<td>I take responsibility for making positive changes in my life.</td>
</tr>
<tr>
<td>I refuse to take responsibility for changing what I can and taking care of myself.</td>
<td>I find help and support from others in dealing with the betrayal and trauma I am experiencing and its impact on me.</td>
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<tr>
<td>I try to deal with my emotions on my own.</td>
<td>I openly share what I think, feel, and am experiencing with appropriate trusted people.</td>
</tr>
<tr>
<td>I keep the addiction secret and fail to seek outside help.</td>
<td>I meet regularly with my ecclesiastical leader.</td>
</tr>
<tr>
<td>I think that only the addict needs counseling, not me; or, I fail to do homework and skip sessions.</td>
<td>I work with a therapist who is trained in sexual addiction – whether or not my spouse wants me to.</td>
</tr>
<tr>
<td>I make excuses for not attending 12-Step meetings for spouses or, quit going once I feel okay again.</td>
<td>I actively attend 12-Step meetings for spouses and work on my own recovery daily.</td>
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| Action | React to
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<tbody>
<tr>
<td>I rationalize that I don’t really need any guidance.</td>
<td>I find a sponsor and work with her regularly.</td>
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<tr>
<td>I neglect or minimize my needs and wants.</td>
<td>I practice self-care daily.</td>
</tr>
<tr>
<td>I bury my emotions, or utilize other addictions such as food or drugs to avoid them.</td>
<td>I allow myself to feel natural emotions, hurt, and anger, and then surrender them to God.</td>
</tr>
<tr>
<td>I persist in believing that God doesn’t care about me.</td>
<td>I seek to feel God’s love for me.</td>
</tr>
<tr>
<td>I deny, minimize, rationalize, or blame others to avoid making changes or letting go of resentment.</td>
<td>I work towards forgiving and letting go of the resentment for the hurt which the addicted spouse has caused.</td>
</tr>
<tr>
<td>I criticize or blame the addict – rather than set boundaries or make changes to protect myself.</td>
<td>I set and follow boundaries to protect myself from my spouse’s addictive behavior and from obsessing about his addiction.</td>
</tr>
<tr>
<td>I make a quick-fix deal: If the addict says he is sorry, I will just forget it and won’t talk about it anymore.</td>
<td>I refuse to accept or enable addict behavior; I look for positive changes – not just promises.</td>
</tr>
<tr>
<td>I obsess about what the addict needs to do, rather than work on my own recovery.</td>
<td>I focus on the changes that I can make, rather than on what I think my spouse needs to change.</td>
</tr>
<tr>
<td>I choose how to act based on my fear of the addict’s reaction, or I respond explosively.</td>
<td>I appropriately share my needs and feelings with the addict instead of worrying about how he might respond.</td>
</tr>
<tr>
<td>I set my level of affection based on what my spouse wants rather than on what I need.</td>
<td>I ask for the space, closeness, or help that I need.</td>
</tr>
<tr>
<td>I go along with addictive behavior, or tell myself that it is okay – or that it is not really that bad.</td>
<td>I work towards extending trust if my spouse is showing behavior that is deserving of trust.</td>
</tr>
<tr>
<td>I use demands, fear, guilt, manipulation, or threats to get what I want or need.</td>
<td>I take care of my personal and family needs.</td>
</tr>
<tr>
<td>I do it all myself – even if I’m overwhelmed, and constantly demand perfection from myself.</td>
<td>I set small measurable goals for myself and work for progress – not perfection.</td>
</tr>
<tr>
<td>I do not put in the time and effort to deal with the problem, or fail to set realistic expectations.</td>
<td>I accept that healing from the effects of my spouse’s addiction is a long process that will take time and effort.</td>
</tr>
</tbody>
</table>


“While anyone can struggle with porn addiction, the overwhelming majority of porn users are men. These questions can help you identify red flags indicating involvement in this highly addictive activity:
• Is his body language open and does he respond appropriately to questions? Does your husband look you in the eyes when speaking?
• One lie often leads to another. People may give very complicated answers or different answers to simple questions than the day before.
• Does your mate have appropriate boundaries or seem to live in constant drama and chaos? He may ask you to do strange things like videotape or take pictures of yourself getting out of the shower or at intimate moments.
• Does your spouse excessively use inappropriate sexual humor and innuendos in conversation?
• Is your spouse preoccupied with sexual behaviors or constantly wanting to push the boundaries and experiment sexually in questionable ways?
• Does he exhibit inappropriate anger that appears to come from nowhere? For example, if you ask him about household cash flow or what time he will be home, he explodes.
• Has he lost interest in you sexually or has his demand for sexual activity increased, but he is obviously not engaged emotionally during sex? Sex at this point is not about intimacy, but about control, power and what he can get you to do.
• Do you seem to constantly have money problems regardless of how much money comes in?

If you or someone you love is struggling with a pornography addiction, click here to learn about some resources for the battle. ("9 Warning Signs of Porn Addiction", First Things, Accessed September 26, 2017, http://firstthings.org/warning-signs/)

“SPIRITUAL HEALING IN THE MIDST OF A HUSBAND’S ADDICTION TO PORNOGRAPHY”

“A short time ago, while posting a poem titled ‘I Looked for Love in Your Eyes,’ I lamented that while there are many, many books written to help men overcome an addiction to pornography, there is very little written to help the women who have been victims of a husband’s addiction. Shortly after I received an email from Vicki Tiede who has written just such a title. Her book, titled Mosaic Heart: Spiritual Healing in the Midst of a Husband’s

“I asked Vicki if, in the meanwhile, she’d be willing to do an interview to offer some words of help to women who are struggling with the effects of their husband’s sin. She was kind enough to do so. Here is what I asked her:

“What is the scope of this problem? How many women are struggling with the effects of a husband’s addiction to pornography?”


“From a wife’s perspective, is there a difference between an addict and a more casual user? Should there be?”

“This is a great question. First let me give you a technical response and then I’ll give you a heart response. The term ‘addiction’ implies that there is a progression, tolerance, and an inability to stop the behavior even when there is a desire to stop. A single act of viewing pornography would not be an addiction. However, a ‘casual user,’ indicates more than a single act and I would suggest that a ‘casual user’ is already on the slippery slope of addiction. Pornography has a snowball effect; what may begin as seemingly ‘innocent,’ occasional visits to a porn site often slowly increases to greater frequency of visits and for larger amounts of time.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Sadly, this increased exposure to porn results in desensitization and tolerance, so when free internet pornography no longer satisfies their supposed needs, some men expand their repertoire to include subscription pornography, massage parlors, strip clubs, prostitutes, hotel rooms, and travel expenses for clandestine affairs. So to answer your initial question - Is there a difference between a one-time exploration and an addiction? Yes. Is there a difference between an addict and a more casual user? No,
there is not enough difference to suggest that we can dismiss casual use as harmless.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Now, here’s the heart response of a wife … I would ask the question, ‘Is the betrayal any less heartbreaking if a husband only has an extra-marital sexual affair ‘once in a while,’ and he insists he can ‘stop having affairs anytime he chooses to do so,’ than if he seeks sexual fulfillment from someone other than his wife several times a week and can’t stop himself?’ It seems ridiculous to even answer such a question, doesn’t it? Whether a man claims to be a casual user of porn or is addicted, his wife still experiences the same feelings of rejection and loss.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“To be honest, in my book I tell women that they should thank God if their husband is struggling with his addiction to pornography. That struggle is an indication that the Holy Spirit is at work. It’s when a husband feels no conviction for his sexual sin that hope seems harder to hold onto.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“What is the struggle of women whose husbands are battling (or perhaps given over to) pornography? What do men need to know about the way a husband’s use of pornogrpahy tends to affect his wife?”

“When the truth is unveiled about a husband’s addiction to lust, self-gratification, and pornography a wife needs to take time to grieve her losses, of which there are many. They don’t need to pretend everything is okay, when it’s absolutely not. Topping the list of losses is trust. She trusted her husband enough to share everything with him—her heart, mind, and body—and that’s been betrayed. I spend a lot of time helping women wrestle down this issue in my book.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Many women also lose financial security and health. When most people grieve losses (i.e. in the case of a death), they are able to share their pain with friends and family who are aware of their suffering. Grief resulting from betrayal is unfortunately usually very private, covered in secrecy and shame. I sincerely want women to know that they are not alone and I equip

“It’s also very normal for the wife of a porn addict to feel suffocated by feelings of fear, need for control, guilt, anger, and dependence on her husband for her happiness and sense of self-worth. In my book, we walk through the process of surrendering those feelings and replacing them with healthy alternative, which are grounded in Scripture.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Finally, it stands to reason that when a man chooses to burn the midnight oil looking at computer-enhanced images and engaging in self-gratification rather than enjoying real intimacy with his wife, there are going to be significant repercussions in the marriage bed. Consequently, often much healing is necessary in the area of sexual intimacy.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“When writing on this topic, why do you focus on spiritual healing? What about other types of healing (emotional, sexual, etc)?"

“My prayer is that a woman will focus her eyes on the God of Hope, rather than basing her hope and happiness on her husband’s choices. Learning to allow God to meet her greatest needs is a long and learned process, probably longer than the amount of time it will take to go through my interactive book. It’s a slow dance through brokenness in the arms of the Almighty. I know. I’ve been in her shoes and I’ve learned the intricate steps to finding Hope in the midst of a husband’s addiction to pornography.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“As a woman works her way through the book, learning how to let God heal her heart, she will also be dealing with her damaged emotions and painful sexual experience—total healing.” ("Spiritual Healing in the Midst of a Husband’s Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“More than anything, I want my reader to know she is not alone or abnormal in her experience and the ensuing feelings that come with a husband’s choice to engage in pornography. I do this by providing true, first-hand accounts from 26 other women who have made it through or are

“Mosaic Heart is interactive, giving the reader ample opportunity to engage in Scripture related to the stages of healing her heart. Guiding questions and plenty of white space give the reader a place to process her own story and discover how what she is learning in Mosaic Heart applies to her unique situation. As a result, she is able to redeem the pain of her own sexual betrayal in the wake of her husband’s pornography addiction, and embrace personal and spiritual growth.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“What are two or three things a woman needs to know in order to begin to think biblically about her husband’s addiction to pornography?”

“Only two or three? Okay, here it goes …”

“First, she can’t base her hope on her husband. Throughout the course of the book, many times she’ll hear me say that her hope and happiness must not be dependent on the choices her husband makes every day.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Second, God longs to meet her in the center of her pain. He can handle her tears. He knows her anger. There isn’t a feeling she’s experienced that He hasn’t experienced Himself. He hears her cries for mercy and He will come to her relief. Regardless of how deep her pit of despair, His hand can reach her. She can trust that whatever He allows in her life has eternal value.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Finally, even while she is in the midst of her husband’s addiction to pornography, God is able to collect her broken and fragmented heart and begin creating a work of splendor in His masterful hands. Believe it. It’s true.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)
“What should a wife’s role be in helping her husband overcome an addiction to pornography? What should it not be?”

“I want to be clear about two things. First, *Mosaic Heart* is not meant to give a woman a list of tools and skills to fix her husband. This book is for and about her, not her husband. There are several outstanding nonfiction books that offer general information about what a pornography addiction is all about, however, my book is about healing her broken heart, it’s not a ‘How to cure your husband’s pornography addiction’ manual. God is the only one who can and will heal her husband if her husband is willing to commit to the hard work. Our God, after all, is on a wild rescue mission to restore each of us to a right relationship with him. God can do it. She can’t.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-husbands-addiction-to-pornography)

“Second, despite anything her husband or others might have told her to the contrary, there is absolutely nothing she has done or not done that has caused her husband to choose pornography. Period.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-husbands-addiction-to-pornography)

“Having said that, there are some things she can do to promote a healthy environment for healing. I address these at the end of my book. She can…”

- “Work toward forgiveness. (This is a process, not an event!”
- “Fix her eyes on God and credit Him for the work He’s doing in her heart, her husband’s heart, and in their marriage.”
- “Talk to her husband about true intimacy.”
- “Address the issue of the pornography addiction. Talk about it!”
- “Be extremely sensitive to sexually charged media or resources in their home.”
- “Remember that God appointed the Holy Spirit the task of conviction. She is only responsible for her obedience to the Word of God. She is not responsible for his daily choices.”
“A healthy environment for healing does not include …”

“Acting like the ‘porn police.’”

• “Withholding forgiveness because it feels like a ‘get out of jail free’ card.”

• “Withholding intimacy, especially when healthy intimacy had been reestablished.”

• “Being vengeful.”

• “Ignoring her own issues of sin or brokenness.”

“Being unwilling to separate his addiction from who he is aside from the deviant behavior. He is not all ‘bad,’ just as she is not all ‘good.’”

“It seems that most pornography counseling focuses on helping the man overcome his addiction. Are pastors who counsel men prone to overlook the way pornography may have affected this man’s wife?”

“Yes.”

“Oh, you were looking for more than a one word answer?”

“I think this is absolutely true, but not because they intend to overlook the wife. I believe most available resources focus their attention on the man and how to help them stop their behavior. Many resources specifically for wives, are meant to educate women about the addiction. I wrote Mosaic Heart because I could find not published Christian books specifically addressing the spiritual healing that only God can provide a woman as she seeks total healing in the wake of sexual betrayal.”

“In addition to reading Mosaic Heart and working through the questions in the book, I strongly encourage women to seek professional counseling with a qualified therapist, pastor, or counselor-led support group. To be honest,
many pastors feel ill-equipped to counsel a woman in this situation. I pray this book will provide an additional tool for therapists and pastors to offer wives, and that it will minister to her heart in order to equip her to be a healthy partner, which in turn promotes a restored marriage.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-husbands-addiction-to-pornography)

“What would you say to the woman who can’t wait a year for your book?”

“To gain understanding about the addiction, I recommend the following book and website:”

“I wish I could send every woman to her home church, but I’m hesitant to do so. I am well aware that some churches take the ‘medicate the symptoms’ rather than ‘acknowledge and address the disease’ approach when faced with issues like pornography and advanced levels of sexual addiction in the family. I love the local church and I feel very strongly about submitting to the authority of a healthy local church (emphasis on healthy). However, I encourage women to prayerfully proceed with caution. It pains me to feel the necessity to give this warning, but not all churches and pastors are safe places. I’ve heard too many stories of wounded women going to their church after learning about their husband’s addiction, and receiving counsel that does not promote healing. In Mosaic Heart, I help women discern whether or not her church is a safe place to go for healing. My prayer is that with continued transparency about this issue in churches, more and more churches will become safe places for these women.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-husbands-addiction-to-pornography)

“As the spouse of an addict, what can I do to find healing for my damaged relationship?”

“It is just as important for the spouse of an addict to reach out and get help as it is for the addict. This means developing a strong support network, getting appropriate counseling, participating in a 12-Step program, and having a sponsor. If both parties are willing to do their part in working toward recovery, usually trust can be rebuilt over time and the relationship can begin to heal. The initial focus, however, needs to be on individual recovery. While many spouses of addicts want to jump in and work on
fixing the marriage relationship, working to heal the marriage can be ineffective and even counterproductive as long as the addiction and its effects on the addict’s spouse are active and unresolved. It is like pumping air into a tire that has a hole in it. As long as the hole is there, any air pumped into the tire will just leak out. The hole in the marriage needs to be repaired first as each individual gets help. Repairing the marriage relationship will come later. Counseling from a qualified therapist who specializes in sexual addiction is often useful in this process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Spouses of addicts frequently fall into behaviors that are counterproductive to the recovery process. They may try to control or compel the addict’s recovery. On the other extreme, they may be so afraid of “rocking the boat” that they will not set boundaries to protect themselves or set consequences if those boundaries are crossed. Relationships have the greatest chance of healing if the spouse focuses on her own individual recovery and well-being rather than obsessing about her spouse. The spouse of the addict also needs to set the clear boundaries and expectations with the addict as well as establish consequences if the boundaries are crossed they are not met.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How do I find hope and healing for myself as the spouse of an addict?”

“For the spouse of an addict, there are many things that can be done to more effectively handle the difficult emotions and trauma that may be experienced. The following are five elements to healing that many have found helpful:”

1) “Break the secrecy: Develop a support system and find others to safely confide in. This may include a parent, a close friend, a religious leader, and/or a therapist.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

2) “Become educated: Learn about the nature of pornography addiction. While spouses of addicts can support recovery, it is important to understand that the addict is responsible for the progression of his own addiction and it that cannot be fixed by trying to control the


“What programs and resources are available for me as the spouse of an addict?”

“12-Step programs: S-Anon is a 12-Step program for spouses or other family members, whose lives have been impacted by the behavior of sex addicts, including those with pornography problems. It is allied with Sexaholics Anonymous.”

SA Lifeline: www.salifeline.org

“How do I balance my need for support and healing with my desire to maintain my spouse’s anonymity?”

“For the spouse of a pornography addict, getting the support and help needed is particularly difficult because doing so involves disclosing the addict’s behavior to someone else, and thus breaking anonymity to some degree. One of the most serious side effects of a pornography addiction for the spouse of an addict is that she can either consciously or subconsciously be manipulated into remaining quiet and suffering in silence. It is important to realize that although the addict has control over his actions, he has no right to control his spouse’s behavior. The addict’s
spouse must feel free to build a safe support network, to attend recovery meetings, and to seek appropriate counseling. The decision about how much information to disclose and to whom should be made with sensitivity and discretion. Many women find it helpful to share what they are experiencing with a trusted friend, family member, ecclesiastical leader, sponsor, or support group. Indiscriminate disclosure of a pornography addiction is not advisable and can result in adverse consequences for children and others involved.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“PORNOGRAPHY BIBLICAL INSIGHTS”

“In 1 Thessalonians 4:3 God commands us to “abstain from fornication” (KJV). The word “fornication,” from the Greek word porneia, is the same root from which we get the word pornography. Fornication refers to any sexual behavior deviant from God’s moral law. Thus, 1 Thessalonians 4:3 is a command to “abstain from pornography” since it is God’s will that we be sanctified or set apart. Attempting to live a life of holiness and moral purity is a spiritual battle and personal struggle (Romans 7:8-23). But it is not a struggle that cannot be overcome.” (Pornography: Biblical Insights, ERLC, August 4, 2009, https://erlc.com/article/pornography-biblical-insights)

“J. Piper quoted Ephesians 5:25, "Husbands, love your wives, as Christ loved the Church," and parallels Scripture to earthly marriage, saying, "This act of marital sexual union is one of the most intense expressions of the very meaning of marriage; namely, the truth of the words — and I mean words spoken, I pray, in the sexual embrace with your eyes six inches from hers — 'You have I chosen above all others. You alone are the one where I feast with pure and unsullied pleasure. I have eyes for no one but you. I do not run after other women in my mind or in my body. I am utterly devoted to you with my mind, with my eyes, with my body. You alone are my pleasure.'" (Kevin Porter, “John Piper Answers: Is It a Sin to Watch Porn With My Spouse?”, Christian Post, October 27, 2016, http://www.christianpost.com/news/john-piper-answers-is-it-sin-to-watch-porn-my-spouse-171141/#7RtQxZrufZoarpyo.99)

“Piper continued, "That is marriage. That is how the Lord Jesus relates to his bride. That is what you vow at the altar. He has eyes, Jesus has eyes for no other."


Proverbs 5:3-5 – “the lips of an adulteress drip honey, and her speech is smoother than oil; but in the end she is bitter as gall, sharp as a double-edged sword. Her feet go down to death; her steps lead straight to the grave.” (Nate Herbst, “Beating Pornography”, Sermon Central, February 4, 2009, http://www.sermoncentral.com/sermons/beating-pornography-nate-herbst-sermon-on-pornography-131769?page=1)

Proverbs 5:15, 18-19 – “Drink water from your own cistern, running water from your own well. May your fountain be blessed and may you rejoice in

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“Develop good habits: Three main defenses.
Guard your eyes. Job 31:1 – Choose what you’ll look at.
Guard your mind. 2 Corinthians 10:5 – Choose what you’ll think about.
Guard your heart. Proverbs 4:23-27 – Choose what you desire.

“Psalm 119:9-11.” How can a young man keep his way pure? By keeping it according to Your word. With all my heart I have sought You; Do not let me wander from Your commandments. Your word I have treasured in my heart, That I may not sin against You. (Jeff Hughes, “A Blueprint for Purity”, Sermon Central, February 8, 2003, https://www.sermoncentral.com/sermons/a-blueprint-for-purity-jeff-hughes-sermon-on-pornography-54871)


“1 Corinthians 10:13 - No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.” (Nate Herbst, “Beating Pornography”, Sermon Central, February 4, 2009, https://www.sermoncentral.com/sermons/beating-pornography-nate-herbst-sermon-on-pornography-131769)

“James 1:14 - ‘But each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.’” (Nate Herbst, “Beating Pornography”, Sermon Central, February 4, 2009, https://www.sermoncentral.com/sermons/beating-pornography-nate-herbst-sermon-on-pornography-131769)


“1 John 1:7 - But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.” (Nate Herbst, “Beating Pornography”, Sermon Central, February 4, 2009, https://www.sermoncentral.com/sermons/beating-pornography-nate-herbst-sermon-on-pornography-131769)


“Psalm 101:3 ‘I will set nothing wicked before my eyes’” (Emile Wolfaardt, “The Pornographic Battle”, Sermon Central, May 8, 2009,

Psalm 51:7-8, ‘Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice.’” (Matt Froese, “Porn Sunday”, Sermon Central, June 29, 2006, [https://www.sermoncentral.com/sermons/porn-sunday-brad-froese-sermon-on-pornography-92630?page=3](https://www.sermoncentral.com/sermons/porn-sunday-brad-froese-sermon-on-pornography-92630?page=3))


2 Corinthians 6:17-7:1, ‘Therefore come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you.’ ‘I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty.’” (Matt Froese, “Porn Sunday”, Sermon Central, June 29, 2006, [https://www.sermoncentral.com/sermons/porn-sunday-brad-froese-sermon-on-pornography-92630?page=3](https://www.sermoncentral.com/sermons/porn-sunday-brad-froese-sermon-on-pornography-92630?page=3))

“In every law He gives, He gives it not only for His honor but for our good: ‘And now, Israel, what does the Lord your God require of you? He requires only that you fear the Lord your God, and live in a way that pleases him, and love him and serve him with all your heart and soul. And you must always obey the Lord’s commands and decrees that I am giving you today for your own good.’ (Deuteronomy 10:12-13, italics added).” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, [http://www.covenanteyes.com/when-your-child-is-looking-at-porn/](http://www.covenanteyes.com/when-your-child-is-looking-at-porn/))
“Nothing slays the power of sin like confession. James writes, ‘Therefore, confess your sins to one another and pray for one another, that you may be healed’ (James 5:16). In confessing our sins to God, we are promised forgiveness. In confessing sin to others, we are made whole.” (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July, 2016, http://www.covenanteyes.com/brain-ebook/)

“A desire for self-gratification in our first human parents led to their downfall and sin (Genesis 3:5-7). It must be understood that sin exists as a distortion of what is true and good. Pornography is an example of such a distortion; it distorts something wonderful (sex) that God has provided for mankind. God created sex as a wonderful act between a man and a woman, and it is important that we understand why God created sex so that we understand the difference between distorted sexuality (pornography and lust) and biblical sexuality. God created sex as a physical expression of the “one flesh” union between a man and a woman in marriage (Genesis 2:24). It provides intimacy and pleasure within marriage, and leads to the miracle of procreation. It is important that this proper view of biblical sexuality is understood, taught, and practiced.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, https://erlc.com/article/pornography-biblical-insights)

“We are not free, however, to do as we please; we are free to do that which pleases Him (1 Thessalonians 4:1)” (“Pornography: Biblical Insights, ERLC, August 4, 2009, https://erlc.com/article/pornography-biblical-insights)

“The Battle Against Pornography is a Winnable Battle”
“Paul reminded the Ephesians of their former lifestyle directed by Satan (Ephesians 2:2) and indulgent fleshly lusts (2:3). They had been delivered through the grace and power of God (2:4-10). Like the Ephesians, through the power of Christ’s death and resurrection we also are able to put off the old person corrupted by deceitful lusts (4:22) and put on a new person (4:23) created in righteousness and true holiness.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, https://erlc.com/article/pornography-biblical-insights)

“We must present ourselves to Him daily and allow Him to transform our minds (Romans 12:1-2). We must also abstain from that which feeds fleshly lusts (1 Thessalonians 4:3).” (“Pornography: Biblical Insights, ERLC, August 4, 2009, https://erlc.com/article/pornography-biblical-insights)

“We must replace impure thoughts with pure ones. Whatever is true, honest, just, pure, lovely, good, should be our pattern for thinking
“We must recognize that winning the battle against pornography on a personal level is the same as combating any other temptation. Joseph gives us a perfect example of the way to win this battle. When tempted to become involved in an adulterous affair with Potiphar’s wife, he won the battle through following these simple steps:” 

“He kept before him the trust that his master had placed in him (Genesis 38:8-9). God likewise has entrusted to us the opportunity for abundant life in Christ.”

“He saw that such a sin would be not only against his master, but against God (Genesis 39:9). Even before the Ten Commandments were written, Joseph maintained a high moral standard. We must not compromise God’s moral standards (1 Timothy 4:15-16).”

“He separated himself from the persistent temptation of Potiphar’s wife and fled (Genesis 39:12). Many people lose the battle by constantly flirting with temptation.”

“Verses”

“Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.” 1 Corinthians 6:18-20

“The one who commits adultery with a woman is lacking sense: he who would destroy himself does it. Wounds and disgrace he will find. And his reproach will not be blotted out.” Proverbs 6:32-33

“Submit therefore to God, Resist the devil and he will flee from you.” James 4:7
“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.” 1 Peter 5:8

“Be angry, and yet do not sin; do not let the sun go down on your anger.” Ephesians 4:26

“Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.” Isaiah 40:31

“He heals the brokenhearted and binds up all their wounds.” Psalm 147:3

“The Story of Achan (Joshua 6—7)"

“No one would have suspected Achan of privately sinning against the Lord. He was a member of the congregation of Israel, a fine upstanding citizen and an excellent soldier. No one suspected him of this sin; He blended in with the rest.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, http://www.preaching.com/resources/articles/11674938/?page=4)

Achan’s Sin

1 But the Israelites were unfaithful in regard to the devoted things; Achan son of Karmi, the son of Zimri, the son of Zerah, of the tribe of Judah, took some of them. So the LORD’s anger burned against Israel. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

2 Now Joshua sent men from Jericho to Ai, which is near Beth Aven to the east of Bethel, and told them, “Go up and spy out the region.” So the men went up and spied out Ai. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

3 When they returned to Joshua, they said, “Not all the army will have to go up against Ai. Send two or three thousand men to take it and do not weary the whole army, for only a few people live there.” 4 So about three thousand went up; but they were routed by the men of Ai, who killed about thirty-six of them. They chased the Israelites from the city gate as far as the stone quarries and struck them down on the slopes. At this the hearts of the people melted in fear and became like water. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

6 Then Joshua tore his clothes and fell facedown to the ground before the ark of the LORD, remaining there till evening. The elders of Israel did the same, and sprinkled dust on their heads. 7 And Joshua said, “Alas, Sovereign LORD, why did you ever bring this people across the Jordan to deliver us into the hands of the
Amorites to destroy us? If only we had been content to stay on the other side of the Jordan! Pardon your servant, Lord. What can I say, now that Israel has been routed by its enemies? The Canaanites and the other people of the country will hear about this and they will surround us and wipe out our name from the earth. What then will you do for your own great name?” ("Joshua 7", Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

10 The LORD said to Joshua, “Stand up! What are you doing down on your face? 11 Israel has sinned; they have violated my covenant, which I commanded them to keep. They have taken some of the devoted things; they have stolen, they have lied, they have put them with their own possessions. 12 That is why the Israelites cannot stand against their enemies; they turn their backs and run because they have been made liable to destruction. I will not be with you anymore unless you destroy whatever among you is devoted to destruction. ("Joshua 7", Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

13 “Go, consecrate the people. Tell them, ‘Consecrate yourselves in preparation for tomorrow; for this is what the LORD, the God of Israel, says: There are devoted things among you, Israel. You cannot stand against your enemies until you remove them.” ("Joshua 7", Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

14 “In the morning, present yourselves tribe by tribe. The tribe the LORD chooses shall come forward clan by clan; the clan the LORD chooses shall come forward family by family; and the family the LORD chooses shall come forward man by man. 15 Whoever is caught with the devoted things shall be destroyed by fire, along with all that belongs to him. He has violated the covenant of the LORD and has done an outrageous thing in Israel!” ("Joshua 7", Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

16 Early the next morning Joshua had Israel come forward by tribes, and Judah was chosen. 17 The clans of Judah came forward, and the Zerahites were chosen. He had the clan of the Zerahites come forward by families, and Zimri was chosen. 18 Joshua had his family come forward man by man, and Achan son of Karmi, the son of Zimri, the son of Zerah, of the tribe of Judah, was chosen. ("Joshua 7", Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

19 Then Joshua said to Achan, “My son, give glory to the LORD, the God of Israel, and honor him. Tell me what you have done; do not hide it from me.” ("Joshua 7", Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

20 Achan replied, “It is true! I have sinned against the LORD, the God of Israel. This is what I have done: 21 When I saw in the plunder a beautiful robe from Babylonia, two hundred shekels of silver and a bar of gold weighing fifty
shekels, I coveted them and took them. They are hidden in the ground inside my tent, with the silver underneath.” (Joshua 7’, Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

22 So Joshua sent messengers, and they ran to the tent, and there it was, hidden in his tent, with the silver underneath. 23 They took the things from the tent, brought them to Joshua and all the Israelites and spread them out before the LORD. (“Joshua 7’, Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

24 Then Joshua, together with all Israel, took Achan son of Zerah, the silver, the robe, the gold bar, his sons and daughters, his cattle, donkeys and sheep, his tent and all that he had, to the Valley of Achor. 25 Joshua said, “Why have you brought this trouble on us? TheLORD will bring trouble on you today.” (“Joshua 7’, Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

Then all Israel stoned him, and after they had stoned the rest, they burned them. 26 Over Achan they heaped up a large pile of rocks, which remains to this day. Then the LORD turned from his fierce anger. Therefore that place has been called the Valley of Achor ever since. (“Joshua 7’, Bible Gateway, Accessed January 19, 2016, https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV)

Footnotes:

a. Joshua 6:17 The Hebrew term refers to the irrevocable giving over of things or persons to the L ORD, often by totally destroying them; also in verses 18 and 21.

b. Joshua 7:1 The Hebrew term refers to the irrevocable giving over of things or persons to the L ORD, often by totally destroying them; also in verses 11, 12, 13 and 15.

c. Joshua 7:1 See Septuagint and 1 Chron. 2:6; Hebrew Zabdi; also in verses 17 and 18.

d. Joshua 7:21 Hebrew Shinar

e. Joshua 7:21 That is, about 5 pounds or about 2.3 kilograms

f. Joshua 7:21 That is, about 1 1/4 pounds or about 575 grams

g. Joshua 7:26 Achor means trouble.

Isaiah 1:16-17

“Wash yourselves; make yourselves clean;” remove the evil of your deeds from before my eyes;

Josh McDowell Ministry 2019 168
cease to do evil,
learn to do good;
seek justice,
correct oppression;
bring justice to the fatherless,
plead the widow’s cause"

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I Timothy 6:11
“But as for you, O man of God, flee these things.
Pursue righteousness, godliness, faith,
love, steadfastness, gentleness”

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Proverbs 27:17
“Iron sharpens iron,
and one man sharpens another”

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I Timothy 5:8
“But if anyone does not provide for his relatives,
and especially for members of his household,
he has denied the faith and
is worse than an unbeliever”

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“He heals the brokenhearted and binds up all their wounds.” Psalms 147:3


1 Peter 2:18: “arrogant and vain words have a way of appealing to our lustful hearts” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)


Ephesians 4:17-22: “our active giving over to sensuality. Similar passages in I Thess 4:5, 1 Pet 4:3. Assumption is that as we are renewed, reborn we begin to obtain wisdom about the difference between the passions of men versus the passions of God.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

Psalm 78: “God gives us what we want. A history psalm that talks about how God gives his people what they want when they crave after other things and what it results in. He makes what we have unsatisfying: Mic. 6:14, (see also Isa 9:20; Eze. 7:19; 16:28)” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)


Proverbs 7: “Neglecting the cost, becoming dead. The giving over to desire leads to being taken to ‘the snare” without knowing it will cost his life.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

Ezekiel 20:24; 23: “The effects of lust and how even when we see its destructive effect, we still want it. The whole chapter (23) details the impact of repeated giving over to lust. Vs. 20 is quite remarkable in its description of lust.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

Isaiah 57:5: “Idols enflame and enslave. We seem to serve idols but they also serve to enflame passions to do evil” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)
Ezekiel 6:9 “Waking up. Interesting verse that talks about waking up, seeing the destruction idolatry has brought them, (after being taken captive), the “hurt” (NASB) to their God which results in their engaging in self-loathing. Also implicitly, this awakening is how we see God as God.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)


“This gives the brain an unnatural high as surge after surge of dopamine is released. Eventually the brain fatigues, leaving the viewer wanting more but unable to reach a level of satisfaction…begins to seek out novel, more intense porn to get the same high. (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“We now can see on an MRI what the Bible has led us to expect all along—that sin in our members includes, to an extent, our brains.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“The Bible has always taught us to be transformed by the renewing of our minds (Romans 12:2), and now we can literally ‘map’ how our thoughts change the way we see the world.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“The Bible has always taught that sexual sin has physiological consequences (1 Corinthians 6:18), and now we can see some of those consequences under a brain scanner.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“The Bible has always taught us to trump the desires of the flesh with the longings of the Spirit (Galatians 5:16-17), and now we can see the way new, healthy neurological pathways are the key to overcoming old habits.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)
“Remember and believe that by the Spirit, we are united to the One who is dead to sin: Christ is in us. We no longer belong to this sinful age. We belong to the sinless age to come (Romans 6:8).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“Reckon or consider yourself dead to sin (Romans 6:11). You are not dying to sin (a process). You are not commanded to die to sin (an imperative). You are indeed dead to it. United to Christ, your whole identity has changed. So meditate on this. Chew on this. Reconsider it. Get this idea deep into your soul.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)

“Present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness’ (Romans 6:13b). Fighting from our new identity, now Paul tells us to be practical. Present the very members of your physical body to God as His instruments.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)  

“This neurologically describes what the Bible says about how sin permeates the body and mind:”

“Paul writes that slavery to sin does not just stem from the heart, but it is something that finds a beachhead in the very members of our physical bodies. ‘So I find it to be a law that when I want to do right, evil lies close at hand. For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members’ (Romans 7:21-23, italics added).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/)


“Paul says when we give ourselves up to sensuality, it results in ‘darkened’ understanding, ‘ignorance,’ and ‘hardness of heart’ (Ephesians 4:18-19).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain:
“We now can see on an MRI what the Bible has led us to expect all along—that sin in our members includes, to an extent, our brains.”

“The principles Paul gives in Romans 6 for the transformation of our character are of vital importance to a porn addict (or any Christian for that matter):”

• “Remember and believe that, in His death and resurrection, Christ has died to sin. He is no longer lives in this sinful realm (Romans 6:10).”

“Neurologically speaking, this means as we replace old habits with new habits, new neural pathways are formed. Over time we no longer look to porn as our release valve to entertain our idols, but rather we use healthy pleasures as means of delighting in God as the giver of every good and perfect gift.”

“For this is the will of God, your sanctification: that you should abstain from sexual immorality, that each one of you should know how to possess his own vessel in sanctification and honor, not in the lust of depravity, even as the Gentiles who do not know God, and that no man take advantage of and defraud his brother in any matter, because the Lord is the avenger in all
these things, as we also have forewarned you and testified. For God has not called us to uncleanness, but to holiness. Therefore he that despises does not despise man, but God, who has also given us His Holy Spirit’ (1 Thessalonians 4:3-8).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“Husbands, love your wives, just as Christ also loved the church and gave Himself for it, that He might sanctify and cleanse it with the washing of water by the word, and that He might present to Himself a glorious church, not having spot, or wrinkle, or any such thing, but that it should be holy and without blemish. In this way men ought to love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord cares for the church’ (Ephesians 5:25-29).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

“‘And do not let sexual immorality, or any impurity, or greed be named among you, as these are not proper among saints. Let there be no filthiness, nor foolish talking, nor coarse joking, which are not fitting. Instead, give thanks. For this you know, that no sexually immoral or impure person, or one who is greedy, who is an idolater, has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty words, for because of these things the wrath of God is coming upon the sons of disobedience. Therefore, do not be partakers with them’ (Ephesians 5:3-7).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

#17 One Another Verses

**John 13:35 “Love one another”**

- Briefly Define Love “: love means to ‘protect and provide’”
- Mother Teresa went to the poor slums of India, in search of the needy that she might provide and protect them.
- After a powerful encounter with God’s love, Mike and Deena Van’t Hul sold their house, and moved to China. They formed relationships with orphanages, and began to receive children from them that no one else wanted. Children with birth defects, disabilities, mental disorders, etc. They care for them and educate them, and present the love of Christ to them. Many of the children have tragic backstories. They have nothing in return that they can give. [1]

**Galatians 6:2 “Bear one another’s burdens.”**

- Priscilla Shirer, daughter of Tony Evans, speaks of a time that she felt the Lord speak to her about an old friend. She felt the Lord say “Call her. She needs you.” Her friend sounded flustered, and shared how her husband was out, the babysitter was sick, and she was at home trying to work a full-time job, taking care of her three small kids, and tending to household chores. Although Priscilla intended that morning to be quiet time, she immediately rushed over and helped.

- God gave Aaron to Moses. God have Barnabas to Paul. God gave Jonathan to David. These men were to bear the burden of one another.

**Hebrews 3:13 “Encourage One Another”**

- Definition: Giving someone confidence or boldness to do something.[2]
  - “One New Year’s Day a millionaire of my acquaintance, whose pride it was never to offer a tip for any service, faced an unforgettable tragedy. His chief accountant committed suicide. The books were found to be in perfect order, the affairs of the
dead man—a modest bachelor—were prosperous and calm. The only letter left by the accountant was a brief note to his millionaire employer. It read: ‘In 30 years I have never had one word of encouragement. I’m fed up.’”—Gospel Herald[3]

[Share a story of when you encouraged one of your children (Josh I am sure you have a many sports of encouraging your children like Sean and basketball or a batting coach teach a baseball player how to hold the bat when bunting or the quarterback coach showing a quarterback how to hold the ball.): “Recently our 8 year old grandson was learning to play polo and shoot the Q-ball. I would show him by example. Then he would try and hit the ball sideways. Then I would explain about positioning the hand on the table, forming a V-shape and position the Q stick near the pointed end. Then smoothly and slowly sliding the polo stick in the handmade V. Then when comfortable give the Q ball a firm hit with the point of the stick. After several frustrating tries he was able to firmly hit the Q ball. As we began play he would hurry his shot and I would have him retry his shot. After a number of tries he got a good shot and the ball he hit the Q ball against went in the pocket. He gave a big smile. This is an example of God’s encourage His children and the resulting success.]

Hebrews 10:25 “Gather together with one another…not forsaking the assembling of ourselves together…”

- This is why we do church!! And America has it easy when it comes to Christian gatherings.

- Consider all the epistles where Paul tells his audience how he longs to be with them in person.
  - 1 Cor. 16:7 “I hope to spend some time with you, if the Lord permits.”
  - Galatians 4:20 “I wish I could be present with you now”
- Philippians 1:8 “For God is my witness, how I yearn for you all with the affection of Christ Jesus.”
- 1 Thessalonians 2:17 “But since we were torn away from you, brothers, for a short time, in person not in heart, we endeavored the more eagerly and with great desire to see you face to face.”
- 2 Timothy 1:4 “As I remember your tears, I long to see you, that I may be filled with joy.”

Galatians 5:13 “Serve one another through love.”

- This command is bound up in the Kingdom principle that the first becomes last and the last becomes first.
- The Christian pastor and author Jack Frost, speaking about spiritual blessing, said “It is all wrapped up in the principles of honor and submission, of humbling yourself to become faithful with that which is another's, of getting underneath and pushing up, of serving unselfishly and wholeheartedly to build up another with no personal agenda or ulterior motives.”[4]
- John 13:12-15 “When he had washed their feet and put on his outer garments and resumed his place, he said to them, ‘Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. 14 If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have given you an example, that you also should do just as I have done to you.’”

Romans 12:10 “Be devoted to one another.” Lloyd J. Ogilvie says “continued steadfastly” and he quotes Stuart Briscoe who writes this passage as “be kindly affectionate to one another with brotherly love, in honor giving preference to one another” [The Communicator’s Commentary Vol. 6 p 224]

- Devotion is a commitment in a world of uncertainty.
- Acts 2 describes the revival culture of the first church after Pentecost. Is says in verse 42 “And they devoted themselves to the apostles’
teaching and the fellowship, to the breaking of bread and the prayers.”


“Love one another”

Verses— John 3:16; Judges 16:4 2Sam13:4

Illustrations— This is an incredible example of loving one another as Jonathan continually put his life on the line to help David even as Jonathan’s father who was king tried on several occasions to kill David yet Jonathan was willing to face the fiery anger of his father to save his friend and provide his friend with life sustaining supplies. As Paul expresses to the church at Thessalonica (2 Thess. 1:3) “your love for each other is increasing.” Thus it was that Jonathan’s love for his friend was always increasing even as threats by his father on David’s life increased. (What wondrous love is this, oh my soul, oh my soul. What wondrous love is this, oh my soul that the Lord of bless would sacrifice His life for my soul. From a hymn familiar to old generation people.) Jonathan and David

Also David’s wife Michal does incredible things to save David’s life from the king including helping him escape. 18:1 Jonathan became David’s closest friend. He loved David as much as he loved himself; 18:3 So Jonathan made a pledge of mutual loyalty with David because he loved him as much as he loved himself. 18: 4 Jonathan took off the coat he had on and gave it to David along with his battle tunic, his sword, his bow, and his belt. 19:1 Saul told his son Jonathan and all his officers to kill David. But Saul’s son Jonathan was very fond of David, so he reported to David, “My father Saul is trying to kill you. Please be careful tomorrow morning. Go into hiding, and stay out of sight. I’ll speak with my father about you. If I find out anything, I’ll tell you. 19:4 So Jonathan spoke well of David to his father Saul.

19:6 Saul listened to Jonathan . . . Then Jonathan took David to Saul. So David was returned to his former status in Saul’s court. 19:10 Saul tried to nail David to the wall with his spear (but David escaped). Saul sent
messengers to watch David’s house and kill him in the morning. But Michal, David’s wife, advised him, “If you don’t save yourself tonight, you’ll be dead tomorrow!” 19:12 So Michal lowered David through a window, and he ran away to escape. 1 Sam 20:17 Once again Jonathan swore an oath to David because of his love for David. He loved David as much as he loved himself. Clarke’s Commentary Vol II p. 27 [20:3] “Thy father certainly knoweth that I have found grace in thine eyes” {David said this to Jonathan} “whatsoever thy soul desireth, I will even do it for thee.” {Jonathan to David how real and biblical is J’s love for David!} “There is but a step between me and death” 20:34 Jonathan was worried sick about David . . . 20:41 they kissed each other and cried together, but David cried the loudest.

“Jesus and his disciples; no greater love than this that a man lay down his life for his friends. 1 Thess. 4:9 “You don’t need anyone to write to you about the way Christians should love each other. God has taught you to love each other. 2 Thess. 1:3 “We always have to thank God for you, brothers and sisters. It’s right to do this because your faith is showing remarkable growth and your love for each other is increasing.” GWT (God’s Word Translation Green Key) 1 Peter 1:22 love one another: THIS IS OUR RELATIONSHIP CONTEXT IN THE ONE ANOTHERS OF THE BIBLE [Col 3:14 “Above all be loving” GWB] On page 70 Earl F. Palmer vol. 12 p 70 has a diagram with stick figures of people in the middle. He writes on the left side “From the Past’ “because He first loved’ we now love. (v. 19)” He writes on the right side “From the Future” ‘We have confidence for the day of judgement; because love casts out fear’ (vv. 17-18”. And above the figures he writes ‘In the Present’ Because of the Holy Spirit we “know and believe the love God has for us” (v. 16) “From these three sources of assurance we live our lives . . . We must love the real people in the real places where we live . . . a fully involved, definite lifestyle in daily companionship with Jesus Christ.” TCC vol. 12 p 70

1 John 4:9 “God has shown His love by sending His only Son into the world so that we could have life through him.” 1 John 4:10 “This is love: not that we have loved God, but that He loved us and sent His Son to be the payment for our sins.” 1 John 4:11 “Dear friends, if this is the way God
loved us, we must also love each other.” 1 John 4:12 “No one has ever seen God. If we love each other, God lives in us, and His love is perfected in us.” 1 John 4:16 “We have known and believed that God loves us. God is love. Those who live in God’s love live in God, and God lives in them.” 1 John 4:17 “God’s love has reached its goal in us. So we look ahead with confidence to the day of judgment. While we are in this world, we are exactly like Him with regard to love.” 4:18 “no fear exists where His love is. Rather, perfect love gets rid of fear, because fear involves punishment. The person who lies in fear doesn’t have perfect love. 4:19 “We love because God loved us first. . .” 4:20 “Whoever says, ‘I love God,’” but hates another believer is a liar. People who don’t love other believers, whom they have seen, can’t love God, whom they have not seen.” 4:21 “Christ has given us this commandment: The person who loves God must also love other believers.” (See p. 70 drawing) 5:1 “Everyone who believes that Jesus is the Messiah has been born from God. (Whoever believes that Jesus is the Christ is born of God, and everyone who loves Him who begot also loves him who is begotten of Him. P. 72) Everyone who loves the Father also loves His children. TCC vol. 12p 73) “a fourfold relationship . . .

1. There is an upward vertical relationship toward God as our Lord.
2. There is the inner self-understanding that the believer has toward himself or herself, the knowledge that he or she is a child of God.
3. There is the love that the believer has toward the persons around his or her life . . . the persons closest to us are those who share our relationship with God, and the love flows beyond that inner circle of the koinonia toward the world around the fellowship.
4. There is, finally, the relationship of our life to the whole create order around us.” (vol. 12 p 73) These are deeply related to the four-fold relationship:

  - A true understanding of who God is and that He has spoken in His Son Jesus Christ.
  - God’s commandments have to do with our inner self and walk in the light and to be assured of our forgiveness in Jesus Christ.
The third relationship of our lives according to John’s anthropology has to do with our relationship toward the neighbor closest and farthest. We are to live out God’s love toward our brother and sister in Christ and also the neighbor. There is still a fourth relationship, and that is the relationship of the person to heaven and earth that surround our existence. We are to obey God’s commandments in this relationship too. Thus we gain the meaning of our life from God’s decision and not from the created order of heaven or earth. We are to worship God alone.” (p 75)

5:2 “We know that we love God’s children when we love God by obeying His commandments.” 5:3 “To love God means that we obey his commandments. (God’s very love is involved in His commandments) 2 John 5 Dear lady, I’m now requesting that we continue to love each other. It’s not as though I’m writing to give you a new commandment. Rather, from the beginning we were commanded to love each other 6 Love means that we live by doing what He commands. We were commanded to love each other. 2 John 1 “To the chosen lady and her children, whom I love because we share the truth. 2 John 2 “I’m not the only one who loves you. Everyone who knows the truth also loves you.” 2 John 2 “We love you because of the truth which lives in us and will be with us forever.” 2 John 3 “Good will, mercy, and peace will be with us. They come from God the Father and from Jesus Christ, who in truth and love is the Father’s Son.” 2 John 5 Dear Lady, I am now requesting that we continue to love each other. From the beginning we were commanded to love each other. It’s not as though I’m writing to give you a new commandment. Rather from the beginning we were commanded to love each other. 2 John 6 Love means that we live by doing what He commands. We were commanded to live in love, and you have heard this from the beginning. 3 John 1 “to my dear friend Gaius, whom I love because we share the truth.” 3 John 6 “These believers have told the congregation about your love.”

“Bear one another’s burdens.”
Who and how do we bear one another’s burdens, i.e., we do so in prayer: thus pray for one another is the burden we carry for each other. Colossians 3:13 “bear with each other and forgive one another, forgive as the Lord has forgiven you” Ephesians 4:2 “bear with one another”

“Encourage One Another.”

2 Cor. 13:11 “encourage one another” 1 Thess. 4: 18 “encourage one another” 1 Thess. 5:11 “encourage one another Hebrews 3:13 encourage Hebrews 10:24 “Stir one another up to love and good works.” [Or Louis H. Evans, Jr The Communicator’s Commentary (TCC) editor Lloyd J. Ogilvie vol. 10 p. 183] “And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as your see the Day approaching.” Hebrews 10:24 & 25

“Spur one another on to love and good works.” “Gather together with one another.”

1 Peter 4:9 “Offer hospitality to one another” TCC says “Be hospitable to one another without grumbling” (v. 11 p 176 Paul A. Cedar) “Authentic love must show itself in action in practical ways, and hospitality is one of the options. The Greek word for “hospitality” is philoxenos which means to be fond of guests or to be a lover of hospitality. To be hospitable means to share what God has given to us with others including our home, our meals, our resources, and our very lives.” (p. 179) “The early church was comprised of Christian brothers and sisters who loved to share with one another. Luke’s description of that lifestyle of hospitality tells us, ‘They met constantly to hear the apostles teach, and to share the common life, to break bread, and to pray. . . With one mind they kept up their daily attendance at the temple, and, breaking bread in private houses, shared their meals with unaffected joy as they praised God and enjoyed the favour of the whole people.” (Acts 2:42-47 NEB) (p. TCC v11 p 179) This was also a qualification for a bishop or an overseer who was to be hospitable. (1 Tim 3:2; Titus 1:8) As followers of Christ: we delight to share the good things which God has entrusted to us. “1 Peter 4:10-11 As each one has received
a gift, minister it to one another, as good stewards of the manifold grace of God. If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom is the praise and the dominion forever and ever. Amen.” See the four major passages in the New Testament on spiritual gifts Romans 12; 1 Corinthians 12-14; Ephesians 4; and 1 Peter 4. Paul encouraged Timothy to use his spiritual gifts in 1 Timothy 4:14 and 2 Timothy 1:6. Peter says each of us has received at least one spiritual gift “As each one has received a gift.” 1 Peter 4:10 Spiritual gifts are grace gifts of the Holy Spirit given only to those who have been born again of the Holy Spirit. (1 Corinthians 12:3-11) The Greek word for ‘minister’ is diakoneo, which means ‘to serve’ or ‘to minister’. From it we get our word ‘deacon.’ (Acts 6:2-4) [TCC v11 p181] 1 John 1:7

“Fellowship with one another”

TCC says, “God’s truth is not an abstract philosophical ideal to be honored and held up for respectful admiration, but a relationship to be lived.” “We are to experience God’s light upon our own existential pathway, and this makes all the difference.” [p 29 TCC v 1 p 29] Gal 5:13 “serve one another humbly in love” “Be devoted to one another.” “The criterion of Christian freedom is serving one another I love.” TCC v8 pp 107-108 Maxie D. Dunnam edited by Lloyd Ogilvie He writes about Marian Preminger born in Hungary in 1913, “raised in a castle with her aristocratic family surrounded with maids, tutors, governesses, butlers, and chauffeurs. Her grandmother insisted that whenever they traveled, they take their own linen, for she believed it was beneath their dignity to sleep between sheets used by common people. An actress and twice divorced and living in Paris, she got an appointment to see Albert Schweitzer when he was in Gunsback. She listened and turned the pages of music for him. She had dinner at his home and discovered what she had been looking for all her life. When he returned to Africa, he invited her to Lambarene to work in the hospital. She did – and she found herself. There in Lambarene, the girl who was born in a castle and raised like a princess, who was accustomed to being waited on with all the luxuries of a spoiled life, became a servant. She changed
bandages, bathed babies, fed lepers . . . and became free. She wrote her autobiography and called it All I Ever Wanted Was Everything. She could not get the ‘everything’ that would satisfy and give meaning until she could give everything. When she died I 1979, the New York Times carried her obituary, which included this statement from her: “Albert Schweitzer said there are two classes of people in this world—the helpers, and the nonhelpers. I’m a helper.’ It is the way we find ourselves—by losing ourselves, and the criterion of the Christian freedom is serving one another in love.” TCC vol. 8 p 107-108

Hebrews 10:25 “not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.” [TCC v10 p183]

“Greet one another with a holy kiss.”

Romans 16:16; 1 Cor. 16: 20; 2 Cor. 13:12; 1 Thess. 5:26; I Peter 5:14 Greet each other with a kiss of love.; 2 Cor. 13:12 “Paul was not suggesting that this holy kiss be done as an empty gesture but as a sign of agreement, a symbol of the love Christ had given them for each other.” [TCC Vol. 7, p 296] 1 Thess. 5:26 “The ‘holy kiss’ was a customary way of greeting. The custom still prevails; more I other cultures than in ours, of greeting with a kiss on each cheek. Hugging has become a more common greeting in many of the circles I move in, and I find it generally much more meaningful than a handshake. I don’t hug everyone who comes out the door on Sunday mornings. The handshake still has its place. But more and more I find the hug and the kiss o the cheek a beautiful way of expressing genuine love and respect for brothers and sisters in Christ.” [Vol 9, p 102 Gary W. Demarest; editor Lloyd J. Ogilvie TCC] 1 Peter 5:14 “His final words reflect two of the major themes of the Christian faith which are key words in the vocabulary of the Christin family—‘love’ and ‘peace’. He encourages us to greet one another with a kiss of love (agape). This was one of the beautiful customs of the early Christians who related to one another as members of the family of Christ. Paul shared this same instruction in several of his letters, including Romans 16:16 and 1 Corinthians 16:20.” [vol. 11, p 200]
#18 HOW A HUSBAND CAN REBUILD TRUST

“LIFE AFTER PORN: 5 THINGS MY HUSBAND DID TO REBUILD TRUST”

“…forgiveness only requires one. However, rebuilding trust requires two.”

“I gave him a list of practical things he could do that would help me see that he was sincerely striving for purity”

- “Being accountable to other godly men”
- “Submitting to godly marriage counseling and cooperating with anything asked of him”
- “Installing Internet protection and not being on an unprotected computer”
- “Changing cell phone number; getting rid of old contacts”
- “Having no unaccountable time”
- “Giving me a list of all e-mail accounts and passwords”
- “Going to bed at the same time I did”
- “Not watching anything that could trigger lustful desires”


“LIFE AFTER PORN: 5 THINGS MY HUSBAND DID TO REBUILD TRUST”

“Standing in a dark Las Vegas hotel room with my ear cupped to the bathroom door, I heard a voice that I had never heard before. It was the voice of a man ‘chatting with’ and making arrangements to meet with a prostitute later that evening. This was not the man I married eight years ago! Immediately fear seemed to strangle me. My body shook uncontrollably at just the glimpse of the depth of darkness my husband was entangled in.”

“This moment became just the beginning of the unveiling of my husband’s secret life of sexual addiction. I was finally seeing that his ‘little problem’
with pornography wasn’t such a little problem at all. The next few days and weeks became his horrendous unveiling of a lifestyle of infidelity, beginning with pornography and spiraling into a limitless pit of sexual sin.”

“Although there were specific things Michael did that helped rebuild my trust, each action would have been meaningless apart from a foundation of true brokenness and repentance. I had seen lots of tears over the years, but genuine repentance looked very different than anything I had ever seen in him before. No longer was he just sorry he got caught or that he had to face consequences, but he was literally sick over where this addiction had taken him.”

“Of course, I could have forgiven Michael without continuing a relationship with him, because forgiveness only requires one. However, rebuilding trust requires two. It requires a relationship and at least the start of reconciliation.”

“As I worked on forgiveness, he worked on doing anything necessary for rebuilding trust into our marriage. Here are five of those things.”

1. “Commitment to a Full Disclosure of the Truth”
   “Initially there were three major dump-truck type confessions of ‘junk.’ But beyond that, he made a commitment to being a ‘truth-teller every time a memory was triggered.’

   “I got to where I hated the words, ‘Micah, I need to tell you something.’ It was odd. Even though I hated hearing it, those moments of truth were also somehow rebuilding trust. We both knew that if he never disclosed those things, I would’ve never known. Yet he made the continual choice to wipe the slate clean and repair the foundation that had been cracked with lies.”

2. “Took Full Responsibility”
   “His lifestyle cost us a lot. It nearly destroyed our marriage, small business, finances, reputation, friendships, family relationships, and testimony—pretty much everything that was important to us. Previously, he was the king of excuses. After real repentance, however, he no longer tried to minimize, deny, or justify his actions or their consequences. He didn’t try to shift the blame to someone else. Instead, I saw him consistently take ownership of his actions by
humbling himself before others and me, admitting his wrongs, and asking for the opportunity to make the wrongs right.”

3. “Pursued Other Forms of Intimacy Besides Sex”
   “After our separation, Michael initiated a 90-day abstinence period in order to work on building emotional and spiritual intimacy back into our marriage. That time was both fulfilling and draining. It was draining because issues surfaced that we couldn’t gloss over with sex. We had to deal with them. But it was fulfilling because it took the pressure of physical intimacy off the table. It allowed us to actively pursue rebuilding our relationship with physical intimacy as the overflow of our emotional and spiritual intimacy. It also helped to “reset” his brain chemically, and prove to us both that sex was no longer going to be an idol his life.”

4. “Passionately Pursued God”
   “Without a doubt, the most important thing he did to rebuild my trust was passionately pursue God. In his own strength, I knew that I would never be able to trust him again. He’d tried in the past to quit viewing porn on his own. The results were always a deeper spiral of degrading sin. I determined that as long as I saw an active pursuit on his part, and I saw evidences of the Spirit’s work in his life, then I was going to choose to trust. I may not be able to trust him, but I could trust the Lord in him!”

   “This may be a good start, but it’s just that…a start. I can still hear my counselor saying, ‘Trust is lost by the bucketfuls, and gained by the dropfuls. The only way to rebuild trust is by consistency over a period of time.”

   “To anyone looking in, we were a hopeless case. The sin was just too extensive. It took no less than the supernatural power of God and two willing hearts to do the tough work of obedience. That was six years ago. Despite near destruction, our marriage continues to flourish as Michael continues to walk in purity and submission to the Lord.”


“SHOULD MARRIED COUPLES FAST FROM SEX DURING PORN-DETOX?”

“The concept of ‘90 days’ is taken from substance abuse research which has demonstrated that it takes about three months for neurochemistry to reset to normal levels once the substance use has ended.” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/)


“But then Paul adds this addendum:”

“Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control. (1 Corinthians 7:5)”

“Paul here implies that sex in marriage should be frequent. In fact, he says to deny sex to one’s spouse is to ‘deprive’ him or her—this same word is translated ‘defraud’ one chapter earlier (6:8). Sex helps to guard against sexual immorality and a lack of self-control. But he does make the provision that a couple can make a mutual agreement to abstain from sex for a ‘limited time’ for the purpose of being devoted to prayer.” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/)

“Paul is describing a type of fasting. Just as fasting from food was an acceptable way to devote to prayer for a season, fasting from sex was also a custom in Paul’s day.” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/)

“During a sexual fast, the couple is encouraged to practice and develop the habits of non-sexual intimacy. For many addicts, their porn-saturated minds are numb to everyday pleasures and joys. They have lost the ability to simply enjoy spending time with their spouses—talking together, taking walks together, cooking together, praying together. Sam Black writes,”
‘For someone with an obsessive porn habit or an addiction, the focus has been on personal and immediate gratification. The people in porn are used; the porn user gives nothing. Especially for men, porn equates to selfishness that typically extends to their marital life. This even includes the overemphasis men can have of their sexual performance, pride or fear about their prowess, and where sexual performance is equated to their manliness.’” (The Porn Circuit, 33) (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/)
#19 DEALING WITH DESIRE

“PROTECTING DESIRE IN AN AGE OF GLUTTONY”

“These thoughts on living with unfulfilled desire were first published here back on October 20, 2006. Since I am teaching on addictions and the need to protect (no slake nor deny) desire this week, I thought I might resurrect this introduction to a short series on the topic of protecting desire.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“I have a confession to make: desire, not cotton, is the fabric of my life. I crave foods, comfortable living, excitement, time with my wife without interruptions, sex, prestige, freedom from illicit temptations (or is it freedom to indulge without penalty?), free time, obedient children, and employment that doesn’t seem like work. Satisfaction is the name of my game. And with 4 decades of experience in achieving at least partial satisfaction, I still find it ever elusive, never lasting more than a moment in time. Even when I get what I want, it’s never enough. One perfectly ripe strawberry is never enough. My wife’s chocolate cake is fabulous, but I always want one more bite. Another handful of M and M’s would be nice. The thrill I get from accomplishments or public praise is addictive but always fleeting. Desire—it drives me and yet its fulfillment eludes my grasp. It offers hope that the next thing will bring lasting contentment. Yet, far too often it brings pain as satisfaction is just beyond my reach.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“Being a Christian Doesn’t Quench Desire”

“I yearn for things beyond this world. I desire to know God, to be so enthralled by his character and presence that my earthly longings are less captivating. I desire moving worship, ah-ha enlightenment from each bible reading, and prayer times that cause me to feel the very presence of my Savior. I covet the experience of Simeon and Anna whose cravings for a face-to-face glimpse of the Savior were fulfilled. Yet, this yearning for the completion of my union with Christ also brings with it pain. For I must wait for that day and groan, as did the apostle Paul, while we wait in our tattered earthly tents (2 Cor. 5:2). Waiting means contending with an unabating and agonizing thirst for God (Ps. 42:1).” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)
“Though I long for God, I’m caught between worlds. I have a rather short attention span. Only seeing darkly of the life to come, the fleeting joys in this life call for my attention. You see I’m more like Tolkien’s Gollom than I care to admit—a contorted man, torn between a distant good and the desire to have what I want now. Which desire will be my master, “my precious”? This world offers many of us endless choice to satisfy our desires and longings. If you want to get a good sense of this, take a stroll down the aisles of your favorite mammoth bookstore (sipping your favorite specialty coffee of course). Count the number of volumes written to help you discover and maintain a fulfilled life. You can have better sex, become one with your inner self, build better relationships, take the most satisfying vacations, build your dream home, become a better cook, etc. Your local Christian bookstore is equally focused on finding satisfaction. Whether you are in sections on theology, biblical studies, or the family, you will see books to help you find what you are longing for: freedom, peace, satisfaction, fulfillment in your family, in your understanding of the Bible, and in your relationship with God. We want all that and so much more. The goods (comfort, excitement, status, fulfillment, etc.) of this world call us to a life of consumption and so we often respond despite our awareness of how these goods have little more substance than a mirage.” (1 John 2:17). (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“Surely you have noticed that there is no rest with desire. It marches on unabated, unchecked. It drives you to buy the next thing, to glance at the next attractive person, to seek validation from one more person, or to put your hopes in the next phase of your life while you struggle between resisting and indulging the urge. Whether you give in to your desires or rebuff them, it means you live with an ache.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“Living With the Ache”
“Maybe, just maybe, God wants us to live with the ache of unfulfilled desires. Now, don’t misunderstand me. I do not believe even for a minute that the ache you feel is something to be glorified or to be sought after as a spiritual goal. In its best form, the ache is the reality that we are not at home and in the presence of God as we will be in Glory. You and I are camped on the east side of the river Jordan, in a parched land with enemies to the left, right, and rear. And we long for the day when God ushers us into the Land flowing with milk and honey. We live in the
wilderness straining to catch a glimpse of the Promised Land. Like the
Israelites, God takes care of us providing all that we need. We have our
manna and water, but it never quite slakes our thirst for rest. No, this
manna requires faith that God will provide again tomorrow.” (Phil Monroe,
“Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013,
https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“In its worst form, the ache of desire emanates from the pursuit of a life of
comfort independent of trusting the Unseen for sustenance. Again, I am not
saying that our pursuits of beauty, knowledge, peace, intimacy, or comfort
are questionable activities. God has made a glorious world, and our
enjoyment of his creation gives glory to Him. A beautiful sunset, a fine
wine, great sex, a captivating book; all these give glory to the Creator who
made each possible. Consider Solomon’s sage advice: So I commend the
enjoyment of life, because nothing is better for a man under the sun than to
eat and drink and be glad. Then joy will accompany him in his work all the
days of the life God has given him under the sun. (Eccles. 8:15)” (Phil Monroe,
“Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013,
https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“What I do want to communicate about this ache is that the sovereign God
who rules this world has placed us this side of heaven where longings are
our constant companion. In this state of living, we experience His many
wonderful promises and provisions while looking forward for what is yet to
come. While his provisions sustain us, they do not ameliorate our desire. If
living in constant dependence of the Creator part of His sovereign plan,
then our attempts to avoid the reality of the ache is nothing but rejection of
God himself.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian

“Christians have a plethora of books at their fingertips to remind them of
what God is up to and the joys of seeking God with our whole heart.
Without decrying the benefits of books by the likes of David Wilkinson,
John Eldredge, and John Piper (they serve to increase my vision for what
God is doing in my life), I recognize that as they increase my understanding
of God and his character so also do they increase my sense of need for
God and of my own inability to find complete satisfaction. Good books have
a way of increasing my longing for more.” (Phil Monroe, “Protecting Desire in an age of
gluttony”, Musings of a Christian Psychologist, February 19, 2013,
https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)
“Living on the East Side of the Jordan River?”

Yet here we sit. Caught between desire for God and desire for self. How do we live with our desires if we cannot sate or get rid of them? In this age of gluttony, how do we cope with desire? How do we protect our desires from the consumption driven world that demands that we serve our desires at every turn? Just as in the days of Moses, God provides us with his presence and with signposts to reorient our reality. Just as their eyes deceived them (dry, dangerous lands with no sign of water) so do ours. If I do not look out for my retirement; chase the highest paying job possible; if I don’t get married now; have children now…” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“Let’s consider together how God reveals and responds to our thirsts and how he enables us to flourish on the east bank of the Jordan River while we wait for him to bring us into the Promised Land. [To read more on this topic: The First Biblical Image of Desire, Sex and Other Desires in the Bible, Desires God Awry, Protecting Desire with the Means of Grace.]” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/)

“PROTECTING DESIRE 2: FIRST BIBLICAL IMAGE OF DESIRE”

“The mere presence of desire suggests a wanting of something that is not fully available all the time. We want things we do not have. We desire better clothes, bodies, material things, more comfort, connection, or even simplicity. Not long ago, several women in my home fellowship group were bemoaning the isolation caused by hectic schedules and fantasizing about living in a smaller community or at least on the same street where they could share the burden with each other. They should share meal preparation, child-care, and reclaim something lost from life from a generation ago.” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/)

“Similarly, many of us have at one time or another wished to return to the Garden of Eden. Paradise—where simplicity reigns and struggles and thirst do not exist! But this is not the image that Genesis paints of Adam’s existence. Instead, we learn that Adam has work to do and no help in doing it. God himself acknowledges that it is not good for Adam to be alone. Imagine Adam’s growing loneliness as he named the animals, realizing that none could be his mate. Even before any sin entered the world, Adam
struggled with the ache of loneliness, the unmet desire for companionship, and burden of being the only steward of all Creation. (okay, I’ve taken some interpretive liberties but when you read his response to Eve, he must have been missing something!)” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/)

“Imagine Adam’s first sight of Eve as he awoke from God’s surgery. Did he finally feel connected after naming so many animals without finding a suitable companion? Was he enthralled with her beauty? What was it like to enjoy each other’s nakedness without shame or embarrassment? If you have had your first kiss, been engaged, enjoyed your honeymoon night—or just imagined what that might be like—and felt inspired to poetry, you know something of what he must have felt. Sheer bliss! (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/)

“Like a dream turned nightmare, the very next instant recorded in the Scriptures assaults our image of paradise as a place free from unmet desire. Eve notices the fruit from the tree “in the middle of the garden” because it looks tasty and she desires the wisdom that Satan suggests she will obtain. And so ended whatever satisfactions were had from walking with God and living in the land as He designed it. As God describes the curse brought to the whole human race as a result of their sin, He prophesizes that unmet desire will be the hallmark of marriage relationships outside of Eden, “Your desire will be for your husband, and he will rule [lord it] over you” (Gen. 3:16). [Note: Some commentators believe that desire is used here to mean jealousy. In other words, “you will be jealous for his position, but he will use his power to control you”—the picture of warring factions.” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/)

“The Song of Solomon 7:10 provides an image of the conflict removed, “I belong to my lover, and his desire is for me.] From that point to the present, we know that all human desire is tainted if not utterly evil. The storyline of the Bible moves from one form of evil desire to another. It begins with Cain wrestling with jealousy and ends with the image of the whore of Babylon all dressed up trying to cover the evil that she is. And all through the middle, God’s creatures do battle with evil and self-centered desires that would overtake them. Remember the multitude of times the Israelites desire
something other than what God offered; or David desiring another man’s wife; or Absalom and a host of others desiring power and rule; or how about the disciples desiring places of honor; the rich man desiring comfort; Simon the sorcerer desiring prominence; Ananias desiring ill-gotten honor; the Galatians desiring assurance from the law. On and on it goes.”

“But, lest we think all human desire is wrong all the time, we ought to take careful note of some important features of godly desire found in the Scriptures. Tune in tomorrow…” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/)

“PROTECTING DESIRE 3: ADDITIONAL POSITIVE IMAGES FROM THE BIBLE”
“Desire in its Best Forms”
“God is a Jealous, desiring God. How does one describe the unseen, all-knowing, omnipotent, ever-present God? Words and human experience can never do Him justice. And yet, God uses words to teach us about himself. He is just, benevolent, holy, and sovereign. These descriptions evoke images of power, of needing nothing. And God does not need anything for in him everything obtains its life. But notice, he does not only describe himself with terms of power and strength, but also with word that suggest desire and longing. God is not merely patient with us. No, He longs for us and would gather us to him as a hen would gather her chicks (Matt. 23:37f; the entire book of the Prophets). He pursues his wife. He hems her in even when she runs after other lovers (Hosea 2). He “burns” with jealousy for Zion so much so that he returns her to an honor she does not deserve (Zech. 8:2-4), even paying the price himself for remarriage. If God desires us, longing for the glory he deserves from his creatures, then desire is not just something that we should resist.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/)

“God cares about and fulfills our desires. You cannot accuse God of being an ascetic or uncaring of your desires. We see numerous references to God’s attention to our desires. The Psalmist reminds God that he hears
the desires of suffering people (10:17). He not only hears but he also acts. In Psalm 20 and 21, David sings of God’s hand in bringing about the desires of his heart. In Psalm 37 David clarifies the relationship between human desires and God’s response. When we delight in God, he delights to give us our desires (see also Matt. 5:6). He is a father who dotes on his children. He gives good things that satisfy (Ps. 103:5). Jesus picks up on this theme and reminds us that if we, who are evil, give good gifts to each other, then will not God, the creator of the universe, give good gifts to those who ask (Matt. 7:11)? Are you not yet convinced that God delights to fulfill your desires? Then listen to David as he bursts forth in song, “You open your hand and satisfy the desires of every living thing…He fulfills the desires of those who fear him; he hears their cry and saves them” (Psalm 145:16,19).” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/)

“I can hear your objection. "But wait", you say, “There are many desires that God never fulfilled for me. If he longs to fulfill our desires, why didn’t he fulfill mine? Why do I feel so empty? I want to be healthy, married, a parent, happy, content, but my prayers seem to hit the ceiling and return to me.” I do not dispute that living in the wilderness leaves much to be desired. The misery of living in this sin sick world multiplies daily. Yet, did not God provide for your desires today? Did you not eat? Did you not find momentary rest for your weary body? Did you not see his beauty reflected in something or someone? Ah, we are exposed. We grow complacent with God’s good gifts. They aren’t gifts in our minds, just something that everybody gets. We are far too often like the Israelites in the desert. We overlook the good things God gives us and obsess on what he did not give. God’s good gifts are no accident or afterthought—some sympathetic gesture to a waif. Rather he gives them out of the overflowing desire for his own glory and for the completion of all that he has willed. Every good gift you have received has come because God has ordained your existence in an abundantly provided world (see Ps. 65). He supplies you with your food and with whatever joy, peace, laughter, and righteousness you have experienced.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, 196)
“Fulfilled desires are sweet. “Hope deferred makes the heart sick, but a longing fulfilled is a tree of life…a longing fulfilled is sweet to the soul” (Prov. 13:12,19b). These brief proverbs remind us of what we already know. When we do fulfill our desires, it is a satisfying moment. Even illicit gratification is satisfying, even if deadly. “Stolen water is sweet; food eaten in secret is delicious” (Prov. 9:17). Why else would we go back for more? When our desires are filled, we are comforted and secure. God comforts the brokenhearted and to satisfies them with his bounty (Jer. 31:13-14). Satisfaction also brings joy and gladness. Moses supplicates, “Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days” (Ps. 90:14). Satisfaction brings knowledge. The children of Israel, once filled with manna know that the Lord is their God (Ex. 16:12).” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/)

“Sexual desire is complex, compelling, and good. Why would God put the Song of Solomon in the Bible? Wouldn’t it be better to use that space to tell us more about himself? What purpose does an erotic book detailing the urges and orgasms of an anonymous couple serve the kingdom of God? The man spends numerous lines waxing poetic about her genitalia and how he wants to play with her. She shivers and aches for her climax. No, this is not a harlequin romance novel. In fact, it is probably more erotic and explicit about sexual desire than our English translations will admit. Those who try to spiritualize the text to mean only something of how God feels towards his church surely do God an injustice. And what of the mysterious phrase that appears in the book on three occasions, “Do not arouse or awaken love until it so desires (2:7; 3:5; 8:4)? It would seem to indicate that one must be careful with love and the power it wields. If you are not careful, your appetites may overwhelm you.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/)
“No really, its best form. As good as sexual desire is it pales next to desire for God and being united with Christ. The Psalms are full of descriptions of longings for God. David cries out for God, for his ways, his wisdom, and his presence. How are these depicted? There are numerous depictions of this desire as cries of one who is thirsty and longing for water (e.g., Ps. 42:1; 63:1, 143:6.). In the New Testament, Paul records a similar sentiment. We groan while we are in this “tent” of a body and long for our guaranteed inheritance (2 Cor. 5:4ff). Notice that your good desires for God will bring upon yourself more pain! Doesn’t this run in stark contrast to much of our current depictions of the Christian life. “Come to Jesus,” we say, “and your life (as you have imagined it) will go well.” Instead, as we draw closer to God, our desire for him enlarges. Satisfaction increases, but certainly so does agony as we develop an increasing awareness of our desperate need for God.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/)

Yet, do not be discouraged, our desires for God do not end in only pain. We do find satisfaction, comfort, fulfillment, joy, and peace. Psalm 131 depicts satisfaction with God as a baby on his mother’s lap whose stomach is filled, who no longer needs to grab at her breasts for more. When we take worship as our food, Isaiah records that we will delight, “in the richest of fare” (Isa. 55:2). These satisfactions are not just spiritual. Rather they reach out into the far corners of our lives. Solomon, who contemplated the search for satisfaction reminds his readers that any satisfaction we achieve has been a gift from God (Eccl. 3:13).” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/)

“PROTECTING DESIRE 4: DESIRES GONE AWRY”

“Evil Desires and the Process of Becoming Dead”
“Assuming that I need not convince you of the existence of evil desires, I
want to explore how God provides the way of escape from our temptations
and tests (1 Cor. 10:13). In order to do so, I think it best for us to look first
at how we are enticed by our desires and what happens to us in the
process of being overtaken by sinful cravings to the point of enslavement.
As I read the bible through the lens of desires, I am amazed at the sheer
volume of the warnings to watch out for being overtaken by our own sinful
cravings. Further, the writers are explicit—even vulgar—when describing
how people become enslaved to sinful longings. In the passages that we
will look at, you will see individuals, other external forces (leaders, others,
adversity), and God active in this process of being given over to inordinate
desires. We do it to ourselves, we listen to the deceptive words of others,
and God gives us what we demanded. Thus we are enslaved and
despicable.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian
Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-
desires-gone-awry/)

“What does this mean for building a biblically based view of the addicting
nature of desire? How do we become enslaved to desires for things other
than God? The Scriptures give attention to the descent into addiction from
two perspectives. We see descriptions from a human perspective: of the
physical, cognitive, and emotional processes involved as well as the impact
of addiction in our pursuit of satisfaction. Of course, the Scriptures also
give us God’s perspective on human behavior. There are no excuses, no
reasons, and no loopholes that explain away behavior. The human-
centered description of addiction can only tell us what happens after the
horse is already out of the barn. Our hearts have already given birth to
sinful desire in our mother’s womb. If we only look to our own experiences,
we might try to shove the horse (desire) back in the barn. But while locking
the front door, we find the desire escaping out the back door. So, let’s take
a closer look at Scripture’s descriptions of this “giving over” to sinful
desires.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian
Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-
desires-gone-awry/)
“The setup: adversities. Though humans are capable of improper desire without provocation, there does seem to be a common connection between adversity and sinful desire. We, like Israel, are inclined to take matters into our own hands. We build our own gold calves as a means to provide satisfaction and comfort in the face of anxiety. Numbers 11:1-15 provides one description of the relationship between suffering and cravings. The Children of Israel repeatedly face imminent annihilation while in the wilderness (i.e., no food or water; enemies bent on their destruction). In this passage they are depicted as responding to their adversities by craving foods other than what God had provided. They weren’t just ungrateful—though they were, they were fearful of impending doom and so began to remember and clamor for former pleasures.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

“The setup: blessings. Oh if we could always point to adversity as the cause of our temptations. Sadly, this is not the case. Let me point you to passages that reveal the depths of our self-centered living, passages that reveal how God blesses us and how we pay him back by forgetting our need for him. Deuteronomy records Moses’ farewell sermon as the Children of Israel prepare to enter the Promised Land. In chapters six and eight, He warns them that when they arrive and partake in God’s blessings (i.e., houses they didn’t build, wells they didn’t dig, vineyards they didn’t plant) they will be tempted to become proud and forget the Lord. Jeremiah records God’s lament over blessing Israel. How had they repaid him? They did so by committing adultery and “neighing for another man’s wife” (Jer. 5:8; 13:27). Hosea is even more explicit about how blessings enflame our hearts. In chapter 13, he shows how when we are fed, we feel satisfied which leads to feeling proud of our satisfaction, which ultimately leads to forgetting that it was God who satisfied us (v. 6). How sick is this? We receive a wonderful gift and soon we are crowing about how WE procured it ourselves. Don’t we all do this? We ask God to help us teach a class, speak up in a difficult situation, or finish a task. And when we are successful, we are just as likely to feel proud in what we did in our own strength.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian
“Giving in to initial cravings. How is it that we get addicted to sin? How do we get mired in our pursuit of our passions, especially when they seem like such good things (e.g., being loved, finding identity and purpose, being safe, etc.)? Like all cravings, they call to be satisfied. Did you ever try a new food and find out it didn’t measure up to you your hopes? I remember the first time I bit into a carob bit. It looked like chocolate, but boy it didn’t taste anything like it. I’ve never since had any desire for carob bits. What is it that makes us come back for more? It’s the promise of an equal or better experience. When we go after that which is illicit or when we cross the barrier of desire into lust, we find that the initial taste is not enough. In Job 20, we see a portion of Zophar’s sermon to Job about how the wicked will find no respite for their craving.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

“The death spiral. Initial cravings (which may not be sinful) turn to lust and then our capacity for self-deceit (which enflames idols and other passions) enable us to take risks, neglect consequences of our choices and so blindly fall headlong into enslavement to our desires. Ultimately, we “wake up dead” and wonder how we got to this disastrous place. The Bible describes this pattern as our choosing and God’s willingness to give us over to our own choices and his work in making us unsatisfied. Note the following passages.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)


“Job 20: The initial sweetness from filling our craving. Interesting sermon by Zophar (later condemned by God so not sure how much we take from this, but was his counsel completely wrong or wrong in this instance?) Anyway, the description of how the cravings first bring sweetness then emptiness.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)


“Eph. 4:17-22: our active giving over to sensuality. Similar passages in I Thess 4:5, 1 Pet 4:3. Assumption is that as we are renewed, reborn we begin to obtain wisdom about the difference between the passions of men versus the passions of God.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

“Ps 78: God gives us what we want. A history psalm that talks about how God gives his people what they want when they crave after other things and what it results in. He makes what we have unsatisfying: Mic. 6:14, (see also Isa 9:20; Eze. 7:19; 16:28)” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)


“Prv. 7: Neglecting the cost, becoming dead. The giving over to desire leads to being taken to “the snare” without knowing it will cost his life.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)
"Eze 20:24; 23: The effects of lust and how even when we see its destructive effect, we still want it. The whole chapter (23) details the impact of repeated giving over to lust. Vs. 20 is quite remarkable in its description of lust.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

"Isa 57:5: Idols enflame and enslave. We seem to serve idols but they also serve to enflame passions to do evil” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

“Ezek 6:9 Waking up. Interesting verse that talks about waking up, seeing the destruction idolatry has brought them, (after being taken captive), the “hurt” (NASB) to their God which results in their engaging in self-loathing. Also implicitly, this awakening is how we see God as God.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/)

“PROTECTING DESIRE 5: USING THE MEANS OF GRACE GIVEN YOU”

“ANTHEM: Strategies for Fighting Lust

These are six tested and proven strategies for fighting lust. I have in mind men and women. For men it’s obvious. The need for warfare against the bombardment of visual temptation to fixate on sexual images is urgent. For women it is less obvious, but just as great if we broaden the scope of temptation to food or figure or relational fantasies. When I say “lust” I mean the realm of thought, imagination, and desire that leads to sexual misconduct. So here is one set of strategies in the war against wrong desires. I put it in the form of an acronym, A N T H E M. (John Piper, “ANTHEM: Strategies for Fighting Lust, November 5, 2001, DesiringGod.Org, http://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust)

A – Avoid as much as is possible and reasonable the sights and situations that arouse unfitting desire.

I say “possible and reasonable” because some exposure to temptation is inevitable. And I say “unfitting desire” because not all desires for sex, food, and family are bad. We know when they are unfitting and unhelpful and on their way to becoming enslaving. We know our weaknesses and what

N – Say “No” to every lustful thought within five seconds.

And say it with the authority of Jesus Christ. “In the name of Jesus, NO!” You don’t have much more than five seconds. Give it more unopposed time than that, and it will lodge itself with such force as to be almost immovable. Say it out loud if you dare. Be tough and warlike. As John Owen said, “Be killing sin or it will be killing you.” Strike fast and strike hard. “Resist the devil, and he will flee from you” (James 4:7). (John Piper, “ANTHEM: Strategies for Fighting Lust, November 5, 2001, DesiringGod.Org, http://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust)

T – Turn the mind forcefully toward Christ as a superior satisfaction.

“Saying “no” will not suffice. You must move from defense to offense. Fight fire with fire. Attack the promises of sin with the promises of Christ. The Bible calls lusts “deceitful desires” (Ephesians 4:22). They lie. They promise more than they can deliver. The Bible calls them “passions of your former ignorance” (1 Peter 1:14). Only fools yield. “All at once he follows her, as an ox goes to the slaughter” (Proverbs 7:22). Deceit is defeated by truth. Ignorance is defeated by knowledge. It must be glorious truth and beautiful knowledge. This is why I wrote Seeing and Savoring Jesus Christ. We must stock our minds with the superior promises and pleasures of Jesus. Then we must turn to them immediately after saying, “NO!” (John Piper, “ANTHEM: Strategies for Fighting Lust, November 5, 2001, DesiringGod.Org, http://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust)

H – Hold the promise and the pleasure of Christ firmly in your mind until it pushes the other images out.

“Fix your eyes on Jesus (see Hebrews 12:2). Here is where many fail. They give in too soon. They say, “I tried to push it out, and it didn’t work.” I ask, “How long did you try? How hard did you exert your mind?” The mind is a muscle. You can flex it with vehemence. Take the kingdom violently (Matthew 11:12). Be brutal. Hold the promise of Christ before your eyes. Hold it. Hold it! Don’t let it go! Keep holding it! How long? As long as it
takes. Fight! For Christ’s sake, fight till you win! If an electric garage door were about to crush your child, you would hold it up with all your might and holler for help, and hold it and hold it and hold it and hold it.” (John Piper, “ANTHEM: Strategies for Fighting Lust, November 5, 2001, DesiringGod.Org, http://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust)

E – Enjoy a superior satisfaction.

Cultivate the capacities for pleasure in Christ. One reason lust reigns in so many is that Christ has so little appeal. We default to deceit because we have little delight in Christ. Don’t say, “That’s just not me.” What steps have you taken to waken affection for Jesus? Have you fought for joy? Don’t be fatalistic. You were created to treasure Christ with all your heart — more than you treasure sex or sugar. If you have little taste for Jesus, competing pleasures will triumph. Plead with God for the satisfaction you don’t have: “Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days” (Psalm 90:14). Then look, look, and look at the most magnificent Person in the universe until you see him the way he is. (John Piper, “ANTHEM: Strategies for Fighting Lust, November 5, 2001, DesiringGod.Org, http://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust)

M – Move into a useful activity away from idleness and other vulnerable behaviors.


“Primer on Satan’s Strategies”

“If you need a refresher for what those ‘designs’ are, here is a summary. May God make you a mighty warrior! May he ‘train your hands for war and your fingers for battle’ (Psalm 144:1).” (John Piper, “Satan’s Ten Strategies
1. “Satan lies, and is the father of lies.”

“When he lies, he speaks according to his own nature, for he is a liar and the father of lies’ (John 8:44). The first time Satan appears in the Bible in Genesis 3, the first words on his lips are suspicious of the truth (‘Did God say, You shall not eat of any tree in the garden?’). And the second words on his lips were a subtle falsehood (‘You will not die’). John says that Satan ‘has nothing to do with the truth, because there is no truth in him’ (John 8:44). We are dealing with the essence of falsehood and deception.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

2. “He blinds the minds of unbelievers.”

“The god of this age has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ’ (2 Corinthians 4:4). So he not only speaks what is false. He hides what is true. He keeps us from seeing the treasure of the gospel. He lets us see facts, even proofs, but not preciousness.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

3. “He masquerades in costumes of light and righteousness.”

“In 2 Corinthians 11:13–15, Paul says that some people are posing as apostles who are not. He explains like this: ‘Even Satan disguises himself as an angel of light. So it is not strange if his servants also disguise themselves as servants of righteousness.’” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“In other words, Satan has servants who profess enough truth to join the church, and from inside teach what Paul calls ‘doctrines of
demons’ (1 Timothy 4:1). Jesus says they will be like wolves in sheep’s clothing (Matthew 7:15). Acts 20:30 says they will not spare the flock, but will draw people away to destruction. Without God’s gift of discernment (Philippians 1:9), our love will be suckered into stupidity.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

4. “Satan does signs and wonders.”

“In 2 Thessalonians 2:9, the last days are described like this: ‘The coming of the lawless one by the activity of Satan will be with all power, and with signs and wonders of the lie.’ That’s my awkward translation. Some translate it ‘with false signs and wonders.’ But this makes the signs and wonders look unreal. In fact, some people do say that Satan can only fake miracles. I doubt it. And even if it’s true, his fake is going to be good enough to look real to almost everybody.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“One reason I doubt that Satan can only fake his miracles is that in Matthew 24:24 Jesus describes the last days like this: ‘False Christs and false prophets will arise and show great signs and wonders, so as to lead astray, if possible even the elect.’ There is no hint that these ‘signs and wonders’ will be tricks.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“Let your confidence be grounded in something far deeper than any supposed inability of Satan to do signs and wonders. Even real signs and wonders in the service of anti-Christian assertions, prove nothing, even when they are done ‘in the name of Jesus.’ ‘Lord, Lord, did we not do many mighty works in your name?’ To which Jesus will reply, ‘I never knew you; depart from me, you workers of lawlessness’ (Matthew 7:22–23). The problem was not that the
signs and wonders weren’t real, but that they were in the service of sin.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

5. “Satan tempts people to sin.”

“This is what he did unsuccessfully to Jesus in the wilderness — he wanted him to abandon the path of suffering and obedience (Matthew 4:1–11). This is what he did successfully to Judas in the last hours of Jesus’s life (Luke 22:3–6). And in 2 Corinthians 11:3, Paul warns against this for all the believers: ‘I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ.’” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

6. “Satan plucks the word of God out of people’s hearts and chokes faith.”

“Jesus told the parable of the four soils in Mark 4:1–9. In it, the seed of the word of God is sown, and some falls on the path and birds quickly take it away. He explains in verse 15, ‘Satan immediately comes and takes away the word which was sown in them.’ Satan snatches the word because he hates faith which the word produces (Romans 10:17).” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“Paul expresses his concern for the faith of the Thessalonians like this: ‘I sent to learn about your faith, for fear that somehow the tempter had tempted you and our labor would be in vain’ (1 Thessalonians 3:5). Paul knew that Satan’s design is to choke off the faith of people who have heard the word of God.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)
7. “Satan causes some sickness and disease.”

“Jesus healed a woman once who was bent over and could not straighten herself. When some criticized him for doing that on the Sabbath, he said, ‘Ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?’ (Luke 13:16). Jesus saw Satan as the one who had caused this disease.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“In Acts 10:38, Peter described Jesus as one who ‘went about doing good and healing all who were oppressed by the devil.’ In other words, the devil often oppresses people with illness. This too is one of his designs.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“But don’t make the mistake of saying every sickness is the work of the devil. To be sure, even when a ‘thorn in the flesh’ is God’s design for our sanctification, it also may be the ‘messenger of Satan’ (2 Corinthians 12:7). But there are other instances in which the disease is solely attributed to God’s design without reference to Satan: ‘It was not that this man sinned, or his parents, but that the works of God might be displayed in him’ (John 9:3). Jesus feels no need to bring Satan in as the culprit in his own merciful designs.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

8. “Satan is a murderer.”

“Jesus said to those who were planning to kill him, ‘You are of your father the devil, and your will is to do your father’s desires. He was a murderer from the beginning, and has nothing to do with the truth’ (John 8:44). John says, ‘Do not be like Cain, who was of the evil one and murdered his brother’ (1 John 3:12). Jesus told the blameless church at Smyrna, ‘The devil is about to throw some of

“To put it in a word, Satan is blood-thirsty. Christ came into the world that we might have life and have it abundantly (John 10:10). Satan comes that he might destroy life wherever he can and in the end make it eternally miserable.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

9. “Satan fights against the plans of missionaries.”

“Paul tells of how his missionary plans were frustrated in Thessalonians 2:17–18: ‘We endeavored the more eagerly, and with great desire, to see you face to face; because we wanted to come to you . . . but Satan hindered us.’ Satan hates evangelism and discipleship, and he will throw every obstacle he can in the way of missionaries and people with a zeal for evangelism.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

10. “Satan accuses Christians before God.”

“Revelation 12:10 says, ‘I heard a loud voice in heaven saying, ‘Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God.’ Satan’s defeat is sure. But his accusations haven’t ceased.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“It is the same with us as it was with Job. Satan says to God about us, They don’t really love you; they love your benefits. ‘Stretch out your hand and touch all that [they have], and [they] will curse you to
your face’ (Job 1:11). *Their faith isn’t real.* Satan accuses us before God, as he did Job. But it is a glorious thing that followers of Jesus have an advocate who ‘always lives to make intercession for them’ (Hebrews 7:25).” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“Satan Will Not Win”

“Those are some of Satan’s designs. The path to victory in this warfare is to hold fast to Christ who has already dealt the decisive blow.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)


“Colossians 2:15: ‘God disarmed the principalities and powers and made a public example of them, triumphing over them in him.’ In other words, the decisive blow was struck at Calvary.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“Mark 3:27: ‘No one can enter a strong man’s house and plunder his goods, unless he first binds the strong man.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“Revelation 20:10 says one day the warfare will be over: ‘The devil . . . [will be] thrown into the lake of fire and brimstone . . . and will be tormented day and night forever and ever.’ (See Matthew 8:29; 25:41).” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God,
“Resist!”

“James says, ‘Resist the devil, and he will flee from you!’ (James 4:7). How do we do that? Here is how they did it according to Revelation 12:11: ‘They have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.’ They embraced the triumph of Christ by his blood. They spoke that truth in faith. They did not fear death. And they triumphed.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)


“As the close of this age draws near, and Satan rages, Jesus calls us to wartime prayer: ‘Watch at all times, praying that you may have strength to escape all these things that will take place, and to stand before the Son of Man’ (Luke 21:36). Similarly, Peter makes an urgent call to end-time prayer: ‘The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers’ (1 Peter 4:7).” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“Even Jesus fought against the devil on our behalf with the weapon of prayer. He said to Peter in Luke 22:31–32, ‘Satan has asked to have you that he might sift you like wheat, but I have prayed for you that your faith may not fail.’ So Jesus illustrates for us the opposition of a specific satanic threat with prayer.” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)
“And, of course, Jesus instructed us to make prayer a daily weapon for protection in general: ‘Lead us not into temptation, but deliver us from evil’ (Matthew 6:13). That is, deliver us from the successful temptation of the evil one. Do you confront the designs of the devil with the focused and determined power of prayer?” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“No Neutral Zone”

“The question is not whether you want to be in this war. Everyone is in it. Either we are defeated by the devil and thus following, like cattle to the slaughter, ‘the prince of the power of the air’ (Ephesians 2:2), or we are resisting — ‘resist him, firm in your faith!’ (1 Peter 5:9).” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“There is no neutral zone. You either triumph ‘by the blood of the Lamb and the word of your testimony,’ or you will be enslaved by Satan. Therefore, ‘Share in suffering as a good soldier of Christ Jesus’ (2 Timothy 2:3), and ‘wage the good warfare’ (1 Timothy 1:18). Pray without ceasing!” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“The Lord Jesus is no less a warrior today than in the days of old. So I urge you again: Come to him as willing soldiers of the Prince of Peace and learn to say, ‘He trains my hands for war’ (Psalm 144:1).” (John Piper, “Satan’s Ten Strategies Against Your”, Desiring God, October 4, 2016, http://www.desiringgod.org/articles/satan-s-ten-strategies-against-you)

“Hussey said that in addiction therapy, it’s important to get to the root of the purpose the addiction serves. ‘Does it help them manage anger, loneliness, stress, relationship conflicts—these are big reasons why people use addictive processes and substances,’ he said. ‘They work very well to manage stress.’ Socially awkward guys who are lonely, stressed and bored might turn to alcohol, porn or cocaine for a distraction, he said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)
“Like Middleton, David also struggled with an alcohol addiction and other internalized battles. When he decided it was time to get off porn, he had to quit the booze if he was going to commit. But porn proved to be a harder habit to kick. ‘I’ve been sober in all of this time, but the porn site has been a lot of struggle,’ he said. ‘It’s completely different than alcoholism … [with it] being a substance ... but porn, all the images, the videos, everything, they’re still in my head.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“David started his recovery in January 2012. A few months earlier, he saw the movie ‘Shame,’ about a sex addict, and while David wasn’t sexually active, he felt strangely connected with the main character. It hit him one day when he was driving home on the highway, at 60-70 mph, searching his phone browser to get videos ready to watch when he got home. ‘I could see myself, at the affliction of how obsessed I have become that I don’t care about my own life, anybody’s life, all I want is to have...these videos open the moment I open my door,’ he said. ‘That I would say was a painful moment—the moment of painful realization of how much powerlessness I have. It was just compulsion beyond my comprehension.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“He started seeing a therapist and began 12-step programs in the city for alcoholism and porn addiction. During the therapy process, he discovered that he was sexually abused as a child. Although a gay man, he didn’t watch gay porn—it was usually with men and women, but moreover, it was an escape. ‘Maybe in a way, I was trying to hide from everybody, and the moment I found porn, I found the one thing which will keep me isolated,’ David said. ‘I was really afraid of people, and I thought that if I can keep everybody away I am safe.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Today, David doesn’t have Internet access at home. He uses security apps and works with his provider to help foolproof his phone, blocking any pornographic images from the server end. He has friends, goes on dates and has made a commitment to go dancing once a month. He said he feels
like a teenager. ‘Most refreshing is I think I may be an extrovert,’ he said. ‘I
do like people’s company. ... I am this social being who just never
exploded.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015,

“About six weeks ago, a small group from Middleton’s church went over to
his house for what he thought was Bible study. By the end of the night, he
was in an intervention for his drug and alcohol abuse. That week, he
started an intensive outpatient rehab program at a Hazelden Betty Ford
Foundation clinic. He goes four days a week for three hours in the
evenings. On Facebook, he came across Fight the New Drug, a nonprofit
whose mission is to raise awareness of the ‘harmful effects of
pornography.’ He said it’s really opened his eyes to get sober. While the
values the anonymity of addiction programs, he chooses to be open with
friends and family. ‘Every time I take a stand to grab more control over my
life and let people in, I feel less shame, and more confidence.’” (Heather
porn-addiction-20150714-story.html#page=1)

“For Kevin, help was at nofap.com, which has a following on Reddit of more
than 160,000 ‘fapstronauts’ (followers). The site refers to recovery from
porn addiction as “rebooting” and challenges users to refrain from porn,
masturbation and maybe even sex altogether for a period of time. Kevin
started April 7, and already he feels like a different person. He feels more
confident, procrastinates less and feels like he has more testosterone. He
said he thinks his ED has gone away and described random erections in
the middle of the night. However, there have been struggles in his
recovery. The hardest part: ‘Dealing with the anger of not finding it before
while I was still with the person I really wanted to be with.’” (Heather Schroering,
addiction-20150714-story.html#page=1)

“Hussey said it’s important for anyone with an addiction to work with an
individual psychotherapist. ‘They need to get to the underlying causes of
why they ended up addicted in the first place,’ he said. He also
recommends support groups, such as Sex and Love Addicts Anonymous,
which, he said, takes on ‘healthier attitudes toward sex in general.’” (Heather
“‘You don’t have to be isolated anymore,’ David said. ‘You are a social being, and you deserve a full social life. Come out, ask for help. ... There is help out there. Just opening the door is all it takes.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)


“First, there is the double life with clandestine liaisons, endless hidden hours on a computer, or the misuse of unaccounted time away from the office or home. The behavior is carefully hidden from view, but there are lies, then more lies to cover the lies. Face the facts: the motive for secrecy is to keep doing it. But secrecy of sexual sin also indicates a person’s commitment to flee from the light. ‘And people loved the darkness rather than the light because their works were evil’ (John 3:19).” (Harry Schaumburg, “Sexual Sin in the Ministry”, Desiring God, March 6, 2012, http://www.desiringgod.org/articles/sexual-sin-in-the-ministry)

“The second level of deception is self-deception. If the heart is deceitful, it impacts the way we want to see the secret things in our lives, particularly secret sexual sins. The missionary can justify going to nude beaches; a pastor sees the value of an affair because it makes him happy; going to a prostitute on Monday is just a reward for hard work on Sunday.” [Josh Note: The heart is deceptive] (Harry Schaumburg, “Sexual Sin in the Ministry”, Desiring God, March 6, 2012, http://www.desiringgod.org/articles/sexual-sin-in-the-ministry)

“What do you want? Ask yourself - do I want to be struggling with this problem in ten years, or do I want to look back on this as a painful learning experience which I haven’t visited for ten years? After you have decided that recovery is for you, that you truly want to break the chains, the time has come for the next questions which are closely related to the first: What am I willing to do? How far am I willing to go? In answering these questions we come to the fundamental question at hand: How does one change from
“…advice: you have beaten the disease of addiction, but now you have to learn to nakedly face the problems that you were running from through your addiction.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/)

“God created Our Sexuality – Two possible lenses. It either represents a personal expression of identity and feelings, or it is an intentional aspect of Gods design for humanity. Either we are free to define sexuality as we choose, or we differ to God in our understanding of male and female, sexual expression, and sexual morality. IF he is the creator, He defines the purpose and parameters of its expression.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Our gender and our sexuality are all part of God’s work in creating human beings in His own image. God intentionally designed us as male and female with sexual hormones and drives, leading to sexual expression in the covenant of marriage. Our rebellious spirits reject that truth because we have a greater god…human autonomy and happiness.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Because we don’t fully trust God’s design for sexuality, we rationalize our choices and ignore biblical truth. According to data from the General Social Survey, in the mid-1970s 57 percent of those ages 65-89 said that premarital sex was always wrong. In 2002 that figure dropped to 39 percent in the same age group. It’s now a minority opinion even among the oldest Americans. In 2017, the Gallup organization found that 67 percent of Americans believe it is morally acceptable to have sex outside of marriage. In fact, “Waiting until marriage for a fulfilling sex life is considered not just quaint and outdated but quite possibly foolish.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

(7 Mark Regnerus and Jeremy Uecker, Premarital Sex in America, 16.; 8Found at http://www.gallup.com/poll/1681/moral-issues.aspx 9 Mark Regnerus and Jeremy Uecker, Premarital Sex in America, 170.)
“The ceremonial law has been fulfilled in Jesus Christ. Much of Romans, Galatians, and Hebrews is devoted to this teaching. Yet Jesus and the apostles repeated and reinforced the moral law. We agree that it’s wrong to murder, steal, and lie because those are moral principles that have not changes since Jesus died on the cross. The same is true of sexual moral standards.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“In his book True Sexuality, Daniel Heimbach, professor Christian ethics at Southeastern Baptist Theological seminary, identifies shifts in the church’s thinking about God and sexuality as a result of humanistic influences. Here are a few examples.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“A shift from thinking sexual desire needs to be disciplined because human nature is fallen, to thinking sexual desires should be unrestrained because there is nothing wrong with human nature.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)


“A shift from making sure that sexual experience is consistent with the character of God, to making sure the character of God is consistent with sexual experience.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)


“One current example of these cultural shifts is our approach to gender. Every aspect of our humanity, including gender, has the capacity to be impacted by the Fall. Some people because of both biological and environmental factors, experience confusion related to their biological gender. This has always been the case; what has changed is how we
understand gender dysphoria and what we believe redemption and health should look like. Instead of recognizing gender confusion as a heart-wrenching distortion of God’s design for male and female, our culture has begun celebrating gender fluidity, even encouraging children and teens to explore different gender identities.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Front and center in this debate is sex-reassignment surgery. While some view this as a compassionate and helpful solution to gender confusion, others see harm in it. Dr. Paul McHugh, the former psychiatrist-in-chief for Johns Hopkins Hospital and Distinguished Service Professor of Psychiatry, is one of those voices. The hospital that was on the cutting edge of sex-reassignment surgery stopped performing the procedure based on research that the surgery was not effective in social rehabilitation of transsexual individuals.”11 Dr. McHugh has expressed serious concern about encouraging transgender as normal rather than identifying it as a mental disorder. He is particularly apprehensive about ‘misguided doctors’ who will administer puberty-delaying hormones to young children even though the drugs stunt the children’s growth and risk causing sterility. Dr. McHugh says that these actions come close to child abuse, given that about 80 percent of those children will outgrow their gender confusion and develop to accept their biological gender. He concludes, ‘Sex change’ is biologically impossible. People who undergo sex-reassignment surgery do not change from men to women or vice versa. Rather, they become feminized men or masculinized women. Claiming that this is civil-rights matter and encouraging surgical intervention is in reality to collaborate with and promote a mental disorder.”12 (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)


“The pain of a transgender person is indeed real, and there are no easy solutions to helping someone who feels trapped in the wrong gender.
However, wholeness isn’t found in walking further away from God’s design, as a culture or as individuals. A Swedish study of the long-term effect of sex-reassignment concludes that transgendered individuals who completed the surgery may actually experience an increase in mental difficulties and suicidal thoughts ten years later. The review of more than 100 international medical studies of post-operative transsexuals by the University of Birmingham’s aggressive research intelligence facility found no robust scientific evidence that gender reassignment surgery is clinically effective.


“(\text{13 Found at heeps://www.ncbi.nlm.nih.gov/pmc/articles/PMC3043071/ 14 Found at https://www.theguardian.com/society/2004/jul/30/health.mentalhealth.})

“Another example of reflecting God’s design for sex is the growing acceptance of cohabitation within the Christian community. Whether they are young adults trying each other out before ‘buying’ or older couples living together to avoid the financial complications of marriage, Christians are increasingly embracing cohabitation as a healthy alternative to marriage. Regardless of what is accepted as general wisdom, cohabitation is actually a really bad idea. Study after study concludes that it is a poor replacement for and preparation for marriage. Specifically, cohabitation promotes a consumer mentality between two people. The pressure to continually measure up undermines the stability of a couple even if they end up getting married.”


“Here is the beauty of God’s design for sexuality: it works! The vast body of sociological and psychological findings show us that getting married and keeping sex within marriage is good for us. As a clinical psychologist, I love seeing how an honest approach to research actually validates biblical
sexual morality. For example, having sex within a committed relationship releases chemicals in our bodies like oxytocin (a bonding hormone), dopamine (a neurotransmitter that makes us feel good), and endorphins (a natural pain killer and stress reducer). A man’s semen acts as an antidepressant for his sexual partner when absorbed in the vagina. However, engaging in that same sexual activity apart form a committed relationship has the opposite impact, particularly for women. More sexual partners are associated with poor emotional health in women, and ‘even getting married doesn’t erase the emotional challenges for women who have had numerous sexual partners in their lifetime.”

(17 Found at https://www.psychologytoday.com/blog/all-about-sex/201101/attention-ladies-semen-is-antidepressant; 18 Regenrus and Ueker, Premarital Sex in America, p. 149)

“When we live within God’s design for sex, it is a gift and a blessing. However, when we live outside of God’s design for sexuality we experience consequences. AS Solomon wrote, ‘Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched?’ (Proverbs 6:27-28). Christoper West says it in a modern language, ‘We are free; in a sense to do whatever we want with our bodies. However, we’re not free to determine whether what we do with our bodies is good or evil…Therefore, human freedom – ‘choice’ – is fully realized not by inventing good and evil, but by choosing properly between them.”


“Our thoughts and beliefs about sexuality must be firmly rooted in the affirmation that God is the Creator and that His design is good.”
“Some believe God’s love must be earned. ‘God wants me to feel happy, complete, and fully accepted as I am. We have license to pursue whatever we feel is right, with the cushion of God’s love to affirm and accept us.’ (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“While God loves us just as we are, He does not accept us just as we are. Our sin (sexual or otherwise) is offensive to a holy God. He expressed His love not by easing His standard of holiness or by ‘holding his nose’ as He accepts us. His love is demonstrated in that while we were still sinners, Christ died for us. If we have received this gift of love, God sees us through the perfection of Jesus Christ. Even so, the Bible tells us to take our sin seriously, not to earn God’s love, but so that we don’t take advantage of His grace and mercy.

(20 See Isaiah 1:18, 132:11, 53:6 and 59:2, Romans 3:23 and 6:23; 21 Romans 5:8; 22 2 Corinthians 5:21; 23 See Romans 6.)

“God’s greatest demonstration of love is not to overlook our sin, but to save us from it. He loved them, but never affirmed or marginalized their sin.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“God does not overlook porn use because a person’s needs are unfulfilled.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“There is a disconnect between identity and activity.”


“Surrendering to Jesus as Lord means that we value His truth over our personal opinions and experiences.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking

“Don Schrader, a secular humorist observed, ‘To hear many religious people talk, one would think God created the torso, head, legs and arms, but the devil slapped on the genitals.’”25


(25 Found at http://www.quotery.com/authors/don-schrader/)

“But I am talking about Christ and the church. Each one of you also must love his wife as he loves himself, and the wife must respect her husband.” (Ephesians 5) (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“‘But at the beginning of creation God ‘made them male and female. ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one flesh.’ Therefore what God has joined together, let no one separate”’ (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Why is sexuality important to God? Why does the Bible speak so strongly against sexual immorality and divorce? Because sexuality is a holy metaphor of a God who invites us into covenant with Himself. John Piper, ‘The ultimate reason why we are sexual is to make God more deeply knowable.’”26


(26 John Piper, ed. Sex and the Supremacy of Christ (Wheaton, IL: Crossway, 2012), p26.)

“We must remember that is was created to draw our attention to the all-important truth that we were made for love.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)
“The chemicals of falling in love may compel them both to put everything else as secondary. Their bodies invite them to love.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“As busy as I am, when I go to bed at night and it’s quiet, I feel lonely. He was made for love.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“We shouldn’t ask God to take one of his gifts away from us. We should ask him to help us steward.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“We are seeing the destructive consequences of these trends as men objectify women and women trade sex for attention.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Our cultural acceptance of sex with not strings attached s reinforcing the conclusion that love is primarily about what we can get. Even when we marry, we typically do so in the pursuit of personal fulfillment rather than the noble desire to give ourselves in covenant to another.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Celibacy for the kingdom is not a rejection of sexuality. It’s a call to embrace the ultimate meaning and purpose of sexuality. The ‘one flesh’ union is only a foreshadowing of something infinitely more glorious.”

(27 Christopher West, Theology of the Body for Beginners, p.30)


“In marriage when you’re having sex, you’re really saying, ‘I belong completely and exclusively to you and I’m acting it out...I’m giving you my

Josh McDowell Ministry 2019
body as a token of how I’ve given you my life. I’m opening to you physically as a toke of the fact that I’ve opened to you in every other way.”


“It requires enough trust to enter into passion.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Over the years I have learned that long-term sexual fulfillment between two people is impossible without sacrifice. Asking you to deny your own desires out of love for the other.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy. A godly man will deny himself and passionately protect the purity of his bride. When he sees his wife walk down the aisle in a white dress on their wedding day, this should not just be a statement of her purity but more so a statement of how he has protected (and will continue to protect) her purity.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Infidelity in marriage is no longer viewed as a big deal in today’s permissive sexual landscape. By convincing themselves they have fallen out of love or that ‘God wants me to be happy and understands how unfulfilling my marriage is.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“When the Jewish people broke their covenant with God by worshipping other gods, the Lord called them ‘adulterers, prostitutes and harlots.”

(29)
“Probably the most vivid description of this connection is found in Ezekiel 16. In this prophetic book, God describes the nation of Israel as a helpless infant on the side of the road whom God rescued. Then God made a covenant with Israel and lavished her with good things. ‘You became very beautiful and rose to be a queen. And your fame spread among the nations on account of your beauty, because of the splendor I had given you made your beauty perfect.’ Instead of loving God in return, Israel broke her covenant with the Lord. God said to His people in response, ‘You adulterous wife! You prefer strangers to your own husband!’”

“If you have experience the betrayal of sexual infidelity, abandonment, or divorce, you know first-hand the deep pain of a ‘till death do us part’ promise that has been broken.”

“Stewarding your sexuality is about being true to the metaphor of covenant. Do you view sexual intimacy as a physical expression of your covenant promise, or is it all about pursuing your own desires? Even in the wake of broken promises and hard hearts, we can be reminded of why God is a jealous God Who asks for our faithfulness to worship Him alone.”

“The man’s desire for his bride exists to show us that god in Christ desired a people. At a wedding we celebrate that a woman’s affections were won by this man. Similarly, we are celebrating that Christ wooed his people away from their idols, away from their self-reliance, and into his tender and loving care.” ~ Matt Chandler
“Art museums spend a lot of money on the preservation and security of irreplaceable art. Over time natural elements like sunlight and moisture in the air can destroy the artwork, but famous paintings and sculptures must also be protected from vandals who are motivated to destroy beauty. Leonardo da Vinci’s priceless masterpiece the *Mona Lisa*, for example, has had people attempt to destroy it with acid, rocks, coffee, an red spray paint.”32


“The priceless masterpiece of sexuality is constantly being vandalized on planet Earth. What God created as a sacred expression of covenant love has been cheapened, warped, abused, and twisted. All around us (and within us) is the evidence of this devastation. Sexual abuse and rape, sex trafficking, sexually transmitted disease, unwanted children, abortions sexual addiction…What was created to bless us has become a great CURSE.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)

“Dr. Juli Slattery is clinical psychologist, author, speaker and the president/co-founder of Authentic Intimacy. Juli earned her college degree at Wheaton College, an MA in psychology from Biola University, an MS and a Doctorate degree in Clinical Psychology from Florida Institute of Technology.”

“From 2008-2012, Dr. Slattery served at Focus on the Family writing, teaching, and co-hosting the Daly Focus on the Family broadcast. In 2012, she left Focus on the Family to start Authentic Intimacy, a ministry devoted to reclaiming God’s design for intimacy. Juli is the author of ten books, the host of the weekly radio program/podcast “Java with Juli” and a member of the board of trustees for Moody Bible Institute. Juli and her husband Mike are the parents of 3 sons; they live in Colorado Springs.”
“Winning the battle against pornography within our community and nation will require cooperation with all who oppose it. As good citizens, we should oppose pornography because it has a deteriorating effect on society. Pornography is a source for many marriage and family problems and is a hidden factor in many divorces. Pornographic material is another weapon in the attack on marriage and the home. We must go beyond simply opposing the sale and use of pornographic materials; we must express concerns in the community, parents must teach their children a biblical view of sex, pastors must warn their congregations about the dangers of pornography, and we must elect and support local and state officials who will stand against pornography.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, https://erlc.com/article/pornography-biblical-insights)

“Stack, Wasserman, and Kern (2004) indicate that in the realm of pornography usage, infrequent church attendance is one of the strongest predictors of Internet pornography use. Thus, those who attend frequently are less likely to use pornography. Other significant predictors of pornography use include being male, being in an unhappy marriage, being politically liberal, having ever committed adultery, having ever used a prostituted woman, and having a high degree of knowledge of personal computers.” (John D. Foubert and Andrew Rizzo, “Integrating Religiosity and Pornography Use into the Prediction of Bystander Efficacy and Willingness to Prevent Sexual Assault,” Journal of Psychology & Theology, 2013, Vol. 41, No. 3, 242-251, https://www.researchgate.net/publication/258631508_Integrating_religiosity_and_pornography_use_into_the_prediction_of_bystander_efficacy_and_willingness_to_prevent_sexual_assault)

“A more recent study assessed the connections between men’s and women’s intrinsic and extrinsic religiosity and use of Internet pornography at a conservative Christian institution (Baltazar et al., 2010). About half of their participants purposefully visited an Internet porn site in their lifetime; most of whom did so at home and late at night. Two thirds of men and one in five women did so. The most common problem participants reported from this use was worsening their relationship with God (43% of men, 20% of women) followed by a problematic increase in their own sexual behavior including masturbation and sexual intercourse (45 of men, 20% of women).” (John D. Foubert and Andrew Rizzo, “Integrating Religiosity and Pornography Use into the
“From the research and viewpoints gathered for this chapter, several themes come up.

1. People who are more devout tend to use pornography less. In fact, research on adolescents shows that the more religious they are, the less intentional and accidental exposure they have to pornography. (Hardy S, Steelman M, Coyne S, Ridge R. (2013). Adolescent religiousness as a protective factor against pornography use. Journal of Applied Developmental Psychology. 34 (3):131-139.)

2. Connecting with a faith community and living out one’s faith can be helpful in overcoming problematic use of pornography.

3. When people do sink more deeply into pornography, many describe that as an experience that harms their religious or spiritual side.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)


“THE NORMALIZATION OF PORN IN THE CHURCH, WHAT THE CHURCH NEEDS TO DO NOW”

“Today, the church is facing a major crisis and there are few alarms going off. It is a silent crisis, one that is spreading in the shadows of secrecy and yet is doing great damage to the lives of those inside her walls.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“I’m talking about the normalization of porn within the church. Pornography, which is now so widespread and accessible, seems to have become almost
a non-issue for so many churches. Occasionally there are sermons which mention in passing the danger of it. A few bold churches have begun to set up support groups for those who have found themselves addicted to it. But mostly, silence.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“No rousing alarms. No calls to action. No warnings that already the flood waters are inside the house and that bold, quick action is needed to save the very house itself. There seems to be a disquieting casualness to this issue, almost like a calm before the storm. But the storm is already raging.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“The Growing Epidemic”

“‘Wait! I need to talk to you!’ a woman’s voice called out as I crossed the lobby following a church presentation. Her eyes revealed her distress, and she blurted out, ‘I just found out my 11-year-old daughter’s been watching online porn for months. What should I do?’ Many Christians assume that they are insulated from problems such as these. Sadly, this mother’s situation is far from unique. Parents call us regularly because they’ve discovered their children’s exposure to Internet pornography. Not the pornography of yesteryear; rather, the kind that exists today, a cornucopia of increasing depravity. The Internet offers a depth of degradation that wouldn’t have been available even in adult bookstores 20 years ago. Tragically, I received a call from parents after catching their 8-year-old watching bestiality videos on his iPod Touch.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“But the problem goes from beyond the impact it is having on our children. Young adults in their 20s can’t remember a day when porn wasn’t free and easily accessible at their fingertips. Christian young men and women are grievously impacted by its accessibility and, coupled with the vacuum left by the church’s silence on sexuality, are becoming ensnared. Many singles, committed to chastity in their relationships with the opposite sex, succumb to the lure of porn and self-stimulation as a ‘less destructive’ alternative to sexual temptation. We are now learning that this is a destructive fallacy. Growing numbers of singles don’t know how to move
toward real members of the opposite sex because they’ve lived so long in a porn fantasy world. And a new phenomenon identified by secular researchers is also affecting young men in the church. The fastest growing segment of the population struggling with erectile dysfunction is men in their 20s and 30s who have been conditioned by online porn to respond only to never-ending novelty with increasing depravity. One man in his 20s likened his experience with online porn to ordering off an a la carte menu:

‘Tonight I’ll have a little of this and some of that,’ lamenting that he is now incapable of sexual intimacy with his wife. Despite entering marriage as a virgin, his sexuality has been maimed by years of porn use.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Older adults in the church aren’t immune to the scourge. I’ve lost count of the people in their 40s, 50s, and 60s who describe viewing porn magazines occasionally as a young adult, making a break from the behavior as they entered marriage and family life, only to later confess, ‘And then we got the Internet…’ The result: estranged or broken marriages, shipwrecked careers, and the profound loss of spiritual vitality and faith. These are men and women in the church! Nothing robs God’s people of contentment and the joy of following Christ than hidden sexual sin. 2 Peter 1: 5-8 (ESV) is a passage where Peter challenges believers to add to their faith virtues like self-control, knowledge, steadfastness, godliness and love, and then says that failure to do so will cripple one’s faith: ‘For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.’ I would contend that one of the reasons for the weak and wavering faith of much of the church today may very well be how its people are capitulating to the sexualized culture and are immersed in sexual struggles and sin.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Every demographic in the Body of Christ is impacted by this issue, but the most heartbreaking group is our children. Porn usage is so pervasive, especially among youth and college-age and young adults, that many have lost any hope that they will find victory over this struggle. If leadership is aware of these struggles, then their overall silence communicates that the gospel is powerless or irrelevant to help them in their sexual struggles. I recently attended worship at a large urban church. The pastor challenged
the church with the danger of fornication and described the wrecked lives of young people having sex outside marriage. . . and then moved on. As I surveyed the hundreds of people in the sanctuary, most of them married, I wanted to shout from my pew, ‘What about porn?!’ Sex outside marriage is indeed a huge problem, especially among Christian singles, but the pastor’s omission of pornography missed the mark of where the majority of his congregation struggles. They struggle, daily, with the relentless temptation, virtually everywhere, to give in to sexual sin and keep it hidden from others, guaranteeing that the problem will not go away on its own.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwl7VhBd)

“What the church needs to do now”

“The Church can’t afford to continue in silence and ignore this growing epidemic. We must shun the casual attitudes and face the reality that the consequences of our inaction are already severe and becoming ruinous. How can the church be so relatively blasé about this, while some countries, like Iceland and England, are proposing outright restrictions on Internet porn being piped into homes! If even secular governments are raising the alarms about how destructive pornography is, then surely the church should be doing that and more for its own people!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwl7VhBd)

“How can the church begin to take pro-active steps to address this in a comprehensive way?” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwl7VhBd)

“Sound the alarm”

“Like the old heresies facing the church in the early centuries of her existence, there is a new ‘Gnosticism’ on the rise that says what we do sexually no longer matters. The younger generation has been raised on what I refer to as a ‘Clintonian’ definition of sex. The boundary lines for acceptable behavior have been redrawn and all manner of sexual activity is now seen as not really being sex at all. The church must reclaim and teach what Paul preached two centuries ago, that what we do with our body matters. Passages like 1 Thessalonians 4:1-8, Ephesians 4:17-19, 1 Corinthians 6:12-20 make clear that God cares passionately about our
sexuality. According to these passages, what we do with our bodies demonstrates the allegiance of our hearts. We either look like those controlled by the Spirit of the living God, or we look like those in the world ruled by their sensual desires. Rather than displaying a casual attitude toward sexual sin, Ephesians 5:3 says, 'But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.' Our sexuality is a litmus test for our spirituality!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)


“Youth groups need safe places to talk about this, and continual messages from youth pastors and adult volunteers that it’s OK to seek help when they feel overwhelmed, because silence and secrecy wreaks havoc on hearts and lives.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Men’s and women’s groups need to learn, in a gender-specific context, to talk openly about real-life struggles in this area. If adults and parents can begin to talk about this, then they will lead the way for youth to do so, also.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Parents must be equipped to learn how to talk about sexuality to their kids and given tools to protect their children from the dangers of unfiltered and unaccountable Internet usage that children and youth now see on tablets, smartphones, and iPod Touches.” (David White, "The Normalization of Porn in the Church: What the Church Needs to do Now", Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)


“We must speak up. We must speak directly and relevantly. We must name the problem, proclaim that there is freedom and hope in the gospel, and patiently show our people how to manage their sexuality well. We need to talk about all this in a whole new way.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Talk about sexuality differently”

“There is a massive hole in the teaching of sexuality in the church. If the topic is broached at all it is almost always negative. Yet, the church must go beyond a negative message, especially in order to speak cogently into the culture in which we find ourselves. We know that the world doesn’t like to hear the Christian message on human sexuality; they find it too restrictive. Even C.S. Lewis said, decades ago in Mere Christianity, that the most offensive and unpalatable teaching of Christianity is its sexual ethic. When the church merely focuses on the negative, the world (and even a lot of our own people) just turn off and move further away.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)
“Now, we need to proclaim a positive sexual apologetic, one that articulates the goodness of God’s design and develops a positive theology of sexuality to counteract the increasingly alluring false worldview that has captured so many. We need to speak a different narrative, one that tells of the good reasons for God’s design for our sexuality. We need to persuasively declare the beauty of God’s intentions, and how living within God’s boundaries affirms our human dignity and contributes to a healthy society. We need a better narrative to help singles shepherd their sexuality so that they do not feel like they are the ones being left out. We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church. For example, the best argument that homosexuality is not within God’s created design for sex is not Leviticus 18 and 20, but rather Genesis 1 and 2!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Acknowledge the fact that Christians are sexually broken, too”
“At Harvest USA we teach that sexual brokenness is a universal human problem. This simply means that the fall of humanity into sin has touched every aspect of our lives, including our sexuality. All of us need a supernatural intervention to bring redemption to our sexuality. But it goes deeper. A significant percentage of men and women in the Body of Christ are living in bondage to their sexual desires. Pastors, next time you’re in front of your congregation, look around at your flock, and realize that, according to one survey, as many as 50% of Christian men and 20% of women report being addicted to or ensnared at some level to porn. Add to that the number of youth looking at easily accessible porn online, and the situation is frightening.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Church leadership has been slow to admit that the problem is so widespread among its people. It is time to vocalize this issue and take the necessary steps to minister to the individuals and families scarred by sexual sin.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)
“What would you do if, instead of sexual sin, they had a terminal illness and were glibly going through the motions every Sunday as if all was well? What steps will you take to snatch them from the flames (Jude 23)? The mission of Harvest USA is to equip churches to minister to sexually broken people. We’d love to help train your people to mentor and disciple sexual strugglers, so that they can find freedom from this enslavement. We’ve developed material to equip laity to facilitate biblically-based support groups for men and women. But first the church has to publicly admit that the problem exists.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“Partner with parents to teach their children about sexuality”

“The failure of parents and the church to shepherd their children’s sexuality (except maybe to say ‘don’t do it until you’re married!’) has resulted in hordes of young people exiting the church and the faith because they have embraced the cultural narrative of sexuality. The next generation of the church is being lost because this generation failed to honestly talk about sexuality in terms both practical and biblical.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“It’s time for the church to actively assist parents, via classes, workshops, outside speakers and through the power of ‘one-anothering,’ to stop the drifting of our kids falling into sexual entrapment and loss of faith. There’s a reason why churches often ask all their members to take vows at infant baptisms/dedications: raising sexually healthy kids is the work of the whole Body of Christ!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“This is much bigger than personal piety”

“There are broad cultural implications to the porn epidemic that go far beyond individual sexual integrity. Dealing with this issue forthrightly means we can help save marriages and keep children from experiencing the socially debilitating effects of divorce. Sounding the alarm and giving practical help will protect children from the scars of broken sexuality that result from early sexualization. The positive effects of dealing with these issues will have even broader societal implications. People living within
God’s design will not be supporting the porn industry, whose performers, both paid and amateur, are being exploited for someone’s economic gain. A large number of porn performers come from tragically broken backgrounds, and it is not surprising that a great number of them experienced early sexualization, abuse, rape, and incest, as well as continue to be abused on multiple levels while performing. Human trafficking, the deepest scourge of all, is embedded in this porn/broken sexuality epidemic.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“The bottom line is that our silence on this issue is perpetuating injustice. Like those who use illegal drugs and who, by their usage, are linked to the violence and social discord found in countries where the drugs are grown and produced, so engaging in porn equally contributes to global injustice. But God’s people should be the vanguard of justice, dedicated to undoing this horrific expression of the curse in this world and serving as Christ’s hands and feet to bind up the brokenhearted and heal their wounds. Will you be the one to start doing this in your church? We need to speak up and connect the dots, letting people see the human brokenness that is behind the glossy images and videos.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“At Harvest USA we watch God do this glorious work of ‘undoing’ every day. The gospel is God’s power for salvation and he is committed to radical change in the lives of his people. But we have a choice: are we willing to get our hands dirty and enter into this glorious redemptive work, or continue keeping our heads in the sand, waiting for the storm to clear? One pastor commented that he knew sexual sin was at epidemic levels among his men, but he was scared to ‘take the lid off.’ None of us like to deal with messy situations, but we have a Redeemer who has blazed this path before us. Rather than maintain his glory in the heavens, Jesus was stripped of everything, entering this world as a baby. At the cross, he left it in the same way. But he conquered sin and death – including pornography! – and rose victoriously, so that we can be empowered by his Spirit to face these giants. And that is the key: it is impossible for us to face this challenge alone, but Jesus’ promise is to be with us to the end of the age. He is offering us deeper communion with himself as we face this challenge. It’s worth raising the alarm and rolling up our sleeves for this!”
“While it is beyond the scale of this article to lay out everything that ought to be done, here are a few steps you and your church can take to do justice.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“One: Acknowledge that the problem exists”

“As stated repeatedly, take action about the porn usage epidemic in your church. It exists. Remember, it’s a secret sin, so it won’t come easily to the surface. By admitting that Christians struggle with sex (it’s not just a problem “out there”), we give people hope that God’s gift of sexuality can be used for good. Acknowledge that we all struggle with this powerful gift, and that help is readily available for strugglers. Teach about biblical sexuality to all age groups of people in the church. Don’t just focus on the negatives — teach about sexuality in a positive way because Christians today especially need to hear a compelling apologetic about why God’s design for sexual expression is for our good. Pray for and seek out men and women leaders to start and lead support groups for sexual strugglers. Contact us at info@harvestusa.org and we can help you get started on all of this.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

Two: Begin to take action on injustice issues

“The evangelical church can no longer be silent on social issues like the commercialization of sex and sex trafficking. Scripture repeatedly talks about God as a God of justice and mercy, and that his people should reflect to the world what God is passionate about. Isaiah 1:16-17 is only one of countless passages that direct us as God’s people to actively do justice and bring restoration to the broken.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“Wash yourselves; make yourselves clean;” remove the evil of your deeds from before my eyes; cease to do evil, learn to do good;
seek justice,
correct oppression;
bring justice to the fatherless,

“Consider having a church committee or team that explores and teaches on justice and mercy issues. Ask God to develop in you and your church a heart of mercy to those who have been abused, mistreated, and manipulated into sexual sin. The scope of the problem is enormous, but don’t get overwhelmed. Start small; start locally. Look for local resources to get involved in rescuing those who are abused and trapped. Shared Hope International is a good, national resource to start. VAST (thevast.org: the Valley Against Sex Trafficking) is an excellent local resource in the Philadelphia region.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“Read in this newsletter what our colleague, Vicki Tiede, is doing to help combat sex trafficking: “Journey to Nepal. . . . to Save Young Girls.” Vicki, the author of When Your Husband is Addicted to Pornography: Healing Your Wounded Heart, is going to Nepal with her daughter to work with Tiny Hands International (tinyhandsinternational.org) a rescue organization in Nepal. She’ll be back home by the time you read this, but check out her blog to read about the mission (vickitiede.com/blog).” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)


“Three: Start talking to youth—especially to boys and young men”
“Of all the demographics in the church, none is more critical to reach than our youth—but especially boys and young men. Why? Because our youth are almost universally immersed in looking at porn today, and they are being frightfully impacted by it. New research is showing how porn usage is shaping the minds and hearts of young men, “rewiring” as it were their
brains toward aggressive and dysfunctional sexual behavior and addiction. We need to reach this generation of boys and young men in particular in order to stop the demand for sexual trafficking that is growing around the world.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“But don’t forget young women, as well! They, too, are buying into the lies of the world when it comes to sexuality. The youth in our churches today know little about God’s design for sex, and are increasingly abandoning the Bible’s teaching on sexuality morality. And the major reason for that is the church’s failure to talk openly and give a compelling reason for following God in this area of life.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“Four: Learn how to help by focusing on the heart”

“Finally, it’s not enough to simply talk about the dangers and the personal/social implications of pornography and sexual brokenness. There are reasons why men and women get hopelessly ensnared in sexual sin, as both offenders and victims. All of our biblical teaching on sexuality must aim for the heart, where sinful behavior starts (Matthew 15:18-20). Helping a sexual struggler means learning the unique contours of his or her heart. When we see the broken idols that we live for, the idols that promise life but deliver destruction, and when we see them in the light of God’s mercy toward us in Christ, then deep repentance and transformation begins to take shape—moving outward from the individual to family, church, neighborhood, and even to the far reaches of society itself.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“PREACHING AND PORNOGRAPHY”

“...you have one of three choices: ignore, abhor or restore.” (Dr. Sam Serio, “Pornography and Preaching,” Preaching Magazine, August 22, 2012, www.preaching.com/resources/articles/11674938)

“We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church. For example, the best argument that homosexuality is not within God’s created design for sex is not Leviticus 18 and 20, but rather Genesis 1 and 2!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)


“Now, I’m not advocating that parents forsake their God-given calling to raise their children and address sexuality with them, but the Church must work together with parents in this endeavor. No longer can churches just assume parents are talking about this stuff. They aren’t. I frequently ask audiences how many of them were raised in a Christian home and, out of those, how many had parents that talked about sex. Most of the hands go down!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“The Impact: Dulling and Erosion”


“[As a result]…the generation that has been raised on porn is becoming less able to enjoy sexual intimacy, connectedness and the empowerment that comes in healthy sexual relationships, especially in the context of marriage.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Struthers believes our brains are being dulled by pornography, and that our relational abilities are being damaged and eroded as a result. So porn is potentially doing us neurological damage. Even if you want to lay to one side the very valid concerns about the porn industry’s links with human trafficking, or the connections between hard-core pornography use and sexual violence, there’s a strong argument that this is, in fact, a public health issue.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“A Shift in Christian Engagement”
“Not only does the Church need to get its own house in order, it also needs to find ways to speak with grace and compassion about porn, sex and relationships. Sexual violence isn’t compatible with the kingdom of God, and media-induced neurological damage probably doesn’t have a place in it either. I’d like to suggest a few steps we could meaningfully take in the right direction:” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

1. “Recognise the nature of the issue”
“Firstly, a reality check – if one is still needed – for anyone who thinks the Church doesn’t have an issue with porn. My December 2014 survey (something of a straw poll, but sufficiently quantitative to hold some weight) suggested that around 55% of Christian men view
Internet porn more than once a month, with a further 20% admitting that they succumb to temptation every so often. That’s 75% of Christian men engaging with pornography on, let’s say, a monthly basis. Among women the figure was much, much lower. Just 15% said they viewed porn online more than once a month, with a further 20% visiting porn sites occasionally.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“However, within those stats there are some interesting details. Only 5% of men said they looked at Internet porn on a daily basis, but a disproportionate 42% said they would describe their behaviour as ‘compulsive or an addiction’. If these men are truly suffering from an addiction, shouldn’t these two percentages be closer together? Is it possible that Christian men who have heard warnings from the Church about porn addiction and feel ashamed of their own occasional use mistakenly believe they are suffering from an addiction they can’t control? By calling them addicts, we have given them a mental excuse to concede defeat. Is that right in the majority of cases? Or can we actually call them higher, to train themselves to steer clear of porn? Of course, there are true addicts, but correctly labelling the issue for the majority could be a simple but key step in changing those statistics.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

2. **“Rethink accountability”**

“My 2009 research highlighted that, after prayer, the main strategy for tackling porn was ‘accountability’, either in the form of face-to-face meetings or via computer software, which monitored Internet use and sent reports of any indiscreet online behaviour to a trusted friend. Struthers thinks this approach is deeply flawed. In many cases, he says, accountability groups ‘become an exercise in either shaming or ‘sin reminiscing’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“He says: ‘As a result of the extended period of time that can elapse between meetings, and the nature of confessing something that is embarrassing, these kinds of groups often dissolve because of a lack

“Struthers is not entirely cynical about their worth, but he says that ‘accountability groups that are lazily structured and have no purpose other than confession without instruction are useless’. So, if the approach is accountability it needs to be oriented around building groups of men and women with integrity, not a continual focus on a uniting ‘sin’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Alongside this, and bearing in mind that we may be mislabelling casual porn use as ‘addiction’, it is perhaps time to re-embrace the most countercultural gift: self-discipline. This might seem a deeply unremarkable idea, but it’s a firmly biblical one; the fruit of the Spirit that is best suited to helping us conquer temptation (Galatians 5:23). A commitment to prayer and personal discipline is the strongest weapon available to anyone wanting to fight the temptation to use pornography.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

3. “Interrupt the porn conversation”
“Even if we want to flee from the evils of porn, we have a problem. We’re called to be part of a world that is saturated with sexualised materials, and to meet and love the people who live in it. It’s not our job to judge people who think pornography is healthy, but there are ways that a compassionate Christian voice can and should be expressed to the contrary.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“The Church has already been heavily involved in campaigning to ensure children and young people have a better chance at avoiding
repeated pornography exposure. We can also play a key role in modelling healthy relationships that don’t use pornography as a guidebook. There is also a part for the Church to play in reaching out to the UK’s adult industries, just as XXXchurch does in the US.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Encouragingly, Struthers believes the future isn’t quite as dark as we might imagine. ‘I see the culture waking up to the reality that pornography has saturated it with a litany of broken promises,’ he declares. ‘The false presentation of ecstasy, intimacy and power presented in porn are finally being seen as hollow.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)


“They were failing to discuss the topics young people want to talk about. Only half of the churches regularly discussed the basic beliefs of the Christian faith with young people and an even more staggeringly low eight per cent regularly talked about sex and relationships with their young people (nearly half never did). Nearly 70 per cent of the churches never talked to their young people about pornography. A separate survey of 100 young people revealed that they were interested in talking about all of these topics in their Christian youth group.” (Phoebe Hill, “Why The Church Doesn’t Have to Lose a Generation of Young People”, Christian Today, December 16, 2016, http://www.christiantoday.com/article/why.the.church.doesnt.have.to.lose.a.generation.of.young.people/103081.htm)

“The Bible clearly teaches several significant purposes for sex in human experience. First, sexual intercourse forms a spiritual-physical union between husband and wife (Gen. 2:24-25). The “one flesh” union established in marriage is not to be broken (Matt. 19:4-6). Second, sexual intimacy results in an intimate, personal level of understanding between
husband and wife. The Old Testament word *yadah*, translated “to know,” refers to intimate personal knowledge (Gen. 4:1, 17; 19:8). Third, sex was also designed for mutual pleasure to be shared by husband and wife (Prov. 5:18-19). Fourth, sexual intercourse was given as the means by which the human race would be propagated (Gen. 1:28).” (Pornography: Biblical Insights, ERLC, August 4, 2009, https://erlc.com/article/pornography-biblical-insights)

“Men’s extrinsic religiosity was positively correlated with their use of Internet pornography and negatively correlated with willingness to intervene as a bystander. Men’s intrinsic religiosity was negatively correlated with how many reasons they had for using pornography and negatively correlated with their use of pornography. Women’s extrinsic religiosity negatively correlated with their bystander efficacy. Women’s intrinsic religiosity was negatively correlated with their reasons for using pornography and their use of pornography. Women’s use of pornography was negatively correlated with bystander efficacy. A regression revealed that three religiosity variables and two pornography variables predicted 19% of the variance in women’s bystander efficacy. (John D. Foubert and Andrew Rizzo, “Integrating Religiosity and Pornography Use into the Prediction of Bystander Efficacy and Willingness to Prevent Sexual Assault”, Journal of Psychology & Theology, 2013, Vol 41, No. 3, 242-251, https://www.researchgate.net/publication/258631508_Integrating_religiosity_and_pornography_use_into_the_prediction_of_bystander_efficacy_and_willingness_to_prevent_sexual_assault)

“Theologians have identified religiosity as contributing toward pro-social behavior and moderating the effects of harmful influences, such as pornography (Baltazar, Helm, McBride, Hopkins, & Stevens, 2010). Integrating the scholarship in these interrelated areas is an important step in understanding how to decrease sexual violence.” (John D. Foubert and Andrew Rizzo, “Integrating Religiosity and Pornography Use into the Prediction of Bystander Efficacy and Willingness to Prevent Sexual Assault”, Journal of Psychology & Theology, 2013, Vol 41, No. 3, 242-251, https://www.researchgate.net/publication/258631508_Integrating_religiosity_and_pornography_use_into_the_prediction_of_bystander_efficacy_and_willingness_to_prevent_sexual_assault)

“Stigma and fear work against Christians who wish to address this issue in the community of their church. John himself bears witness to this reality: He became motivated to write about sex addiction after his pastor stonewalled his request to start a confidential men’s accountability group. The pastor basically said this hot potato was too hot to handle. After much prayer,
John decided to change churches; he then contacted CT to begin writing this article.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, http://www.christianitytoday.com/ct/2008/march/20.7.html)

“Most men and women across research samples and across cultures report that they did NOT learn about sexuality from their parents but from their peers, their friends or siblings, or their same-aged relatives. The Church can be a powerful example of cultural change by empowering parents to assume their natural role. Education on normal sexuality and healthy use of the Internet is essential to prevention efforts. The Internet provides us with the challenge and opportunity to protect each other and it also might be used for healthy education in these matters!” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

“According to Dr. Roberts, churches often treat this issue as a moral one, but fail to recognize it’s mainly a brain problem, ‘We tell men to try harder, pray harder, love Jesus more.’ Dr. Roberts adds, ‘But, what starts off as a moral problem, quickly becomes a brain problem. Telling a man to try harder is only tightening the ‘noose’ of bondage.’ Today, science sheds new light on biblical truth regarding strongholds of the mind and how a person becomes enslaved to sin.” (Terry Cu-Unjieng, “Why 66% of Christian Men Watch Porn”, Conquer Series, Accessed April 5, 2017, https://conquerseries.com/why-66-percent-of-christian-men-watch-porn/)

“This trend has not spared pastors, according to a LEADERSHIP survey (see How Common Is Pastoral Indiscretion?). Of the pastors responding to the survey, 20 percent said they look at sexually oriented media (in print, video, or movies) at least once a month. And 38 percent said they find themselves fantasizing about sex with someone other than their spouse at least once a month.”

“All this prompted us to seek out a pastor who knows how intensely difficult the war against lust can be—yet also knows God’s grace and strength applied in that situation. Who better than the author of the previous article? Here then, is an update from the anonymous writer of ‘The War Within,’ and the lessons he has learned in the intervening five years.”

“7 to 9 percent have some kind of help that’s identified to deal with the biggest problem that is corroding more churches. When Every Man’s Battle
was published, I actually said I didn’t want to be a part of it. I didn’t understand that this thing was so big that people would actually want to read that book.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

“But it very quickly became the most reordered book in a Christian bookstore. Because pastors were coming in and they were getting every copy that they could find, and they were letting it – they were sharing it with the men in their church. So pretty soon, 4 million copies of Every Man’s Battle, and when we started the workshop, 12,000 men have gone through that. And yet, the problem became so severe, we just couldn’t help enough people. There just wasn’t enough resources.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

“And you know, every time a pastor asked to get help for Every Man’s Battle, we do a workshop with therapists that come in. And you don’t just hear a speaker but you go into a group. Every pastor that seeks help, we treat them for free. Because we want to have an impact on the church. But there are three very big words – are these words up there? Can you see these words, yet? They’re there. Okay.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

The second big word is integration. You know, it’s an adolescent’s job, and we’re doing a very poor job of teaching them. It’s an adolescent’s job to integrate all of who they are into a healthy whole. The social part, the physical part, the intellectual part, the spiritual part; we try to bring it all together. We know what it’s like when a person hasn’t integrated their spiritual life into the rest of their lives. (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

“No, we need to proclaim a positive sexual apologetic, one that articulates the goodness of God’s design and develops a positive theology of sexuality to counteract the increasingly alluring false worldview that has captured so many.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)

“We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd)


“As parents, we need to have a clear ‘theology’ of sexuality in our own minds. Think of the biblical values that inform how you talk about sex, both its blessings and its dangers. Find a good resource to read about this so you are equipped to think rightly about sex from a biblical point of view.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“The good news is that Jesus Christ is the Bondage Breaker, the one who brings freedom from all addictions. His death on the cross paid the penalty for your sin of pornography. His grace provides freedom to say no to ungodly lusts and to say ‘YES!’ to living a holy life for the glory of Christ.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismанews.com/opinion/50198-5-ways-pornography-devastates-lives)

“If you would like to experience freedom from pornography, I recommend that you talk to your pastor or strong Christian friend. You can also visit the Setting Captives Free online Bible course.” (Meredith Curtis, “5 Ways Pornography...
“A Better Song Than Sin”

“Consider another sailor from Greek mythology, Jason, who came across Sirens’ island. Instead of resisting the Sirens’ allure by restraint, he introduced a better song. He hired Orpheus, the skilled musician, to play his most beautiful piece just as the ship floated in earshot of the island. The boat sailed by with both captain and crew pleased, not by the Sirens, but by Orpheus’s better music.” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)

“Real freedom came for me when I began, by God’s grace, to see that my cravings were for more than just food or sex. All my appetites were, at root, for an all-satisfying God. God will always be the better treasure, the more pleasing song. His music makes all the songs of the world pale in comparison. John Owen puts it well,” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)

“Were our affections filled, taken up, and possessed with these things . . . what access could sin, with its painted pleasures, with its sugared poisons, with its envenomed baits, have unto our souls?” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)

“Will we position ourselves to hear God’s voice, to give our soul the chance to truly taste and see that he is good? Fight for this pleasure every day. It’s the fight beneath every other fight in the Christian life. It’s the fight for joy in God.” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)
#22 STORIES OF RECOVERY & HURT

“...guys describe what this shift feels like. Keep in mind that most of them have been through a tough withdrawal phase and a month (or several months) of avoiding porn/masturbation.”

“In the past I would get intense sexual cravings to view really extreme, hardcore explicit scenes. But now those types of cravings are diminishing. I'm no longer battling myself to visit a porn site - but rather to wanting to see a really stunning, toned, hot woman...even if she is wearing clothes. It's like I am regressing to a state before hardcore - when more subtle sexual cues could get me excited. This is awesome and exciting! I remember when I got off of sugary drinks years ago - I used to drink 5 or more cola drinks per day. I never thought I was addicted but when I gave them up I wanted a coke badly at every meal. Just having water felt strange. But after sticking with it for about 2 months I was completely past it. Not even any cravings. I did once have a coke since then, and I didn't really like it - I found I actually prefer water.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“During the heights of my porn addiction, I never looked forward to much of anything: dreaded going to work, and never saw socializing with friends and family as all that great, especially in comparison to my porn rituals, which gave me more pleasure and stimulation than anything else. With the addiction gone, little things make me really happy. I find myself laughing often, smiling for no real reason, and just being in good spirits all around. I thought I was a pessimist, but really I was just an addict. Today, a spontaneous erection lasted over 25 minutes. I did not really feel the urge to masturbate. I just lay there and enjoyed the sensation, and thought about how far I'd come.”


“I've found as I progress, my dreams become more sex-oriented and more surreal, instead of just seeing myselfspanking the monkey in front of my computer. Also, I feel more

“I am still getting some porn flashbacks: porn stars or parts of scenes. At the beginning of my reboot, the first couple weeks, these flashbacks would make me strongly consider masturbating or looking at porn. Now, when I get them, I don't really feel the desire to do those things. I get a small rush from seeing those images in my head, but that's about it. I'm able to shake them away fairly quickly and without consequence. Their power is receding.” Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“In the past I noticed beauty, of course, but never FELT a DESIRE to be with a girl. I directed all my sex drive toward porn. Everything sexual for me WAS porn. I could never think about me, this guy with this d*ck, having real sex with a real girl. Now, I feel like sex is the most natural thing to do. ‘Hell yeah it's possible for me to have sex. Hell yeah there's a lot of girls out there wanting to have it with me!' Suddenly, self-defeating thoughts seem so stupid and time-wasting. I finally feel what most males feel. And it's awesome.” Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“Eventually I decided to masturbate to some porn. One thing was strange: I didn't seem to get the same enjoyment from the porn as I recalled. Even finding favorite scenes didn't seem to deliver. Porn was a bit boring in some way. Even though it wasn't as ‘good’ as I remembered it, I was still drawn back to it. Since the porn was not nearly as great as I remembered it, not going back will be easier.” Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“The first time I started masturbating again, I felt my brain looking for the porn. This is going to be hard to describe...there was a spot in my brain where the porn junk went (memories,
cravings, etc). When I denied the porn, I literally felt a collapse or an empty feeling in that part of my brain. Like it just did not exist anymore and my brain realized it. It was like when you clap your hands. My brain was expecting something in between the hands, but then it realized there was nothing in between except air.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner

“So here I am, 75 days into my reboot and feeling pretty good. It seems natural, now, not to seek porn or masturbate. While at the drug store a I bought a magazine about drag racing, the way it was in the '60s and '70s. There was an article about a drag racer and it featured, prominently, pictures of his somewhat busty girlfriend. I remember seeing the same pictures when they were first published, back in the early '70s. Back then they were whacking material, tonight I didn't feel any excitement at all. I think that I've finally learned to look at a woman without de-personalizing her and letting my thoughts head for the gutter. She was a beautiful woman, no doubt about that, but she's just another member of the human family. It used to be that I would feel a little twinge of evil when the thought of looking at porn came into my mind. It was like I was stealing something. . . . I'm pretty sure it was basically a sense of thrill that started with that twinge. It was a short circuit of my normal desires. Anyhow, that twinge seems to have abated. Just being able to say that makes me feel wonderful. I'm not out of the woods, but I'm better than I've ever been in my life, happier too.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner

“The handful of times that I’ve been exposed to materials that were near-porn, over the last 18 months, I tended to react strongly (at first). I think it’s probably a defensive thing, akin to a recovering alcoholic that is just death on drinking and will call someone out for drinking even if that person doesn’t actually have a problem. My reaction to such things is becoming more normal at this point. I was seeking something from porn and I am no longer doing so. IMHO, when we desire sex it is actually the emotional connection that we desire. I think that this
explains, BTW, why animals go to the bother of seeking a mate instead of stimulating themselves. I’m certain that even in the realm of animals there is an emotional component to mating, albeit much less complex than it is for humans.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner

“One key in my understanding of this problem was when I realized that I didn’t want meaningless sex. [Same guy a year later] I am ever more amazed the degree to which this has happened. I haven't been posting to the forums much lately. I feel like I've moved on with my life now. I'm not saying that I'm immune, that would be a foolish thing to conclude, but I have reached a point where I don't feel any temptation to masturbate and the sneaky attraction to porn is gone too. That may be the strangest thing, porn seems to have lost its power over me. All of my life, until two years ago, porn could have a profound effect upon me. Just dwelling upon the prospect of seeing porn could put me into an altered state. It no longer has that power. It's a quantum shift that I find amazing. Its like I have a completely different reaction to it. It doesn't interest me, I don't find it desirable, the prospect of viewing porn seems completely undesirable. It's like this; for most of my life I looked at porn and it was never enough. Now I don't look at porn at all and it's more than enough. Whatever it was that I was looking for in porn I'm no longer seeking.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner

“In short, cues may still evoke a powerful feeling of anticipation. Yet as you become more responsive to real pleasures, masturbation to pixels seems increasingly pointless and unfulfilling. Of course, if you return to exclusive porn use, you fire up the sensitization process again. In other words, recovery of sexual function doesn't protect you against future excess.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner

“HOW I QUIT PORN AND WHY IT’S THE BEST THING I’VE EVER DONE”

“Why would I ever admit this to anyone? Isn’t watching pornography wrong or shameful? Aren’t there elements about the pornography industry that are exploitative and coercive? Aren’t addicts unreliable and unhealthy people that betray their friends, families, and lovers? Why would I ever admit this to anyone, especially online, where friends, family, employers, strangers, and potential future partners could find out this dark secret of mine and then shun me or think less of me?” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“The reason I am choosing to let this knowledge be public is because, for many years, my addiction was causing me to hurt myself. The addiction also hurt people I cared about, threatened my career, contradicted my deepest values, and consequently contributed to me feeling very unhappy with myself. The good news is that I have beat my addiction. And beating this addiction has brought me such relief and joy that it has repeatedly moved me to tears. I share my story in hopes that through reading about my struggles and successes, at least one other person is inspired to beat their addiction.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“The Groundwork of Addiction”

“I had been exposed to sexually charged images as a child, as many other children are. I was drawn to and excited by these images and procured Playboy and Penthouse magazines as I entered my teens. Looking back, I didn’t see anything necessarily unhealthy about my acts at that time. I was very ashamed of sex and didn’t discuss my sexuality freely with my friends. Games of truth or dare terrified me because I was so afraid to talk about masturbation and sex with my friends. This is typical. Lots of taboos surround sex, and this is unfortunate but understandable given that sex has such a strong pull on our behavior and that the unhealthy or clumsy expression of sexuality can cause problems. However, I think that this shame and this secrecy laid the foundations for the addiction that would later have such a detrimental impact on my life.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)
“Another component of my addiction was stress and unhappiness. I remember a shift happening around fifth grade. Before then, I wasn’t necessarily very talkative but felt I could talk freely with anyone in my class. Something changed when I was around 11 years old, though. I suspect that the self-consciousness that comes with puberty and the realization that I wanted to win the approval and attention of my female classmates started having an impact on me. I found myself lacking in confidence, lacking in attractiveness or fashionability, lacking in the ability to flirt and even recognize when others were flirting with me. I couldn’t relate to the culture around me, given that I was more interested in science, science fiction novels, and nerdy role-playing games than in pop music, sports, and partying. I was and am an introvert in a world that celebrates qualities that extroverts seem to come by naturally. I was often lonely, often hard on myself, and often wished I was more like the boys that could freely talk to girls.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Around eighth grade, though, I discovered that physical exercise, especially weight lifting, made me feel really good. It took away some of the anxiety that I felt and calmed my mind somewhat. I naturally fell into a routine of regular physical exercise that has persisted in some form to this day. This routine and capacity to form routines is one of the things that has saved me from addiction and made the recovery process easier.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“As is typical, and completely normal, I masturbated and fantasized about women often. The hormone levels in a teenager, combined with the novelty of sexuality and the pleasure that arousal and orgasm brings, caused me to be just another common teenage hornball. I felt a lot of shame in my habits, though in retrospect I wish I had learned not to feel this shame. The pleasure of sex, in addition to the shame I felt about it, were factors that later made it natural that I would become addicted to porn.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)
“I wasn’t yet an addict. However, when my 17th birthday arrived, my parents bought a computer and I near-instantly started consuming internet pornography. I was so drawn to the possibility of accessing pornography freely that I snuck into the room with the computer the very first night it was hooked up to the internet. From that point around 1999 until sometime in early September 2013 (except for a brief period at the end of 2012), I consistently consumed pornography on a near-daily basis.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Addicted”
“I didn’t realize I was addicted, though over the years I sensed there was a problem. How could I not realize I was addicted? My theory is that there are a lot of very necessary and very good pro-sexuality and pro-porn arguments out there. These are good, because labeling something as wrong paradoxically makes it more attractive. Breaking rules brings a rush of adrenalin that enhances the pleasurable elements of an act while also possibly intensifying the feelings of shame that result in performing the act. This can lead to a destructive cycle which I, myself, experienced. It is possible to consume pornography in a way that is healthy, just as it is possible to have healthy relationships with alcohol, food, exercise, work, and other substances and habits that can become compulsions. I have chosen never to consume porn again, though.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“A compulsion is a habit that cannot be easily regulated. The person that chooses to drink a glass of wine with friends while winding down at the end of the day doesn’t have a compulsion. The person that notices themselves always drinking after a hard day or during a time of stress even when they would rather not be drinking has a compulsion. The cigarette smoker that lights up without even realizing it has a compulsion. My habit of consuming pornography had compulsive elements. Sometimes I would sit a computer and start typing out the name of a porn site automatically and without conscious effort. Sometimes I would be in a situation where I could be caught watching porn but I simultaneously couldn’t fight the impulse to watch porn while also feeling excited that I was breaking someone’s trust. I have and could have hurt or disappointed others
“I didn’t realize until recently that I had been using porn for years to pacify myself, make myself feel good, and deal with stress. Had I deeply understood known that porn has such a powerful effect on brain function, I might have quit sooner. I’ve learned, perhaps too late in life, that you can only really overcome a difficult situation by opening yourself up fully to it instead of numbing yourself to it. Maybe you are lucky to have learned this lesson and trusted in opening yourself to pain when it arises. If not, I hope you notice those moments when you numb yourself to stop feeling pain, loneliness, and misery because here is a place where addictions can be born. And because you can only really grow beyond a difficult place in your life by facing it head-on.”

“I sensed that my porn use was a problem. My porn use was continuing even during relationships when physical intimacy was declining. In search for greater and greater thrills, I started combining porn use with online webcam exhibitionism, even during a relationship. This in itself is not necessarily wrong, but I initiated these actions in secret and never discussed it with anyone. I was essentially cheating on my partner and did so on and off for many years.”

“The Pain of Addiction and Shame”

“I identified and continue to identify as a feminist. I think I am a feminist because I understand suffering and I have women friends that have suffered very greatly. Even though I am a white male, in the past I often felt like I wasn’t part of the crowd. So maybe I understand what it’s like to feel in a minority as well (even though I freely admit I have full white male privileges). Feminist culture, to me, values compassion, consensual relationships, egalitarian relations, and the fair treatment of individuals in an effort to reduce the pain and suffering that women and minorities have experienced throughout history. I had learned that the porn industry has many problems.
There exist cultural elements that lead to the coercion and exploitation of women and men. I recognized that it uses misogynistic, trans-phobic, and racist language and themes, and that some porn actors have unhealthy relationships with sex, serious mental health issues, and drug dependencies. A feminist would likely feel sorrow and anger at learning many of these stories and might come to the conclusion that mainstream pornography culture is toxic to many of the individuals within it. I surrounded myself with friends that identified as feminists themselves, and the disparity between my actions and my values caused me to suffer and feel like a fraud.” (“How I Quit Porn and Why It's the Best Thing I've Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“I finally addressed this cognitive dissonance so I quit porn for about three or four months toward the end of 2012. Sadly, I relapsed at the beginning of another relationship around the beginning of 2013. The stress of beginning that relationship caused me to relapse into my old habits. Habits that included shame, lying, secretive behavior, and transgressive acts that had hurt my past relationships. I believe I relapsed because during the time that I wasn’t using porn, I was still using sexuality to numb my feelings instead of allowing it to be expressed in healthy ways.” (“How I Quit Porn and Why It's the Best Thing I've Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Toward the end of 2012 I was severely depressed. I was living in a place and in a way that I later realized was unhealthy. I was keeping myself constantly busy, gigging in six bands and staying out at least four or five days a week. I was using my spiritual practices to try and keep my mind clear and sort of force myself through each gray day when I should instead had been listening to clear signals that something was wrong and had to be addressed. Looking back, I’m pretty sure that my depression was caused in part by withdrawal symptoms. Yes, it turns out that quitting porn can lead to much the same withdrawal symptoms experienced by users of addictive substances but I didn’t know this at the time.” (“How I Quit Porn and Why It's the Best Thing I've Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“How could quitting a porn habit possibly lead to withdrawal symptoms? It turns out that pornography, and internet pornography
especially, satisfies a human responsiveness and craving for sexual variety. Thinking from an evolutionary perspective, I suspect sexual variety ensures that genes are spread widely. We are hard-wired to respond to and sometimes seek out this variety as some studies show. And internet pornography supplies such intense stimulation that the brain responds with tremendous release of pleasure chemicals. Over time the brain does burns out on this stimulation and grows to depend on intensification of this artificial source of pleasure. A destructive cycle emerges. This pattern of addiction in porn is similar to that of other addictive substances and habits.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“During times of stress, when I was very tired, very unhappy, lonely, bored, feeling unworthy or unlovable, or otherwise not feeling well, my desire to consume porn was strongest. While I was single as an undergraduate I hardly ever socialized and made daily porn consumption a regular habit. Sometimes I would look at porn for hours a day, staying up late into the evenings on Friday and Saturday night while other students were out around town learning to socialize and practicing vulnerability. In college my feelings of not being able to relate to my peers were greatly intensified because I lived in a college football town and found bar and club culture unattractive in the extreme. I lived in loneliness and numbed my loneliness with porn. My porn use made me feel unhappy and unlovable and I numbed this unhappiness with more porn. A downward spiral had emerged.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“This downward spiral did recur, several times. It harmed my relationships which is something I have felt intense guilt and remorse for. The shame and guilt of having failed myself and my partners over the years, coupled with my pre-existing habits of not feeling totally confident in myself and my abilities has caused me many years of feeling like nothing I did was ultimately very satisfying and gratifying. An outside observer could see that I had a successful career, loving and wonderful partners, a great family, musical and creative talents, a healthy diet, healthy exercise patterns, and a generally cheerful and pleasant disposition. When I’ve been single and lonely, I’ve had friends praise me as ‘a catch’ and ‘marriage material’ but I could
never really believe them when they said this. My mom would remind me of all my accomplishments and gifts when I was depressed but these words could not reach my heart. I could have easily remained in this dark place of shame and secrecy and self-loathing for many years, maybe until the end of my life.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Salvation”
“What saved me was being dumped. Dumped by a partner with great integrity and self-love. I had finally built up the courage to tell her about sexual compulsions that I had kept secret and lied about for several months and she left me to protect herself. Getting dumped and having had enough trust in the mental health care system to see a therapist and share with them deeply of the details of the breakup finally let me see myself for who I was. A pornography addict.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Discovering you are a pornography addict is scary. Your mom would likely be really unhappy and disappointed to find out you looked at porn (mine does). Some of your friends might think less of you if they realized you looked at porn often. Or maybe they would be OK with it but they would disagree with you that porn can be catastrophically habit-forming. An addict betrays themselves and betrays others. Some of your friends would think less of you or be tense and worried around you. Your employer might fire you or think that you are less reliable and worth of promotion or favor. I felt (and feel) worried about sharing details of my story in this way. But knowing that beating the addiction is possible, that learning to courageously stand up to feelings of shame is possible, and that realizing that you have opened the door to finally loving and trusting in yourself reassures me that the consequences will be worth it. I will finally be able to forgive myself for not allowing myself to be happy in my own skin. I will finally be able to seek and hopefully accept the forgiveness of those I have hurt. My life, that has been filled with so much self-judgment, doubt, and fear, is finally opening and bring me joy. As I wrote before, I have cried and sobbed when I realized that I finally have permission to feel happy. When I told my therapist this, the image that came to their mind was that of a little kid lost in a crowd. The child is frozen and scared. Wide-eyed. After a few minutes their parents find the kid and
the child is so relieved that he cries and cries as the feelings of fear and tension wash out of them and they start to feel safe again. I was that little lost child.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Recovery”

“My recovery process was difficult. I quit porn nearly cold-turkey and within a few days severe mood swings set in. For some hours I might feel light and full of good humor and a feeling of warmth and courage, and then the rest of the evening and early morning might be filled with heart-pounding anxiety, sweating, and feelings of abdominal pain and extreme hunger that can’t be satisfied. For weeks I couldn’t sleep more than five or six hours a night and this sleep was often troubled by nightmares. During the day I would be depressed and in a fog. I was hungry all the time but didn’t have the sense or desire to eat more than I usually do and lost 7 pounds in two or three weeks (this is a lot considering I don’t have much body fat on me to begin with). I have never had this kind of sudden weight loss in my life. At one point, due to the combination of having been dumped and not sleeping well due to insomnia and travel, I even felt suicidal for the first and hopefully only time in my life.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Very fortunately, I have good friends. I finally reached out to them and speaking of my addiction and not being judged by them has allowed me to break free of the profound shame I had felt for so many years. I reached out to my family which I found to be extremely supportive and helpful. My therapist pointed out helpfully that maybe my mood swings were caused by my realizations of the possibility of freedom warring with my old identity as an unworthy and undeserving person. My old identity was feeling threatened and rebelling at the genuinely positive changes taking place inside me.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“I started exercising and practicing yoga more and I used my extra hours of wakefulness to put time into writing songs that touched, directly or indirectly, the pain I felt and the process I needed to undergo to learn to be happy with myself. I journaled intensely every
day, keeping track of sexual fantasies, urges to relapse, masturbation habits and feelings of anger and shame, but also of joy, lightness, and pleasure. I had read many testimonials and articles of other recovering addicts archived on the website yourbrainonporn.com and adopted the techniques that best suit my own situation and temperament in my own recovery. I kept seeing my therapist whenever I needed to and tried not to isolate myself but to also allow myself to feel fully everything I was experiencing by not distracting myself constantly. During this time I’ve avoided drinking or other acts that act simply to numb feelings. My capacity for diligently sticking to routine has been absolutely essential.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“All the support of friends and therapists and online resources. All the half-hearted commitments to change. All of that is useless unless the recovering addict can actually do the hard work of recovery. And this hard work is only possible if a person makes a real and true commitment to change. Having hurt someone that trusted me and loved me and having them break up with me was the catalyst for me to affirm my own commitment. However, my own commitment is actually rooted in the desire to finally be free and be happy in my own skin. To finally be able to accept the compliments of those I care about. To learn to say no when I’m offered an opportunity I don’t really need. To finally be able to trust that the decisions I make for myself are healthy. To rejoice in knowing that one day I will be able to fully open up to and love my partner.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“From Addiction and Shame to Self-Love”
“Quitting porn and opening up about my addiction is the best thing I could have done for myself. I feel a tremendous release and a tremendous freedom in my life and I’m beginning to make and notice changes. I find women more attractive, I am more comfortable talking to women, and I feel good about the possibility of easily initiating a satisfying relationship with someone for the first time. I feel ready to initiate a career move that is a long time coming. I also have felt closer to my friends and family than I have in years. Most importantly, though, I feel a greater sense of ease and peace with who I am than I can remember. I find that I can love and trust myself fully now and it’s
an emotion beyond words. Some would call it a spiritual awakening.”


“Some days I return to the place of self-judgment and shame. Some days I question my own happiness and well-being, thinking it is some kind of delusion or brain chemistry malfunction. But I am committed to cultivating this happiness, this ease with myself. And I hope very much that what I have written here might help someone else find this place of happiness I am beginning to spend more and more time in.”

“Postscript”
“I am writing this a few weeks after I wrote the above. I have not relapsed yet and the feelings of profound happiness and resilience to shame come and go. One of my friends who also has an addiction gave me a sobering piece of advice: you have beaten the disease of addiction, but now you have to learn to nakedly face the problems that you were running from through your addiction. This is certainly true for me. I continue to meditate, write about my experiences, and talk about my experiences and am planning to attend enough sex addiction meetings to listen and learn from others and to learn to talk about my issues more.”

“COURAGE TO QUIT: HOW I’M OUTGROWING PORNOGRAPHY AND WAKING UP TO MY TRUE SELF”

“My Reasons for Quitting:”
“After a decade of porn use, I quit watching 2 years ago. It was February 14, 2013. V-Day. Haven’t been back since. My reasons for quitting were pretty simple…”

“First, I was pissed off that my sense of personal ‘sexuality’ had been reduced to sitting alone in the dark in a disembodied daze drooling over pixelated fantasies of submissive females in a desperate attempt to feel a release from the tension in my body and the void in my heart. And – I was concerned about how my porn use had become

“Second, I was outraged about all the sexual violence perpetuated by men on women and girls – and porn felt like the main way I was subconsciously contributing to that cycle of violence. (Yes, some men and boys are also victims of sexual abuse – often perpetuated by other men. But is is important to acknowledge that women and girls experience the vast majority of sexual violence.)” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Finally, I’m an incredibly stubborn person who will do just about anything to follow through on what I commit to, even just to prove people wrong for doubting my resolve! And I made the commitment to a close buddy of mine. No Porn for 1 year. Period.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Starting off, I had no idea what to expect. At that time, I didn’t know anyone else who had quit. I had never even talked to my friends about porn. And I didn’t know a thing about the science of pornography addiction. Despite feeling alone, I knew I was up for the challenge. I wanted to see how my life might be different after a year without porn.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)


“Rebooting My Brain:”
Because most of us (younger guys) started watching high-speed, hard core internet porn during our brain’s formative years – when we were 12-17 years old, we’ve experienced a kind of subtle trauma. One that often requires a conscious prolonged effort to heal and recover from.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Rebooting for me has been the process of stopping my addictive/compulsive viewing behavior altogether, over a period of time, in order to allow my brain to dismantle and unwire the endorphin-releasing ‘reward pathways’ that I learned to associate with porn consumption.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Revealing the Façade:”
“Rebooting was the vital first step toward my recovery because it opened up space for me to step outside of the box of my addiction and objectively assess my compulsive behavior. Like recovering from any other addiction, the decision to quit had to start with me. Nobody could convince me to quit porn. I had to choose to quit because I wanted to.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Once I broke the cycle of my addiction, I could see that my porn use was a coping strategy that I used in a desperate attempt to meet some basic unmet human needs.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“For me, porn use was an attempt to meet my needs for sexual expression, connection & intimacy, and stress release. The first two needs never had a chance of being truly met through porn. And, although I sometimes achieved a temporary sense of stress release. In the end – it was a powerful deception. The feeling was always fleeting and counterproductive: it always resulted in greater tension and an even greater need for release the next time. But the truth is, I simply couldn’t see the reality of this cycle when I was in it.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)
“Porn, ironically, inhibited me from actually getting my needs met in any kind of deep, connected or sustained way. It kept me stuck in a never-ending cycle of ‘tension and release’ that made true intimacy impossible.”

“There’s a real sense of grief for me in acknowledging all this – I feel like I’ve been living a pornographed lie: like my experience of my own ‘sexuality’ has often amounted to little more than a superficial obstruction, blocking the true essence of embodied sexual power that lay dormant within me.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“It is clear that this pornographed façade of ‘sexuality’ must die in order for my true sexual power and deep capacity for intimacy to reawaken.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“As their brains return to normal sensitivity, erectile dysfunction fades, their taste for extreme material/acts with mates evaporates, they find normal women attractive again, they find social interaction easier and more rewarding, they laugh more readily, they feel less depressed and more optimistic, they can focus better, they feel like they are in control of their lives, they feel more confident and more attractive. Some men even notice their voices get deeper. One man described the change as a welcome ‘fire in the gonads.’” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)

“The downside of increased sensitivity is that recovery is not linear. Former users have really good days and really bad days before their brains return to equilibrium—almost like a pendulum swings before it rests. Because many have been desensitizing their brains with porn since puberty, they have not necessarily learned how to deal with intense emotions of anger and frustration as they come out of their fog. Group support is very helpful during this phase.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)
“While an extreme example, Ariel Castro, who imprisoned and sexually abused three women in his house in Cleveland for more than a decade, said this at his sentencing: “I believe I’m addicted to porn. . . to the point where I am impulsive, and I just don’t realize that what I am doing is wrong.” As James Conley mentioned in his analysis on how pornography is reshaping the mind of American men, he says this:


“This was a conversation I had with a friend a few years ago. Not long afterward he remarried, but the years of porn usage poisoned his marriage, and it failed. The messages and attitudes of porn distorted his view of sex and relationships. But Michael’s porn usage didn’t just impact himself and his marriage. He failed to realize that his porn usage hurt far more people than he was willing to see or admit.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“I became alcoholic after my first drink at 14-years-old. Gradually through my adolescence, I began experimenting with other substances and they became more important to me than school. After miserably failing almost two years of college, I dropped out. I had just turned 21 before I met the man who sold me a dream. The dream turned into a nightmare and the nightmare lasted six years. In those six years I was prostituted up and down the I-5 corridor from Seattle to San Francisco, Los Angeles, Phoenix, Las Vegas, and Honolulu, Hawaii. . . I was 21 years old when my pimp

“Shaming ourselves (or anyone else) for watching porn is always counterproductive. It just fuels the cycle of addictive behavior that so often underpins pornography use. So rather than barraging you with a bunch of stats about the problematic impacts of pornography, I’ll let Russell brand lay it out – as only he can:” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Cultivating Embodied Presence:”
“For me, quitting porn is about being willing to look, see, and speak the truth – to pull back the façade and find the courage to take actions that bring my behaviour into deeper alignment with what I value. Through this process, I’ve been restoring a sense of integrity, confidence, and self-love that had been dormant for far too long.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)


“I still have a lot of healing to do to rewire my brain after a decade of porn use, but the progress I’m seeing gives me hope. And the impacts of my decision to quit porn continue to ripple outward in many areas of my life.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)
“Clearly, this journey I’m on is not just about quitting porn and overcoming addiction; it’s about creating the life I want. It’s about cultivating the skills to give and receive the love and intimacy that I long for. Ultimately, it’s about living a life of deep passion, purpose, and connection as a conscious, activated man – capable of bringing my unique gifts fully out into the world.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Outgrowing Pornography:”


“He goes on to observe: ‘Men who are hooked on pornography have an enormous opportunity. The work they need to do to outgrow – not repres but outgrow – pornography is the very work that brings them into their full manhood abnd humanity, unhooking them not just from pornography, but also from much of their [sexual] conditioning.’” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“It’s never too early (or too late) to outgrow pornography and create the life you want. Men and women all across the globe are quitting porn and rewiring for true intimacy. I invite you to join us, when you feel the time is right for you.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“Moving Forward:”

“I want to see a whole movement of men rise up to confront this issue by first taking action in our own lives: Reconnecting to our bodies, grounding in our authentic power and sexuality and re-awakening our capacity to give and receive the love that we long for.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“I believe we each contribute to building a culture of love when we step outside of the cycle of addiction and into our authentic power as conscious men. Having the courage to quit is the first step.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“What do you have to lose? At the very least, it will be one of the most interesting ‘life-hacks’ you’ve ever tried. The question is, will you even recognise yourself on the other side…?” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/)

“JOEL’S STORY (FOUNDER OF PROVEN MEN)"
“My marriage was in deep trouble, the result of sexual immorality in my life. I was a model Christian and very active in the church. But I secretly lived with a paralyzing fear of rejection by the church should my struggle with sexual sins ever revealed itself. Because all that I cherished was slipping away from me, I finally risked telling a pastor that I needed help. Surprisingly, he did not judge me. Instead, he lovingly guided me to other Christian men who had faced similar struggles. This is where I began experiencing freedom through Christ. I was no longer alone. I was finally ready to do business with sin at the deepest level of my heart and ready to be changed from the inside out.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“This is my story and testimony. By God’s grace, I was called out of despair to begin living a Proven™ life, exactly the model established in the Scriptures (see 1 Cor. 6:9-11).” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Childhood Influences”
“I grew up believing that men don’t cry and that emotion was a sign of weakness. It was also unthinkable to ask anyone outside the family for help. If I couldn’t do it myself, it didn’t need to be done. It was also important not to do anything that might be embarrassing. Therefore, it seemed much safer not to be open or vulnerable, lest someone might think I was not perfect.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“My father was not affectionate and, busy providing for a large family, didn’t spend much time with me. Although my dad loved me, he never verbally or physically expressed it. I grew up believing that men don’t say “I love you” or hug each other.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“When I was about twelve, I found Playboy magazines hidden in a room. About that time, I also learned about masturbation from friends. As I looked at the pictures of the naked women, I began fantasizing about sex. In fact, I soon became fixated upon sex. I began seeing women as objects of desire. I would masturbate almost every day while thinking about sexual images or fantasies. Although I usually felt guilty afterwards, each night as I closed my eyes, sexual thoughts flooded my mind and I would begin the ritual all over again.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Adult Practices”
“During high school I went to my first X-rated movie and to a topless bar. I began buying my own Playboy magazines and hard core pornography. Sex was always on my mind, and I could easily find sexual images or ideas almost everywhere. I would often purposefully keep these images in my mind so that I could use them later to masturbate. During college I began having sex. This only fueled my fire. I continued to fantasize and masturbate as well. Each relationship ultimately ended without satisfaction. Although deep down I knew lustful thoughts and masturbation were wrong, I held on to the belief that as soon as I got married I would stop.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“During law school, I accepted Jesus into my heart as Lord, and soon met the prettiest, most wonderful woman in the world. We were married within a year. Everything was falling into place. But the lustful
thoughts and temptations to masturbate did not go away. I was married Christian, but I still maintained my former fantasy thought life and other impure sexual practices.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Daily I continued to keep opening my mind to sensuality. I was fixated on beautiful women in TV shows, commercials, or magazines. Even on the way to work I noticed (and fantasized over) sensually dressed women. Giving in to lust only heightened my desire for sex, making me think I needed it every day.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“By now, my wife and I were involved in many activities at church and were viewed as a model couple. She would become a staff member and I would be active in many ministries for the church. I simply was too proud and ashamed to seek help. Yet my world seemed to be closing in on me and I needed to find a way of escape. I knew it was just a matter of time before I would drive my wife away, and she was too precious to lose.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“I tearfully begged God to take away the temptations. I wrote out every verse in the Bible about sexual immorality in the hope that my actions would conform to what I read. I even went to a Promise Keepers event and confessed to a counselor on the football field that I masturbated. However, no matter what I tried, after about three weeks I would begin masturbating again. In fact, my thoughts and actions continued to grow more and more impure.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“How repentance and commitment to change”
“My mind was so constantly plagued with lustful thoughts that I was totally consumed with sex. I finally became so afraid of acting out some of the fantasies or actually committing adultery that I went to the pastor of the church. I admitted that I had a sex problem that I could not overcome. Although the pastor was shocked to know this about me, he did not reject me. Rather, he cried and poured out his heart for me. He reassured me and told me that he loved me. That marked a new direction in my life.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)
“I continued the road towards God by having a repentant heart, and in confessing to my wife all my sins — sexual, selfishness and pride. For the first time in my life I actually felt free. After linking up with an accountability partner, who himself overcame sexual addiction, I knew that I could live in freedom. It was going to take work, but I knew there was hope. And I was 100 percent committed to being changed by God, willing to do whatever it took to live a pure life in dependency upon Him.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Early on in the process, my wife was not so sure that I would change. After all, I had been unfaithful to her from day one of our marriage. I still remember clearly one thing she told me that helped change the course of my life. She said, “You are just sorry about the consequences, but you don’t really see your conduct as wrong.” I wanted to lash out at her. But she was absolutely right. I hated the consequences, but didn’t really want to stop. I had not seen lustful thoughts or masturbation as something that grieved God or was evil. Besides, I secretly enjoyed certain aspects of the false intimacy of fantasy, lust and masturbation. Yet, I knew I needed to die to lust and live for the Lord.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“By the grace of God my wife didn’t abandon me. She stood by my side every step of the way. Of course, it took a long time to regain her trust. But for the first time I truly was willing to do whatever it took to stop sinning and start living for purposes greater than my own selfishness. I received biblical counseling weekly from another Christian man who had been addicted to sex. I also read several good books relating to freedom from sexual sins. I began to see that my thinking was backwards, and that my selfishness and pride fueled the lust. I finally realized that the only hope I had was in turning over all areas of my life to Jesus. I needed to adopt His plan for living. I spent hours on daily Bible study and prayer. I began to understand the root sin issues beneath the sexual behavior. I confessed my struggles to a trusted Christian friend who helped hold me accountable. This time I really wanted to be totally free from the bondage of lust and sexual impurity. But more than that, I wanted to return home to God, to live out love, and to live for Jesus. It was only then that I finally began living a victorious life free from the addiction

“The Root Causes of Sexual Bondage in My Life”
“All my life, I lacked real and intimate relationships with God and others. These things were not modeled to me as a child, nor sought after by me as an adult. Instead, I allowed the pridefulness in my life to lead to self-centered desires. For instance, masturbation, pornography and sexual fantasies were fueled by my selfish way of thinking. Because I refused to permit emotions or feelings to exist in my life, I also used artificial intimacy in place of real relationships. In fact, all of my relationships were shallow including the ones with God and my wife. The Lord was there simply to meet my needs. And my interactions with my wife were based upon sex and the fulfillment of my desires; not hers.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“When I accepted the Lord into my heart, my selfish desires and patterns did not miraculously disappear as I had selfishly hoped they would. Because my prideful way of living, including lustful thoughts and masturbation, spanned 20 years, they had become ingrained habits that were done almost automatically and without reflection. The repeated conduct also desensitized me to sin. Moreover, I had never learned how to be vulnerable, open or honest with my feelings or with people. I needed to learn how to replace my former ways with new Christ-like thinking and conduct. It took time and hard work but I did not give up. I was committed to being a Proven Man™.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Passionate for God”
“I had viewed God as a doorway to receiving answers to prayers or obtaining blessings. I didn’t fully grasp how I could or should have an intimate love relationship with Jesus. But, when I could no longer stand the sexual sins and fake relationships, I finally turned completely to Jesus: this time for good!” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“My mind was so warped with selfish and wrong thinking it needed to be “transformed and renewed” (Romans 12:2). For this to happen I needed to flood it with godly inputs while also eliminating selfish and
sexual inputs. I began spending time praying each morning. My prayers changed from asking for blessings for myself to asking God to meet the needs of others. I also poured out my heart to Jesus each morning by telling Him how much I loved Him, how hard the struggle was, and asking Him for His strength. I also asked Jesus to make me humble and to give me a soft heart towards Him and others. For the first time in my life, I actually started learning what it really meant to love God and others. I also began reading the Bible daily with enthusiasm and new understanding as He opened my willing eyes to His truth. Then I began putting into practice what I was learning.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“After working through the 12-week study twice and using other daily Bible studies for six months, I began craving more and more of an intimate relationship with Jesus. I also read two books that helped me see that I needed (and could have) an even deeper, more dependent relationship with Jesus. (False Intimacy by Harry Schaumburg (NavPress 1997) and Sexual Healing by Mastering Life Ministries.)” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/ joels-story/)

“I kept finding myself wanting even more. But I still did not really know how to pray to Him like those in the Bible that I was reading about. My pastor recommended that I read some of the writings of E.M. Bounds. Wow! Mr. Bounds explained prayer in a way I had never heard. My heart was convicted once again. I realized that I had still been praying with the intent to receive blessings from Him, instead of getting to know Him and changing my life to conform to His will. My prayer life dramatically changed, and with it my heart, once more.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/ joels-story/)

“Before seeking absolute purity, I prayed for only about one minute a day for things for myself. During the first twelve weeks of recovery, I disciplined myself (using a timer clock) to pray 5 to 10 minutes a day and began focusing upon the needs of others. A year later, I began meeting weekly with other men to pray for things impossible without God. I consider these prayer meetings to be among the most precious activities in my life. Clearly, the Lord gave me a new and passionate heart that is still growing!” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/ joels-story/)
“Repentant in Spirit”
“Only when I began truly hating sexual sins by repenting to the Lord over them did they began to lose their grip over me. I realized that there was a connection between the selfishness and pride in my life and what my mind dwelt upon. Once I learned how to combat selfishness and pride, I could begin to engage in the battle.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“I began confessing to the Lord how selfish and wicked my ways were. I even wrote God a psalm modeled after Psalm 51 — when King David repented over having an adulterous affair with a married woman. In fact, each time I had a lustful thought I would immediately call it sinful, and ask God for forgiveness. My repentance was not merely words. I also began working very hard at removing all sensual inputs from my life and replacing them with godly inputs. For instance, I didn’t watch television for an entire year, and refused to open magazines that I knew would have pictures of women in them. For a few months, I found it necessary to stare at the ground as I walked to the subway, and I would read the Bible on my commute to work so I would not lust after the women on the train. I also strictly limited my interactions with all women.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“One very important part of repentance was refusing to allow any sexual image or fantasy to stay in my mind. I would reject every such thought and image right away, and actually “refuse” to take any pleasure from them. Whenever I looked at a woman and entertained the slightest impurity in my thinking, I immediately acknowledged and confessed it as sin, turned away from it, and asked Jesus for forgiveness. Although it seemed like I was confessing lustful thoughts every few minutes, I did not give in. My attitude became: Because God hates sexual sin, so do I.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Open and Honest”
“Although I had lots of friends and acquaintances, I had never been in vulnerable, open and honest relationships with anyone. I was afraid that people would not like me if they really knew me. I also closed off my emotions and feelings. I suppose I subconsciously thought that I was being protected by these walls around my heart. But I began
seeing how hiding from feelings and true intimacy blocks us from loving others as God desires. Deep down, I knew that loving and putting others first meant more than just wishing them well or praying for them; it would require investing my life in their lives. Let me tell you, this was way outside my comfort zone. For instance, I never reciprocated when the pastor or another man gave me a hug. But, I began to tear down these walls, too. I knew that if I could not be open and honest in my relationships with other men, allowing myself to be vulnerable, I would not be able to truly live out passion for God or be fully intimate with my wife.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/Joels-story/)

“I began learning that openness also means being open about bad or embarrassing things that happen. I was exposed to inappropriate sexual matters as a child (i.e., was shown pornography and how to masturbate). I had to accept that I had been subject to a form of sexual abuse as a child. I read the book *The Wounded Heart* by Dr. Dan Allender (NavPress). It reinforced that the behavior I was exposed to as a child was wrong. It also helped me understand my emotional wall. Now that I could see this improper pattern for what it was and knew where it stemmed from, I could start replacing it with real, open and honest relationships. Although it was difficult, I began making it a point to recognize how I was feeling, and to talk about things such as disappointment, fear, anger and other topics that were once off limits. (I often referred to the feelings chart, attached as Appendix F to the 12-week study, as an aid to recognizing my own feelings.) Today, I am able to go up to another man, give him a hug, and tell him I love him. I also maintain vulnerability with my networking accountability partner and others.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/Joels-story/)

“Victorious in Living”
“The Bible tells us that those who persist in sexually immoral ways will not inherit heaven (1 Corinthians 6:9-10). However, the very next verse is: “And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God” (1 Corinthians 6:11). When I truly began to seek the Lord and commit to giving Him control, I felt Him telling me that even though I was currently engaged in sexual sins, I not only was called to lead a victorious life through God’s grace, but
that He would lead me by the hand to holiness.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Each moment I am following God’s plan for living, I am leading a victorious life. It has been over a dozen years since I last masturbated or looked at pornography. My relationship with my wife is better now than it ever was before because I put her needs and desires ahead of my own. The victory is that I have died to sexual immorality and chosen to appreciate and love the relationship with my wife. In fact, I see that my relationship with her is so much more than sexual. We are learning to work together in all things as a team. Although I still face the temptation of lust, I continue to be on guard. I have not grown complacent or weary of the battle because my strength is in Jesus and not myself.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“The effects of living victoriously through His power include a healthy and thriving relationship with Jesus that is continuing to grow. I love to read the Bible and to sing worship songs in church. I also regularly write love songs (or “Psalms” as I like to call them) to the Lord. I am developing real and intimate relationships with my wife and others. I can hug men, talk about my feelings, admit I am wrong and ask for forgiveness. I share my heart with others when I speak and I am vulnerable.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Eternal in Focus”
“When I was a slave to sexual immorality, all that I could see were my circumstances, my needs, and my desires. Without an eternal focus I remained selfish — the fuel that ignites and feeds sexually immoral practices. But, after starting to see and appreciate God’s perspective, plan and ways, my vision was magnified and focused like a powerful telescope. I was no longer held captive by destructive temporary. God taught me (and keeps teaching me) that His eternal perspective is key to living a life of loving God and others. This eternal focus changed my life and keeps me on track today. I now desire and value healthy relationships with God, my wife and other men so much more than the temporal pleasures I once sought from selfish sexual practices.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)
“Networking with Others”
“Developing relationships with other men who face struggles with sexual sins was very important in breaking free and continues to keep me on track. Other Proven Men are safe in being vulnerable, open and honest without the fear of being judged. They also hold me accountable and encourage me when temptations seem great.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“The importance of others cannot be understated. I vividly remember the first time I heard a man say that he struggled with masturbation. I was shocked that he admitted it, but I was grateful. I had thought that I would take my secret life of lust and masturbation to the grave without ever telling another person. Hearing another Christian man admit his struggles gave me strength and encouragement to one day admit my own. We encouraged each other in many ways, such as praying for each other, calling each other during the week, and sharing struggles and victories. This is what Jesus taught. He did not send out His disciples alone, but two by two (Mark 6:7; Luke 10:1).” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Maintaining friendships and accountability with those who are passionate for God helps keep my eternal perspective and reliance upon the Lord. I need others and cannot go it alone.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Conclusion”
“I have not looked at pornography or masturbated in more than 15 years. I am convinced that the only road to freedom from sexual bondage begins with a close and dependent relationship with Jesus. It includes incorporating each of the elements of a Proven life. By having the right relationship with God and others, I no longer chase after false intimacy and sexual impurity in my life.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/joels-story/)

“Will you turn to the Lord Jesus Christ right now and trust Him to free you from sexual bondage? Begin a transition to a Christ-centered life right now. Live a Proven life. Then stay the course and never give up. Jesus promises He will never leave you nor forsake you (Hebrews 13:5). Instead, He promises that if you completely trust in
Him you will not be tempted beyond what you can bear and that He will provide you with a way out so that you can stand up under it (1 Corinthians 10:13). So stop using your own strength and turn over complete control of your life to the Lord each and every day.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/Joels-story/)

“I hope that my testimony is an encouragement to you, and that you join me in living out purity as our spiritual act of worship by the power of the Lord Jesus Christ (Romans 12:1-2).” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, http://www.provenmen.org/stories/Joels-story/)

“‘Never Give Up.’ A College Student Shares Her Inspirational Story” (article)


“During the hard times, I made a promise to God that if He would help me I would spend the rest of my life spreading hope and opposing sexual exploitation and upholding human dignity. I did receive help and many people were placed in my path at perfect moments to boost me up and push me along.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/)


“The first is that sexual exploitation hurts. It hurts children who are sexually abused and I know from experience that it continues to hurt them for the duration of their lives until they can access healing. It hurts people who are addicted to pornography. It alters their brains just like a drug. There are
many who are addicted who don’t want to be and are desperate for a way out. It hurts those who are trafficked, sold, bought and used. Their dignity and humanity are stripped from them.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/)

“It hurts the people who love the people it affects. I witnessed immense suffering in my parents and siblings because of my experience and I’ve watched it ripple out to our neighbors and friends. Sexual exploitation is an epidemic in our society. Disregard for dignity, respect and morality is corroding our society and some people are making a gigantic profit because of it.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/)

“The second is that nothing will change if we don’t talk about it. You cannot fix a problem you don’t understand. Because it is a problem that is bigger than a few individuals there has to be widespread understanding across society. I was very sick because of sexual exploitation. Healing did not come until I looked it squarely in the face, acknowledged it and how it affected me, and understood it. Because then I could see things I needed to change. It is the same with society as a whole.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/)

“We are sick because sexual exploitation has infected us. Societal healing will not come until we look it squarely in the face, acknowledge it in its huge scope, and understand it. Then we will see how and what to change.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/)

“And finally there is hope. There is a source of hope that is greater and better than all the sorrow and pain in the world. There is hope for people who feel so hopeless that they feel like it would be less painful to just die. There is hope for people who are watching loved ones suffer and feel powerless to help them. There is hope for the children, women and men who have been so deeply hurt by sexual exploitation in any form. There is hope for their brains to make new pathways and their hearts to be mended. There is hope for dignity to replace degradation in our world. Never give up.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/)

“MY STORY”
“One summer morning in 1995, my wife confronted me after I’d stayed up all night surfing online for pornography. In many ways, that morning, my life ended. In an instant, I went from being a superstar in my community, the ideal husband and father, an admired leader in the church, even the model recovering addict, to being a moral failure, a visual adulterer, a liar, a porno junkie.” (“My Story,” Safe Families – Keeping Children Safe Online, Tech Mission, accessed 3.22.16, www.safefamilies.org/recoverystories.php)

“When my life had fallen apart eleven years ago, I didn’t know if there was any hope for someone like me. But now I know that … ‘the LORD’s hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear.’” (Isaiah 59:1) (“My Story,” Safe Families – Keeping Children Safe Online, Tech Mission, accessed 3.22.16, www.safefamilies.org/recoverystories.php)

“Another guy described himself during his porn use:”

- “My friends were drifting away. I gave up socialising to sit in my room and pleasure myself.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p37)
- “My family loved me unconditionally, but did not enjoy my company.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I had trouble focusing on my job and as well as my classes at my university.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I had an enormous amount of anxiety with human interactions in general” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “Everyone told me I was mentally checked out. I even caught a glimpse of me in a video and you could see a blank stare in my eyes. No one was home. Definition of

- “No ENERGY, no matter how much I slept, NONE. NOTHING. AT ALL. Always tired. Bags under my eyes, pale, acne, and dehydrated.”
- “I was terribly depressed.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I was stressed, anxious, confused, and lost.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I was not living life, but I was not dead either. I was a zombie.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)

“THE WAR WITHIN: AN ANATOMY OF LUST”

“Driving through Wisconsin on vacation this summer, a LEADERSHIP staff member passed a huge sign in the middle of the bucolic countryside. ‘Naughty Things for Nice People,’ it proclaimed, and as if to prove it, a gigantic cuddly bear peered out from beside the words ‘Adult Novelties.’”

“What's that mean, Dad?’ came the question from the ten-year-old boy in the back of the station wagon. ‘Yeah,’ piped up the siblings, ‘what's that all about, Dad?’”

“Such questions abound these days, as media penetrate our homes and station wagons with not just sleazy sex but carefully packaged titillations. One report has it that a recent convention of youth pastors created the highest rental of X-rated movies in the hotel's history. More than 80 percent of all customers signing up for cable TV opt for the erotic films. The availability – the near-ubiquity – of so much sexual enticement, the constant barrage of innuendoes, and the nonstop polemic for indulgence inevitably attracts.”

“Many rationales tempt the mind of the Christian leader: ‘I have to know what's going on…Voyeurism is better than adultery…I need moderation – total deprivation isn't necessary.’”
“Admittedly, there are no easy answers. We cannot shut off either our brains or our glands. But consider the following article by a man in full-time ministry. The article is blunt. It’s not the usual LEADERSHIP article. But we felt it important to be just this blunt and realistic. Sexual temptations in many forms have always lured Christians, but today’s opportunities and climate make this article especially relevant to all of us.”

“Lust is the ape that biggers in our loins. Tame him as we will by day, he rages all the wilder in our dreams by night. Just when we think we’re safe from him, he raises up his ugly head and smirks, and there’s no river in the world flows cold and strong enough to strike him down. Almighty God, why dost thou deck men out with such a loathsome toy?” --Frederick Buechner, Godric

“I am writing this article anonymously because I am embarrassed. Embarrassed for my wife and children, yes, but embarrassed most for myself. I will tell of my personal battle with lust, and if I believed I were the only one who fought in that war, I would not waste emotional energy dredging up stained and painful memories. But I believe my experience is not uncommon, is perhaps even typical of pastors, writers and conference speakers. No one talks about it. No one writes about it. But it’s there, like an unacknowledged cancer that metastasizes best when no one goes for x rays or feels for lumps.”

“I know I am not alone, but the few times I have opened up and shared my struggles with Christian friends, they have replied with Doppelgänger stories of exactly the same stages of awakening, obsession, possession. Years from now, when socio-historians sift through the documents describing our times, they will undoubtedly come up with elegant explanations of why men who grew up in church homes are oversexed and vulnerable to attacks of lust and obsession, and why women who grew up in those same environments emerged uptight and somewhat disinterested in sex. But I leave that to the future analysts.”

“I remember vividly the night I first experience lust. Real lust – not the high school and college variety. Of course as an adolescent I had drooled through Playboy, sneaked off to my uncle’s room for a heart-thumping first look at hard-core pornography, and done my share of
grappling and fumbling with my fiancée’s clothes. I date my lust awakening, though, to the adult onslaught of mature, willful commitment to lust.”

“It hit on one of my first trips away from home. My job required me to travel at that time, and as I sat in a dingy motel room near the airport and flipped through the city guide of what to do in Rochester, New York, I kept coming back to one haunting photo of an exotic dancer, a former Miss Peach Bowl winner, the ad said. She looked fresh and inviting: the enchanting kind of Southern girl you see on TV commercials for fried chicken – only this one had no clothes on.”

“Somehow, I had survived the sixties sheltered from strippers and Woodstock-type nudity. And when I first saw the ad, I instinctively ruled her show out of bounds for me. But as I settled down to watch an inane TV show, her body kept looming before my mind with the simple question, ‘Why not?’”

To read this complete story, please click The War Within: An Anatomy of Lust.

“THE WAR WITHIN CONTINUES” (an update on a Christian leader’s struggle with lust)

“Five years ago LEADERSHIP published ‘The War Within’ (Fall 1982), a candid description of one Christian leader's fierce, protracted battle with pornography and lust. The article generated more mail than any single article, before or since, in the history of LEADERSHIP. Though responses were diverse, their sheer volume showed how troublesome the problem is for many Christian leaders. Since then, much has happened.”

“Pornography became the focus of national attention with the Attorney General's Commission and its landmark report last year, which among other things, documented the rapid spread of porn in recent years.”

“I was sitting in an aisle seat on a cross-country flight when the passenger across the aisle, one row ahead, pulled out a magazine
from his briefcase. I recognized something familiar in the furtive way he looked around, nervously adjusted his posture, and opened the magazine. He held the pages open just far enough to see inside, but from my angle I had a clear view of various women spreading their legs for the camera.”

“It seemed incongruous, even bizarre, for a man dressed in a business suit to be studying some anonymous woman's private parts in the artificial setting of jammed-together airplane seats and plastic folding trays. But after the sense of the bizarre had passed, I felt another twinge, this one a mixture of pain and sadness. Five years ago, I was that man in the business suit, addicted to lust. I wrote about my struggle in the Fall 1982 edition of LEADERSHIP, in an article called ‘The War Within.’ After the sadness had passed, I felt an enormous sense of relief, for I realized that my initial sense of bizarreness was a sign of the healing God has accomplished so far.”

“No long after the airplane trip, an editor from LEADERSHIP asked if I would do another article, recounting what I had learned about lust in the five intervening years. At first, I didn't like the idea. It seemed an unnecessary probing of old wounds. The article had been for me a means of catharsis, a deliverance. Why dredge up the past? Finally, however, I agreed to consider the request.”

“I reread the original article for the first time in five years. Its passionate tone startled me. I had forgotten how completely sex had dominated my life. I found myself feeling compassion for the author of the article, momentarily forgetting his identity! Again, I breathed a prayer of thanks for God's healing. In the same file folder as the article, I also found an envelope from LEADERSHIP containing several dozen letters from readers, and I proceeded to read each one.”

“Some readers felt a sense of shock and betrayal. They criticized the article for being prurient and disgusting. The author had been far too explicit, they said; he dwelt on lurid details as if he still enjoyed his memories of lust.”

“‘The author cannot possibly be considered a Christian,’ concluded one reader (I hope this person never encounters Augustine's
Confessions). Others claimed the article had caused them to distrust their pastor and all Christian leaders: ‘Who knows what might be going on in their minds?’

“I pray and hope that my article did not lead anyone astray. I must admit that, at a distance of five years, the article seemed somewhat overwrought. Does the issue of lust merit such a long, involved treatment? But I also know that the article was true, every word of it. I lived it. War raged within me for a decade.”

“Five years ago some people were scandalized that a Christian magazine would print such a blunt, realistic confession by a Christian leader. But in recent days we have read far more explicit accounts of Christian leaders' immorality in Time and Newsweek.”

“Not all the letters were negative, however. More than half expressed deep gratitude. I have a whole stack of letters that begin like this: ‘I thought I was the only one with this problem. Thank you so much for having the courage to bring it out into the open.’ Some go on to describe agonizing personal battles with lust and immorality. At least one reader said the article permanently cured his lust problem by frightening him away from the temptations of bare flesh.”

“The most moving letters, however, came from people who have not been cured. ‘Please, tell me how to solve my problem!’ they wrote. ‘You said that God 'came through' for you, but he has not come through for me. What can I do?’ It was this group of letters that ultimately convinced me to write about what has happened in the past five years.”

“The Road to Freedom”

“I begin with humility and gratitude to God for breaking my addiction. I came to see the problem of lust as a true addiction, much like addiction to alcohol or drugs or gambling. And I can truly say that I have been set free of, in Augustine's words, ‘scratching lust's itchy sore.’ For those still caught in the web of that addiction, I bring a message of hope.”
“Psychologists use the term ‘cognitive dissonance’ to describe the battle inside a person who believes one way and acts another. For example, a woman will normally feel intense cognitive dissonance if she secretly carries on an affair with another man while pretending to be happily married to her husband. Even if her husband suspects nothing, her own mind will constantly remind her that she is living with contradictions. Because the mind cannot sustain too much cognitive dissonance, it will seek ways to resolve the contradictions. Perhaps the wife will unconsciously let slip certain clues about her affair, or maybe she will accidentally call her husband by her lover's name. In such unexpected ways the mind will attempt to bring together her two lives.”

“A sense of cognitive dissonance haunted me during my addiction to lust. I believed one set of things about Christian ethics, the dangers of separating physical appeal from other aspects of sexuality, and the irrationality of an obsession with body parts. But I acted contrarily. From the pulpit I preached that a person's worth is measured internally, and that ugly people and fat people and the physically handicapped can express God's image. But, like much of male America, I spent my time drooling over shapely women with well-formed legs.”

“Most urgently, I experienced cognitive dissonance in my marriage. I had roped off large areas of my sexuality from my wife, which I cultivated in private, usually on trips, in visits to adult movie theaters and magazine shops. How could I expect to find sexual fulfillment in my marriage when I was nurturing a secret life of sexuality apart from my marriage?”

“Guilt and fear finally forced me to deal with the cognitive dissonance. Guilt made it feel dissonant in the first place; it constantly reminded me that my actions did not coincide with my beliefs. And fear, especially the fear I experienced after I learned how sex had utterly destroyed my Southern pastor friend, forced me to face my own sin. It led me, kicking and protesting all the way, toward repentance.”

“I mention this because guilt and fear do not often get good press in our liberated society. Had I sought help from a professional counselor, that counselor may well have dealt with the symptoms of
guilt and fear rather than with the root problem. I have come to believe that the guilt and fear were wholly appropriate; they were, in fact, the prods that led me to resolve the cognitive dissonance in my life."

“Today, I hear cries of outrage against anyone who, like President Reagan or Jerry Falwell, conveys a tone of judgment. President Reagan simply asks that sexual abstinence be taught as an option, possibly the best option, for young people who wish to avoid the health dangers associated with sexual promiscuity. ‘Don't lay a guilt trip on us!' many people respond. ‘Don't try to scare us.' But I have learned that guilt and fear may serve us well, as warnings against the direct dangers posed by a disease like AIDS, or against the more subtle dangers represented by an addiction to lust.”

“Yet guilt and fear are such powerful forces that they may also deceive. In my case, they deceived me into seeing God as my enemy. Now as I read ‘The War Within,’ it reminds me of a testimony delivered at a revival tent meeting: ‘For many years I wallowed in the stench and filth of sin until finally I reached the end of my rope and in desperation turned to God.’ Typically, as I did in the article, the testifier spends most of his time on vivid descriptions of the smells and sights of that sin.”

“I now view my pilgrimage differently. I believe God was with me at each stage of my struggle with lust. It wasn't that I had to climb toward a state of repentance to earn God's approval; that would be a religion of works. Rather, God was present with me even as I fled from him. At the moment when I was most aware of my own inadequacy and failure, at that moment I was probably closest to God. That is a religion of grace.”

“The title of one book on my shelf, He Came Down from Heaven, summarizes the gospel pretty well. Immanuel: God is with us, no matter what. He calls us to heaven but descends to earth to rescue us.”

“I wish we in the church did a better job of conveying God's love for sinners. From the church, I feel mainly judgment. I cannot bring my sin to the church until it has been neatly resolved into a warm,
uplifting testimony. For example, if I had come to the church in the midst of my addiction to lust, I would have been harshly judged. That, in fact, is why I had to write my article anonymously. Even after the complete cycle of confession and forgiveness, people still wrote in comments like, ‘The author cannot possibly be considered a Christian.’”

“Having said that, however, I also recognize that many people who struggle with addictions have been greatly helped by counselors or other mature Christians to whom they have made themselves accountable. They testify that knowing there is someone to whom they have to report honestly and regularly has been a key factor in resisting temptation.”

“I have attended a few meetings of Alcoholics Anonymous, and they convinced me that we in the church have something to learn from that group. Somehow they require accountability and communicate the ‘Immanuel-ness’ of God. He is with you when you succeed and when you fail. He does not wait with folded arms for you to pick yourself out of the gutter. His hands are stretched out toward you, eager to help. Where are the hands of the church?”

“Bearing Scars”

“So far I have given mostly good news: the good news that an addiction can be broken, that God's love extends to the uttermost, that even guilt and fear can work for our good. But in honesty I must bring bad news as well.”

To read this complete story, please click The War Within Continues - An Update on a Christian Leader's Struggle with Lust


“Today I want to write to those of you who, no matter how hard you try, feel stuck. Maybe you’ve been following Jesus for years, or perhaps you’re just getting started—but you find yourself unable to overcome a certain struggle


“First, know that there is no condemnation for those who are in Christ Jesus (Romans 8:1). Jesus will never stop forgiving you. He sees the torment your sin brings you every time you fall. He knows you truly want to be free. And by His grace, these words today can help you.” (John Bevere, “John Bevere Shares What Set Him Free From Sin Addiction When Nothing Else Worked”, Charisma Magazine, October 30, 2017, https://www.charismamag.com/spirit/spiritual-growth/34428-john-bevere-shares-what-set-him-free-from-sin-addiction-when-nothing-else-worked)


“Next, though—and this is key—I want you to examine your motive for changing. If your heart is not in the right place, you'll likely find it very difficult to get and stay free from whatever you are struggling with. That's what I experienced in my own life. Allow me to share my story.” (John Bevere, “John Bevere Shares What Set Him Free From Sin Addiction When Nothing Else Worked”, Charisma Magazine, October 30, 2017, https://www.charismamag.com/spirit/spiritual-growth/34428-john-bevere-shares-what-set-him-free-from-sin-addiction-when-nothing-else-worked)

“Years ago, I struggled with an addiction to pornography. I became addicted several years before coming to Christ and even after getting married and working in ministry, I could not get free. I once had one of the most well-respected ministers in America lay hands on me and pray for me to be delivered from my addiction. None of it worked.” (John Bevere, “John Bevere Shares What Set Him Free From Sin Addiction When Nothing Else Worked”, Charisma Magazine, October 30, 2017, https://www.charismamag.com/spirit/spiritual-growth/34428-john-bevere-shares-what-set-him-free-from-sin-addiction-when-nothing-else-worked)

“My freedom didn't come until I changed my priorities. In the beginning, my desire to be free was driven by fear. I wanted God to set me free because I feared my sin would get in the way of my ministry and God's call on my life.
I was afraid of getting caught and being exposed. In other words, my motivation for being free was self-focused. I was worried about the negative effects my sin would have in my own life.” (John Bevere, “John Bevere Shares What Set Him Free From Sin Addiction When Nothing Else Worked”, Charisma Magazine, October 30, 2017, https://www.charismamag.com/spirit/spiritual-growth/34428-john-bevere-shares-what-set-him-free-from-sin-addiction-when-nothing-else-worked)


“In 2 Corinthians 7:10, Paul contrasts two kinds of sorrows—godly sorrow that leads to salvation and worldly sorrow that brings death. My story illustrates both of these sorrows. At first, my sorrow was worldly, meaning it was self-focused. I was worrying about what would happen to me as a consequence of my sin.” (John Bevere, “John Bevere Shares What Set Him Free From Sin Addiction When Nothing Else Worked”, Charisma Magazine, October 30, 2017, https://www.charismamag.com/spirit/spiritual-growth/34428-john-bevere-shares-what-set-him-free-from-sin-addiction-when-nothing-else-worked)

“But later, my sorrow became godly. I became concerned over how my sin was hurting God and others. The focus of my sorrow and repentance shifted from fear to love.” (John Bevere, “John Bevere Shares What Set Him Free From Sin Addiction When Nothing Else Worked”, Charisma Magazine, October 30, 2017,


#23 FAMILY PROTECTION

“Family Safety Checklist”

✓ “Place computers in high-traffic areas of home”
✓ “Install a filtering program on all computers and phones (e.g., Mobicip Safe Browser for iOS devices)”
✓ “Activate parental controls on all computers”
✓ “Password block TV channels that often have pornography content”
✓ “Teach family members about the dangers of pornography”
✓ “Disable browsers on mobile devices of youth”
✓ “Implement the Clean & Safe Media Pledge” (see below)
✓ “Establish a ‘curfew’ after which no one uses the Internet for the remainder of the night.”


“We absolutely have to talk to young people about sex, love, respect and consent as soon as we feel they are ready, to ensure that they gain a proper perspective between real life relationships and the fantasy world of porn.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html)
“The following table includes examples of both First and Second Order Changes that may be included in a treatment plan for cybersex compulsives.”

<table>
<thead>
<tr>
<th>First Order Changes</th>
<th>Second Order Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep Computer in High-Traffic Area</td>
<td>Address Spiritual Issues</td>
</tr>
<tr>
<td>Limit Time on Computer</td>
<td>Examine Healthy Sexuality Beliefs</td>
</tr>
<tr>
<td>Use Screening Software</td>
<td>Address Family of Origin Issues</td>
</tr>
<tr>
<td>Place Photos of Family on Desktop</td>
<td>Have Physical/Psychological Exam</td>
</tr>
<tr>
<td>Use Real Name - not Screenames</td>
<td>Screen for Other Addictions</td>
</tr>
<tr>
<td>Find an Accountability Partner</td>
<td>Develop Relationship / Social Skills</td>
</tr>
<tr>
<td>Develop Healthy Online Habits</td>
<td>Increase Self Awareness</td>
</tr>
</tbody>
</table>

OUR Clean & Safe Media
PLEDGE
As a family, we commit to making clean and safe media choices in order to maintain our integrity to our standards and to keep our home a happy and healthy place to be.

We will do this by

1. Selecting books, web sites, music, magazines, activities, and/or movies that are in harmony with our family values.

2. Being kind to ourselves and to others by not posting or forwarding anything that could cause hurt, embarrassment, or offense. If we receive a text, e-mail, or post that makes us feel uncomfortable, sad, or scared, we will tell a parent right away.

3. Showing respect for our body and others’ bodies by not looking at or posting nude or otherwise inappropriate images. If we accidentally come across questionable material, we will tell a parent right away.

4. Protecting identifying information by not posting phone numbers, addresses, or personal information in places where they can be seen by strangers. If we are unsure, we will ask a parent before posting personal information.

5. Never meeting up with someone we have met online unless a parent knows exactly where we are and someone accompanies us.

6. Limiting our media use when it is late at night or we are home alone.

Date: ______________________
Family Signatures:

“Internet Safety”

“Individuals and parents can do many things to safeguard their homes from the harmful influences found on the Internet. While there is no foolproof system, some simple steps can help reduce the risk of family members seeing pornographic materials on the Internet.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, http://www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

1. “Place computers in high-traffic areas of the home. Kitchens, family rooms, and studies usually have the most traffic. Because these rooms usually don’t have doors, they are typically less secluded than bedrooms. Position computer monitors so the screen faces out for public view.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

2. “Install a filtering program, and learn its features and how to use it. Good filtering programs allow you to view a history of which sites (including chat rooms) have been visited and when as well as a record of incoming and outgoing e-mails. Information on filtering programs can be found on Internet sites such as www.internetfilterreview.com. (NOTE: Those who are determined to view pornographic materials will find a way. The ultimate filter are the individuals themselves. It is their decision to avoid and turn away from all types of pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

3. “Teach family members about the dangers of Internet pornography, including how to escape if an inappropriate site is accidentally accessed. This usually involves shutting down the entire system.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. “Teach family members to tell parents if they encounter any form of pornography while on the computer. This will help reduce the fear or shame of accidental exposure. It also serves to open discussion about the dangers of pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

6. “Instant messaging is a cost-effective, easy way to communicate with family and close friends. However, teach family members to avoid public chat rooms, bulletin boards, or unfamiliar areas on the Internet. Such places present an unnecessary risk for children and adults.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


BEGIN YOUR DISCUSSION BY READING THE FOLLOWING POEM
by Joseph Malines

“‘Twas a dangerous cliff,”
“as they freely confessed,”
“Though to walk near its crest was so pleasant,”
“But over its terrible edge there had slipped,”
“A duke and full many a peasant.”

“So the people said something”
“would have to be done,”
“But their projects did not at all tally.”
“Some said, ‘Put a fence around the edge of the cliff,’”
“Some, ‘An ambulance down in the valley.’”

“But the cry for the ambulance carried the day,”
“For it spread through the neighboring city,”
“A fence may be useful or not, it is true,”
“But each heart became moved with pity,”

“For those who slipped over that dangerous cliff;”
“And the dwellers on highway and alley”
“Gave pounds and gave pence not to put up a fence,”
“but an ambulance down in the valley.”

“Then an old sage remarked, ‘It’s a marvel to me’
“That people give far more attention To repairing the results”
“than stopping the cause,”
“When they’d much better aim at prevention.’”

“‘Let us stop at its source all this hurt,’ cried he.”
“‘Come, neighbors and friends, let us rally.’
“If the cliff we will fence, we might almost dispense”
“With the ambulance down in the valley.’”


“He believes that parents need to take more control of the situation by taking simple steps, like keeping a journal for tracking how much time is being set aside for a variety of different activities, like doing homework, reading and writing.” ("Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor", RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“At the same time, schools need to rethink their sexual education requirements, and instead of placing excessive emphasis on the physical side of relations, talk more about communication and expressing emotions, he said.” ("Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor", RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)
#24 WHY COUNSELLING?

“Why Counseling?”
“For those viewing pornography, therapy is an important component of recovery. Individuals frequently view pornography in part as a coping mechanism for other problems in life. By finding a qualified therapist that works well with your personality, individuals can better assess core issues and triggers that drive them to view pornography. Once these issues and triggers are identified, therapists can then help support individuals as they work to replace these addictive habits with healthy behaviors.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For others closely associated with those viewing pornography, such as spouses, parents and those in serious dating relationships, therapy can also be helpful. Many spouses and those in serious dating relationships express feelings of betrayal and other intense emotions upon learning of their partners’ behaviors. Parents frequently express frustration and an inability to effectively handle this issue. Therapy can provide a safe place to sort through the emotions experienced and provide a professional perspective in making important decisions. For spouses and those seriously dating, attending therapy sessions with the person viewing pornography can also be effective.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Finding a qualified counselor”
“Finding a qualified counselor for pornography and sexual addiction is critical to the recovery process. Genuine commitment to on-going counseling from a qualified therapist is typically required for a minimum of 12 to 18 months for those who are addicted. It is also important for those closely impacted by the addiction of another to find qualified counseling. Since all individuals have unique personalities, however, even a qualified therapist may not be a good fit for you. It is important to find a therapist that works well with your personality.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The following questions may be helpful in finding a qualified therapist. If after seeing a therapist for 3-6 weeks you are finding therapy sessions unhelpful, you may consider looking for another therapist that works better with your personality.” (“Safety Net – Resources to Protect Your Family from Pornography,”
“When evaluating a therapist, some important considerations are:”

“What training has the therapist received in dealing with sexual behaviors and addictions?”

“Therapists dealing with sexual addiction often need extensive training and education. You may want to ask the therapist if he or she is a member of a national organization for sexual addiction and if he or she has received any specific certification or training.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Does the therapist specialize in sexual addiction and how many years of experience do they have treating these problems?”


“Are counseling services provided to the non-addicted spouse?”

“Involvement of the non-addicted spouse in therapy is often important for their wellbeing and also that of the marriage.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Does the therapist or clinic provide group therapy?”

“Experience has shown that recovery is enhanced when the individuals and couples participate in group therapy.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What does the therapist believe the effects of viewing pornography are?”

“Therapists often have varying opinions regarding whether pornography and engaging in related activities is problematic behavior. Ensure the therapist you are seeing shares your beliefs and
“Does the therapist believe that pornography use can be classified as an addiction?”

“If a therapist does not believe pornography is addictive, then their method of treating the behavior is likely to be substantially different. Current research demonstrates that the changes in the brain caused by pornography viewing are very similar to the changes in the brain caused by addictive drugs and alcohol.”

“What steps are considered necessary to recover?”

“Some therapists do not believe recovery is possible, or do not exhibit a strong understanding of what recovery requires.”

“How does the therapist define ‘sobriety’ and measure success in treating those who view pornography?”

“Discovering how a therapist defines sobriety and measures success can also help you gauge the effectiveness of treatment. Sobriety is not having sex with self or others, other than your spouse. Recovery involves being totally honest and coming out of hiding, a life style change to create a pornography free life, working with a qualified counselor, working with your bishop, participating in a 12-step recovery program. It takes 12 - 18 months to gain solid recovery.”

“12-Step Programs”

“Why Join a 12-Step Group? Committing to participate in a 12-Step program is a critical element of the recovery process. It is usually when addicts finally admit that they are powerless to change on their own and become willing to join a 12-Step program that they find real recovery. 12-Step programs are non-professional, often religious non-profit groups.”
“Programs provide”
   a) “Specific boundaries and recovery plans”
   b) “Accountability to a sponsor and regular reporting at group meetings”
   c) “Support and encouragement”
   d) “A step-by-step process for pursuing recovery and making life changes”

“The ‘12 Steps of Recovery” set forth the process individuals follow to make the spiritual and mental changes that enable them to find and maintain long-term recovery. The steps were originally written and experienced by members of Alcoholics Anonymous.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For those viewing pornography, many commit to stop again and again. They talk to others, read material, participate in programs and even see a therapist, only to relapse after days, weeks, months or even years of not viewing pornography. The element that is generally missing, and often most resisted by addicts, is fully committing to attend a 12-step program and work the steps of recovery. Ironically, those who gain long-term recovery frequently indicate that fully working the 12-step program was the most important step in their recovery. The White Book, written Sexaholics Anonymous, explains that ‘[n]o one seems able to stay sober and progress in recovery without [the 12-steps], though some try. For most of us, without associating in some way with other recovering individuals, there is no lasting sobriety and none of the fringe benefits of recovery, growth, freedom, and joy. We don’t try to explain this; it is simply a fact.’ (page 63 of White book) ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The ‘crucial change in attitude began when we admitted that our habit had us whipped’ and ‘[w]e came to 12-step meetings[.]’ Productive participation in a 12-Step group initially requires attending several meetings per week, working the 12 Steps daily and regularly reporting to a sponsor. A sponsor is someone who has worked the 12 Steps, found recovery and is willing to serve as a mentor. Their experience uniquely qualifies them to help others
suffering from the same addiction. They promote accountability, give hope and offer specific guidance on how to avoid relapses.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Effective groups will have:

“Regular meetings several times a week conducted by someone who has recovered from that specific addiction” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Meetings with a reasonable number of people who have found healing and recovery and can share their experience, strength and hope” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“If, after attending several meetings and working the program, the individual seeking help does not feel connected to the group, he should consider looking for a different 12-Step program. Many have found that attending SA and S-Anon meetings can be helpful.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Those who attend SA or S-Anon groups and gain experience, sobriety and recovery can then return and share their experience, strength and hope with those in Family Support group meetings.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Information for Loved Ones of Those Addicted to Pornography”

“How has my loved one’s addiction affected me? Those impacted by the addiction of another need to realize that they have been harmed and deeply affected by the addiction of their loved one. It is not a simple thing to heal from these wounds. There are 12-step meetings specifically for the loved ones of addicts. These meetings are a place where those closely associated with addicts can come to terms with their feelings of frustration, hurt, anger, confusion, depression and perceived powerless. You may feel that there is nothing you can do to change your circumstances or you may be trying to facilitate your loved one’s recovery. Many have found the most critical component of sorting through these emotions, identifying specific actions that can appropriately be taken and finding balance and peace in life on a day-to-day basis is a 12-step support group.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_PACKET.pdf)

“The 12-step program will give you the strength you need to change by helping you gain support from others, establish specific boundaries, provide accountability through a sponsor and help you apply 12 important steps or principles that will help you succeed.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_PACKET.pdf)

“Bridges is now testing interventions to help men curb their excessive pornography use, primarily using cognitive-behavioral interventions. Eventually, she hopes to develop a couples-based treatment manual to help both partners come to an understanding — one that may or may not include pornography.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, http://www.apa.org/monitor/2014/04/pornography.aspx)

“Many people have an erroneous view of ministries like Harvest USA. They think such ministries are only about helping individuals break out of sexually addictive behaviors that are impairing their own lives. But that is only partially correct. Helping sexual strugglers break free from crippling sexual sin as a result of pornography or other out-of-control sexual behaviors has far-reaching implications beyond the impact it has on them alone. What starts out as a journey of personal transformation brings healing to others: their spouse, family, friends, church, work and far beyond. When even one person is no longer enslaved to deeply rooted
patterns of sexual brokenness, the impact is substantial, something that we again noted in our last newsletter.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/)

“The Quick-Reference Guide to Sexuality & Relationship Counseling”

(Dr. Tim Clinton is president of the American Association of Christian Counselors (AACC), executive director of the Center for Counseling and Family Studies, professor of counseling and pastoral care at Liberty University and Liberty Baptist Theological Seminary, and a licensed professional counselor. He is also the coauthor of the Quick-Reference Guide to Counseling series of books)

(Dr. Mark Laaser (PhD, University of Iowa) is an internationally known author and speaker who has written six books, including Healing the Wounds of Sexual Addiction. He and his wife, Debbie, are the founders of Faithful and True Ministries and the Laaser Center for the Family counseling center based in Minnesota.)

“When it comes to the issues of sexuality and relationship counseling, one of the most important things we can do for people is to normalize discussions about sex. If they can learn to talk more openly and candidly to us in a safe environment, they will probably have more courage and confidence to talk to their spouse or doctor to find solutions to their problems.”

“Quite often a client comes to us with a single presenting problem, but a few questions uncover a tangled web of emotional, relational, spiritual, financial, and sexual difficulties.”

“SEX IS GOD’S INVENTION”

“When Adam first saw Eve, he must have been amazed (see Gen. 2:23)! Have you ever thought how he must have felt the first time he touched her – had sex with her? He had every reason to enjoy life to the fullest with the woman God gave him. The Bible says, ‘They were both naked, the man and his wife, and were not ashamed’ (Gen. 2:25 NKJV). Jesus reaffirmed
intimacy and sexual delight as the adhesive in marriage relationships, He repeated what was said in Genesis: ‘The two will become one flesh’ (Matt 19:5). The writer of the book of Hebrews claimed the marital bed as undefiled (Heb. 13:4 NKJV), and Paul wrote that married couples could withhold sex from each other only for a time and only for the purpose of fasting and prayer (1 Cor. 7:5). Certainly the commandment fulfilled with the most pleasure in all of recorded history was God’s order to Adam and Eve: ‘Be fruitful and increase in number; (Gen. 1:28). In the safety and security of marriage, sex can be experienced with unguarded hearts, creativity, and joy.”

“One of the most beautiful love stories ever written – the Son of Solomon – the story of the Shulamite bride and her beloved husband. It’s an amazing testimony to pure love – the desire and passion between a man and woman, the one God created to set the stage for the kind of sexuality couples can and should engage in today, thousands of years later!”

“Yet anything that has that much predictive value for good can also be perverted and destroyed.”

“Pastor or Church Staff”

“If you are a pastor or church staff member, virtually everyone sitting in your pews today has been (or soon will be) touched by addiction, divorce, violence, depression, grief, confusion, loneliness, and a thousand other evidences of living as broken people in a fallen world. This guidebook will help you:

- “deliver effective counseling and short-term help to those who come to you with their issues.”
- “teach others and construct sermons about the leading issues of the day with which people struggle”
- “provide essential resources and materials for staff and lay leaders in your church to advance their helping and teaching ministries”
“Sexual Intimacy and Delight”

1. “PORTRAITS”
   - “You have ravished my heart, my sister, my spouse; you have ravished my heart with one look of your eyes, with one link of your necklace. How fair is your love, my sister, my spouse! How much better than wine is your love, and the scent of your perfumes than all spices! Your lips, O my spouse, drip as the honeycomb; honey and mile are under your tongue; and the fragrance of your garments is like the fragrance of Lebanon. A garden enclosed is my sister, my spouse.
     Solomon to his Shulamite bride
     Song of Solomon 4:9-12 NKJV
   - “Awake, O north wind, and come, O south! Blow upon my garden, that its spices may flow out. Let my beloved come to his garden and eat its pleasant fruits.”
     The Shulamite bride, yearning for her loving husband Solomon
     Song of Solomon 4:16 NKJV
   - “For this reason, a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.”
     Genesis 2:24-25

2. “DEFINITIONS AND KEY THOUGHTS”
   - “One of the best definitions for sexual intimacy and delight is in Genesis 2:25, where the Bible says that Adam and Eve ‘were both naked, and they felt no shame.’ They were free, safe, valued, sexually expressive, loving, and loved.”
   - “Sexual intimacy and delight offer deep joy to a husband and wife. When sex is experienced, as designed by God, nothing comes close to its expression of love.”
   - “Contrary to the lie of the world that God is a big sexual prude who frowns on sexual pleasure and delight, God is the Creator of our sexuality. It is His purpose for us to know, by our love and sexual delight with our mate, a piece of the love and delight that exists eternally in relations between the Father, Son, and Holy Spirit.”
• “Genesis 2:24-25 reveals God’s intended design for a married man and woman. That is to be united as one flesh – in every way. This union, including sexual union, occurred before mankind fell into sin, so we can conclude that people were created to be free to share their bodies openly with their spouse, delight in each other sexually, and honor God with their pleasure.”

“The Bible is not silent on sexual desire and intimacy. IN fact, it is forthright about the act of marriage. Have spouses consider these specific passages:

“I belong to my lover, and his desire is for me. Come, my lover, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom – there I will give you my love. The mandrakes send out their fragrance, and at our door is every delicacy, both new and old, that I have stored up for you, my lover. ~ Song of Songs 7:10-13”

“To place love truly as the highest of all values, we must treasure it more than our own life or our possessions. True love begets freedom. It reflects the relationship we have with the Lord God – a mutual, exclusive, pure, absolute, and unconditional love that has no limits or boundaries within it. When we love God only and ono other gods before Him, we are free to dance in His grace, love, mercy, and forgives.”

“The marital relationship should reflect this same kind of love – pure, absolute, and unconditional. When a husband and wife are joined together, having left their parents, they can become so close and intimate that their desire is solely for each other, united as one flesh.”

“The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife’s body does not belong to her alone but also her husband. IN the same way, the husband’s body does not belong to him alone but also to his wife. Do not deprive each other except my mutual consent and for a time, so that you may devote
yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.”


(Dr. Tim Clinton) is president of the American Association of Christian Counselors (AACC), executive director of the Center for Counseling and Family Studies, professor of counseling and pastoral care at Liberty University and Liberty Baptist Theological Seminary, and a licensed professional counselor. He is also the coauthor of the Quick-Reference Guide to Counseling series of books)

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“Dr. Mark Laaser: Dr. Mark Laaser knows both sides of sexual addiction. For 25 years, beginning as a college student and continuing through his career as a pastor and counselor, he lived a secret life that included pornography, affairs, and encounters with prostitutes. Today, 12 years into recovery and a healed marriage, Laaser heads the Christian Alliance for Sexual Recovery, lecturing and conducting workshops around the world. He has worked with hundreds of addicts and their families and has consulted with many church congregations and pastors after their clerics’ sexual sins were exposed.

Laaser received his doctorate in religion and psychology from the University of Iowa. He serves on several boards, including the Inter faith Sexual Trauma Institute and the National Council on Sexual Addiction/Compulsivity. His books include, Faithful and True: Healing the Wounds of Sexual Addictions (Zondervan), Before the Fall: Preventing Pastoral Sexual Abuse (Liturgical Press), and Talking to Your Kids about Sex (WaterBrook).

He first published Faithful and True in 1992, when the Internet was still in its infancy. Since then, he has watched “cybersex”—pictures, videos, chat rooms, clubs, and more—become the number one issue in sexual addiction.”


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“Occasional Use Versus Addiction”
“An important question when discussing pornography use is the debate concerning where the line between occasional use and addiction should be drawn. Here are some things to ask about occasionally use of pornography.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Why am I looking at pornography? Some answers to this are, ‘I love the rush I feel when I view pornography,’ ‘I find it helps relieve anxiety, boredom, depression, loneliness.’ Some questions worth asking yourself include:” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Is pornography a good way to meet your emotional needs. Everything it portrays is a lie – do you see any danger here?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Do you justify actions by simply stating that you have a strong curiosity about what’s out there?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Pornography is fake and ignores honest emotion and healthy intimacy. Many people have found this creates a real conflict and they become less able to connect with friends and family - have you considered that this could happen to you?” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Are you watching pornography because it fills a need for you? This is the way addictions start.” ("Safety Net – Resources to Protect Your Family fromPornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Do you intend to use pornography for your whole life - after you are married, when you have children?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“Pornography presents a false, deceptive portrayal of sexuality and relationships. The information you get from viewing pornography messes up your ability to have healthy relationships. Dr. Jill Manning explained the problem with pornography use. She stated, ‘Pornography use is not simply a habit, it is a mood altering, belief changing, relationship damaging, addiction forming, socially harmful, spiritually deadening and life crippling practice . . .’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The bottom line is that if you are viewing pornography, you are doing something which does not benefit you. It messes up your thinking, makes your vulnerable to a really destructive addiction, and changes the way you treat friends and family. Why would you do that? And if you have quit and then gone back to viewing pornography, that is the major indication of addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Enough is Enough Campaign reports that 87 percent of convicted molesters of girls and 77 percent of convicted molesters of boys admit to using pornography, most often in the commission of their crimes.” (Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, http://www.tldm.org/News6/purity2.htm)

“HE RESTORETH MY SOUL”

“Knowledge is power: we will become more empowered with each bit of knowledge we accrue in regard to pornography addiction.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).
“The apostle Peter said, ‘Be sober. Be vigilant, for your adversary the devil as a roaring lion walketh about seeking whom he may devour.’” (I Peter 5:8). (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).


“A compulsion is a habit that cannot be easily regulated. The person that chooses to drink a glass of wine with friends while winding down at the end of the day doesn’t have a compulsion. The person that notices themselves always drinking after a hard day or during a time of stress even when they would rather not be drinking has a compulsion. The cigarette smoker that lights up without even realizing it has a compulsion. My habit of consuming pornography had compulsive elements. Sometimes I would sit a computer and start typing out the name of a porn site automatically and without conscious effort. Sometimes I would be in a situation where I could be caught watching porn but I simultaneously couldn’t fight the impulse to watch porn while also feeling excited that I was breaking someone’s trust. I have and could have hurt or disappointed others this way many times. (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“I sensed that my porn use was a problem. My porn use was continuing even during relationships when physical intimacy was declining. In search for greater and greater thrills, I started combining porn use with online webcam exhibitionism, even during a relationship. This in itself is not necessarily wrong, but I initiated these actions in secret and never discussed it with anyone. I was essentially cheating on my partner and did so on and off for many years.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Compared with people who abstained from eating their favorite food, people who were asked to abstain from porn for three weeks showed a lower rate of ‘delay discounting,’ meaning they were willing to wait longer for a reward. (Delay discounting refers to the phenomenon in which a
reward becomes less valuable the longer one has to wait to receive it.)” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, http://www.livescience.com/52469-how-porn-affects-brains.html)

“I need to encourage people to do whatever it takes to come to grips with the truth about yourself, share that openly with somebody else, get the help that you need. And if that help is leading you to be deeper in your faith, more connected with another person, and if that faith is pushing – that help is pushing you to grow in your faith, then that’s great help. But if it’s driving you apart from people, if it’s increasing the level of shame that you have, and it’s not encouraging, then you need to seek another form of Christian Counseling.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

“Well, I think that it’s important for anybody working with a sex addict to realize that they have limitations, and that there are so many people who specialize, and their whole ministry revolves around that, to be sure that you’re resourceful and willing to give up that person, and let somebody help them specifically.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)
#26 TEACH MY CHILDREN ABOUT SEX

“Why should I teach my children about healthy sexuality?”

“Our culture is filled with misleading and destructive messages about sexuality. If we let children learn about sexuality from the media and other influences that surround them, they are unlikely to develop a healthy concept of sex. When children understand healthy sexuality, they are better prepared to counter the unhealthy myths about sex and can better understand why pornography is so destructive. Parents must actively seek opportunities to teach children about gender roles, sex, and love. This should include the physical, emotional, and spiritual aspects of sex, including the proper, healthy role of sex within a marriage relationship. Given the prevalence of sexual and pornographic material in the world, teaching should begin early if parents wish to be the principal shapers of their children’s attitudes about sex. Teaching about healthy sexuality helps build openness, trust, and love, which allow children to feel comfortable discussing other subjects with their parents as well.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

1. “Talk about Sex.”


2. Talk about Porn

“Talk about lust.” Remind them about how powerful sexual and relational fantasies can be. They can make us feel very good for a while, but they are no substitute for the reality of marriage.” (“Pornography among Youth: Problems, Roadblocks and
“Talk about masturbation. When paired with fantasy, masturbation trains us to be inward with our sexuality. Help them understand their sexual desires are not just for their own pleasure, but something to be shared with their future spouse.”


“Talk about everyday sexual media. This is the perfect bridge to eventually talk about pornography. Your sons and daughters aren’t blind: they see sexually charged magazine covers, TV, movies, music videos and Victoria’s Secret outlets. Remind them that the reason these things exist is because of the power of sexual desire. Mass media uses sexual images to get us to look and buy. Teach them not to take in sexual media passively but instead see it with a critical eye, as a counterfeit pleasure.”


“Ask them about media they’ve seen. Allow them to be specific about things they’ve seen on TV, in movies and online that have been sexual. Don’t be quick to judge. Find out what they’ve seen specifically. Was the exposure intentional or unintentional?”


“Talk about addiction. Explain that sexual media “supercharges” our fantasies. It’s like a drug: the more we see, the more we want to see.”


“Talk about guilt and shame.” When we fill our minds with lust, this provokes a great deal of guilt and shame in us. In our shame, we hide from one another, afraid of what others might think, and we medicate the pain of our shame with more lust. Talk to your children about this vicious cycle and the importance of opening up about their struggles to others.” (“Pornography among Youth: Problems, Roadblocks and Solutions”, Covenant Eyes, 2011, http://www.covenanteyes.com/lemonade/wp-content/uploads/2011/10/pornography-among-youth.pdf)

3. “Let them know their worth”


“Tell them personal worth isn’t defined by sexual prowess or looks. If you are obsessed about their physical appearance or your own appearance, you will train them to attach great importance toward outward attractiveness. Many people pursue wrong relationships or engage in sexual fantasies because they desire to feel attractive, seductive or manly.” (“Pornography among Youth: Problems, Roadblocks and Solutions”, Covenant Eyes, 2011, http://www.covenanteyes.com/lemonade/wp-content/uploads/2011/10/pornography-among-youth.pdf)
“Tell them you love them (and tell them a lot). This especially goes for dads. Sons and daughters who know they are valued are less likely to look to others (real or digital) to fill the void in their hearts.” (“Pornography among Youth: Problems, Roadblocks and Solutions”, Covenant Eyes, 2011, http://www.covenanteyes.com/lemonade/wp-content/uploads/2011/10/pornography-among-youth.pdf)

4. “Protect them from Pornography”


5. “Hold them Accountable”


6. “Attitude is Everything”


“Be helpful. If they’ve already gotten in over their head with temptation, find them some help or counseling. Talk to
someone you trust who can point you in the right direction.”


“As a parent, when should I begin teaching about pornography and sexuality?”
“Pornography should be discussed much younger than most parents think. The average age of exposure to pornography is eleven. Parents should begin teaching very young children about modesty, privacy, and self-respect. Starting with basic concepts when children are young makes it easier to transition to discussing pornography more directly later on.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“By age eight, children are verbal, open, curious, less embarrassed, and old enough to understand many significant concepts. If a child can access the Internet, it might be a good time to talk with them about pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How can I talk to my child about pornography and healthy sexuality?”
“As parents, we need to have a clear ‘theology’ of sexuality in our own minds. Think of the biblical values that inform how you talk about sex, both its blessings and its dangers. Find a good resource to read about this so you are equipped to think rightly about sex from a biblical point of view.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes,
“One of the best things you can do to teach your children about sexuality is to model a healthy marriage in front of them. Seeing mom and dad treat each other with respect, love, and tenderness is some of the best education your child can receive about how they are to treat the opposite sex. As you converse about our sexualized culture and pornography, you can paint a vivid contrast between the values communicated by pornography and the values communicated through a loving marriage.”


“Teaching begins by answering questions asked by children at any age simply and without embarrassment. Teaching about healthy sexuality includes providing instruction about the body and helping children understand that there are parts of the body that are kept private. Parents can effectively educate their children about pornography by finding appropriate teaching moments to discuss many of the same questions and issues presented in these questions.”


“When children unexpectedly view inappropriate or provocative material, they often instinctively hide it from their parents out of shame and embarrassment. Taking every opportunity to bring such material out in the open is important. Parents can begin teaching about pornography simultaneously when teaching about the body. For example, if a child picks up a book that illustrates personal parts of the human body, a parent could respond with a comment such as, ‘I see that picture caught your interest. Do you have any questions? Let’s talk about it.’ Similarly, when a child views something sexually provocative or pornographic, acknowledging the material without discomfort or surprise is important. A parent might say, ‘I see that caught your attention. When we run across those kinds of pictures it is important to change the channel [close the book, throw it away, etc.] and then tell a parent.’ It is important for parents to take the time to explain why the material is inappropriate and what to do when inappropriate material is encountered. Teaching children about what to do when they see pornography is just as important as teaching children what to do if they are exposed to any other drug.”

“This type of communication sends a clear message to children that parents are a good resource when they have questions. Children need to see that parents know what kinds of material are available, that they are not shocked or embarrassed by it, and that they have clear rules about what material should or should not be viewed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Sharna Olfman, psychology professor at Point Park University, says, “When we deny children access to meaningful eduction about their burgeoning sexual development, we give them no choice but to glean what they can from a highly sexualized media.” (Sharna Olfman, ed., The Sexualization of Childhood (London: Praeger Publishers, 2009), 14.) (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Responding to young children openly and factually with simple statements and explanations is generally best. As children get older, additional opportunities will arise to have more detailed discussions. If the topic does not arise on its own, find ways to bring up pornography and discuss it as children get older.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“‘We absolutely have to talk to young people about sex, love, respect and consent as soon as we feel they are ready, to ensure that they gain a proper perspective between real life relationships and the fantasy world of porn.’” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html)

“‘We absolutely have to talk to young people about sex, love, respect


“‘There are four essential points to give your son or daughter.’ (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)
1. “Pleasure: Sexual arousal feels good, and it should ‘Your attraction to the opposite sex is very good and normal. God designed you that way. Wanting to experience sexual pleasure is also good and normal.’” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Speaking through King Solomon, God said that men should enjoy their wives. ‘Let her breasts satisfy you always. May you be captivated by her love.’ (Proverbs 5:19). In Solomon’s great love song, the woman sings about the pleasure of having sex with her husband: ‘Kiss me and kiss me again, for your love is sweeter than wine’ (Song of Solomon 1:2). God has made sexual experience very pleasurable. The desire you feel when you look at porn is part of a drive God gave you, and it is an important part of who you are.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

2. “Purpose: You’re becoming a man/woman, and that’s good ‘Your body has been going through a lot of changes. Your body is becoming less like a child’s and more like that of a man/woman. Sometimes this is very confusing and frustrating, I know. But remember, there’s a purpose to this.’” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

3. “You can enjoy knowing that God is changing your body and your mind so you can serve him in the future as an adult leader. Just like Jesus when he was a young teen, you are growing in body and wisdom (Luke 2:52). As you mature as a man/woman, you can serve God as a loving older brother/sister to others, and some day as a spiritual father/ mother to others (1 Timothy 5:1-2).” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“The changes in your body are preparing you for sex when (and if) you get married. The Bible says that as you have sex with someone over the course of your life, you become ‘united into one’ with him/her
(Genesis 2:24)—you are united to that person in a very intimate way. Your changes also mean your body is maturing to be able to create children, just as the Bible said we should do (Genesis 1:28).” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“The changes you are going through to become a man/woman are wonderful, so don’t see them as a curse, but as a blessing.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Passion: Burning passion is right, but not right now ‘Your maleness/femaleness is a God-given quality, and your sexual attraction is a Godgiven drive. But when we allow passions to be stirred up in our fantasies, this is called lust. Jesus said if we look at someone with lustful intent, it is like we are committing adultery in our hearts (Matthew 5:27-28).’” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“It is like a fire. We love sitting in a living room with a fire in the fireplace. But if we take that same fire and put it in the middle of the floor, it could burn the house down. That’s the way sexual passion is. There’s a fitting place to start that fire—in the setting of marriage—but if you stir up that passion outside of marriage, it only ends up hurting you.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Sexual passion is designed to create oneness with a person. This kind of oneness should only be experienced when you are totally united to a person in lifelong commitment. Marriage is the fireplace where sex warms and blesses our lives.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Until then, you shouldn’t deny you have this passion inside you. Instead, use it to ‘build your fireplace.’ Work to become the kind of man/woman who can serve and love someone else as a
husband/wife. Get wisdom from me and other adults about how to become a godly man/woman with sexual desires. Learn when is the best time and way to start dating or get married.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)


“First, porn is selfish; sex is giving. When you watch porn, you get to imagine that you are the star of the show. You get to imagine yourself being with beautiful men/women or being an attractive man/woman. You are the focus of their attention in the fantasy. But having sex in a loving manner is about both receiving and giving pleasure. You don’t want to train your mind to love masturbation more than sex with a real person. You don’t want to train your mind to see the opposite sex as a thing to be used rather than a person to be loved.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Second, porn bonds you to an image; sex bonds you with a person. You are physically and emotionally wired for intimacy. That’s why God made sex so pleasurable, because it bonds a man and woman together. But when we lust after pornography, we are bonding to those images, not to a person.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“The people in porn are all playing a part. They are actors and actresses in a movie. Then the films are edited to take out all the boring parts and make the actors look their best. All the hormones that surge through your brain when you watch porn or fantasize about sex are the same hormones you experience when you have sex. Just like sex is designed by God to help you bond with your future husband/wife, when you masturbate to porn you are bonding with the
images of people on the screen. When the time comes to get married, what if your husband/wife doesn’t look or act like all the scenes you’ve seen in pornography? No person is as clickable and customizable as a person on a screen. This only takes away your enjoyment of sex in the future.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Third, porn is abusive; marital sex is nourishing. What you don’t see when you watch pornography is what it’s like when the camera stops recording. Often, men and women in porn don’t like the work they do. They have to take drugs and alcohol just to be able to have sex on screen. Many times the women were abused when they were young, and they continue to be used and abused in the industry. By watching pornography, we only give incentive to those who abuse these women to keep doing it. Porn stars are paid to make their lives look fun and glamorous, but many of them are dying on the inside.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Fourth, porn dishonors God; marital sex honors Him. God has told us His will for us is to abstain from sexual immorality (1 Thessalonians 4:3). God will judge the sexually immoral and the adulterers because He wants the marriage bed kept pure (Hebrews 13:4). As a young man/woman of faith, don’t dishonor Him with your body by filling your mind with images of sin.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Common warning signs that an adolescent may be experiencing compulsive sexual behavior problems”


Josh McDowell Ministry 2019


“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


Sources
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060
Having the sex talk early and often with kids is good” (Veronica I. Johnson, Guy Ray Backlund, “Having the sex talk early and often with kids is good”, Salon, October 15, 2017, https://www.salon.com/2017/10/15/having-the-sex-talk-early-and-often-with-kids-is-good_partner/)

“Parents may be uncomfortable initiating “the sex talk,” but whether they want to or not, parents teach their kids about sex and sexuality. Kids learn early what a sexual relationship looks like.”

“Broaching the topic of sex can be awkward. Parents may not know how to approach the topic in an age-appropriate way, they may be uncomfortable with their own sexuality or they may fear “planting information” in children's minds.”

“The way a parent touches a child, the language a parent uses to talk about sexuality, the way parents express their own sexuality and the way parents handle children’s questions all influence a child’s sexual development.”

“We recently learned through surveying college students that very few learned about sex from their parents, but those who did reported a more positive learning experience than from any other source, such as peers, the media and religious education.”

“Distorted images leave youth with unrealistic expectations about normal relationships.”

“The media tend to glamorize, degrade and exploit sexuality and intimate relationships. Media also model promiscuity and objectification of women and characterize aggressive behaviors as normal in intimate relationships.
Violence and abuse are the chilling but logical result of female objectification.”

“…we do know that some accurate, reliable information about sex reduces risky behaviors. If parents are uncomfortable dealing with sexual issues, those messages are passed to their children. Parents who can talk with their children about sex can positively influence their children’s sexual behaviors.”

“Children often receive contradictory information between their secular and religious educations, leaving them to question what to believe about sex and sometimes confusing them more. Open and honest communication about sex in families can help kids make sense of the mixed messages.”

“Parents remain the primary influences on sexual development in childhood, with siblings and sex education as close followers. During late childhood, a more powerful force – peer relationships – takes over parental influences that are vague or too late in delivery.”

“Even if parents don’t feel competent in their delivery of sexual information, children receive and incorporate parental guidance with greater confidence than that from any other source.”

“Engaging in difficult conversations establishes trust and primes children to approach parents with future life challenges. Information about sex is best received from parents regardless of the possibly inadequate delivery. … Teaching about sex early and often contributes to a healthy sexual self-esteem. Parents may instill a realistic understanding of healthy intimate relationships.”

“Maintaining an open, honest relationship with your children is key.”

“So how do you do it? There is no perfect way to start the conversation, … develop creative ways of continuing the conversations, early and often.”

1. Several age-appropriate books are available that teach about reproduction in all life forms – “It’s Not the Stork,” “How to Talk to
Your Kids About Sex” and “Amazing You!: Getting Smart About Your Body Parts”.

2. Watch TV with children. Movies can provide opportunities to ask questions and spark conversation with kids about healthy relationships and sexuality in the context of relatable characters.

3. Demonstrate openness and honesty about values and encourage curiosity.

4. Allow conversation to emerge around sexuality at home – other people having children, animals reproducing or anatomically correct names for body parts.

5. Access sex education materials such as the National Sexual Health Standards.

6. The goal is to support children in developing healthy intimate relationships. Seek support in dealing with concerns about sex and sexuality. Break the cycle of silence that is commonplace in many homes around sex and sexuality. Parents are in a position to advocate for sexual health by communicating about sex with their children, early and often.

"WHY should I discuss pornography with the person I am dating?"

"In varying degrees, virtually everyone will have some exposure to pornography which affects their views of sexuality. This may range from casual exposure to serious addiction. Given the breadth of widespread promiscuity in society, it is important to discuss how each individual views and will handle pornography regardless of whether the person has previously had a problem. Openly discussing pornography can safeguard individuals and relationships. A person can be: 1) currently addicted, 2) previously addicted but now in recovery, or 3) never addicted with minimal exposure to pornography. By determining the category the other person in the dating relationship falls into, an individual can gain valuable insight concerning how to proceed appropriately with the relationship. Even if there has been minimal exposure, it is important to openly discuss pornography and set necessary boundaries to prevent future problems." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"For those who have had or currently have a problem with pornography, it is very important to discuss this with any person they seriously date. Pornography use is extremely addictive and can frequently reoccur unless significant preventive measures are taken. By talking about this problem early on in a relationship, individuals can learn to develop open communication and set appropriate boundaries that will safeguard both people, help guide relationship decisions, and create a safe, trusting environment." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"WHEN should I discuss pornography with the person I am dating?"

"Some people have suggested bringing up pornography by the second date. While that is probably too soon for many, here are a few questions to help guide determinations:"

- "Are you ‘exclusive’ (i.e., boyfriend and girlfriend)?"
- "Is the relationship such that you can talk or have already talked about other significant personal issues?"
For those who cannot answer yes to any of those questions, it is probably too soon. For those who can answer yes to one or more questions, now might be an appropriate time. For those who can answer yes to all questions, it is definitely time to discuss pornography. Discussing pornography before becoming engaged is very important.

“How should I discuss pornography with the person I am dating?”

“There is no easy way to bring up this uncomfortable topic. One approach is simply to ask if the other person has ever had or currently has a problem with pornography. Another way is to initially share a personal experience or talk about a related article and then move into the topic. It is important to ask what the other person’s exposure to pornography has been, not if they have been exposed.”

“Discussions might include when and where pornography was last viewed and what the response was. Ask what is being done now to protect against pornography addiction. If an addiction has previously occurred, ask what was done to stop viewing pornography. Did the other person see a counselor or attend 12-Step meetings? Ask them if they have had any relapses. If there is a problem, it is common to receive a vague, incomplete, deflective, or less-than-honest answer. For those who have any reason to think they are not getting a complete story, trust those instincts and bring the topic up again at a later date—or consider ending the relationship. A dating partner with difficulty telling the truth about pornography has the potential to become a spouse who does not tell the truth about it after marriage.”
“What should I do if I suspect someone I am dating has a pornography problem?”
“The answer is simple: talk to him. Discuss any concerns or suspicions with the other person. Consider using the questions in the brochure Pornography & Dating to guide these discussions or see www.salifeline.org. Be careful about the speed at which the relationship progresses until recovery is solidly underway. As always, encourage anyone addicted to pornography to fully disclose his problem and get appropriate help.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How is dating someone with a pornography addiction likely to affect me?”
“Pornography causes a change in the way the user relates to others. The pornography user learns a simple, one-sided sexual response which affects feelings of closeness and intimacy. This escalates into a loss of the ability to emotionally connect with others. Instead of warmth, empathy and compassion, the user often interacts with emotional detachment and criticism. He is emotionally unavailable, and may even suggest that this detachment is the fault of the person he is dating. This can be very damaging to your self-esteem and confidence.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What will likely happen if I choose to marry someone with a pornography addiction?”
“Pornography addiction is not a problem that is fixed by marriage and marriage won’t make the problem easier to fix. Additionally, this addiction will always escalate.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A person with a pornography addiction cannot build a healthy relationship. Their ability to be unselfish, compassionate, and emotionally available is severely compromised by their addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As a recovering addict, what factors should I consider in dating?”
“Although graphic details are not necessary, it is important to tell the other person the nature and extent of behavior related to viewing
pornography early on in the relationship. Depending on the seriousness of the relationship, encouraging the other person to see a counselor or attend a 12-Step support program may be a good idea. Consider setting boundaries regarding the speed with which the relationship progresses based upon the recovery progress. It is frequently recommended that an addict be well along in the recovery process before entering into a serious relationship. In general, being in recovery for at least 7-12 months is recommended.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What factors should I consider when deciding whether or not to continue a relationship with someone who is addicted or has been addicted to pornography and is in recovery?”

“Recognize that those addicted to pornography can change their lives, but do not underestimate the power of pornography addiction. Love for the addict requires exercising patience and setting appropriate healthy boundaries at all stages of the relationship. This may require (1) waiting to move forward in a relationship, (2) deciding to end a relationship, or (3) setting and abiding by specific rules and guidelines regarding a relationship’s progression. An important factor in deciding whether to continue in a relationship is whether the person is in recovery or is actively seeking recovery from his pornography addiction. It is frequently recommended that there be at least 7-12 months of solid recovery before proceeding seriously forward. It is important that individuals understand what recovery looks like and are able to identify whether their loved one is in the recovery process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If the other person is currently viewing pornography, it is important to proceed slowly with the relationship or to give serious consideration to ending the relationship. Be careful not to confuse emotions with the best course of action.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Dating a person with an active pornography addiction can have very serious and unexpected emotional consequences. Carefully weigh the risks of continuing in such a relationship. Carefully evaluate whether the other person acknowledges that they are addicted, is willing to take the
steps required to recover, and is actively doing everything in his power to overcome this addiction. It is important to talk with trusted individuals, become educated regarding pornography addiction, and set boundaries. Additionally, attending counseling as well as 12-Step support groups may be helpful.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“I am dating (or have dated) someone with a pornography problem and I am currently struggling with negative thoughts about myself and my appearance. What should I do?”

“It is not uncommon to experience some kind of trauma after being in a close relationship with a pornography addict. Common problems include anorexic or bulimic tendencies, obsession with personal appearance, feelings of low self-worth, decreased self-confidence, a feeling of spiritual darkness and abandonment, a decreased ability to trust and form healthy relationships with other men, and acceptance of unhealthy or abusive behaviors as normal.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If someone who is dating or has dated a pornography addict starts to experience any of the feelings listed above, it is important that she talk with someone. She may consider seeing a counselor and attending a 12-Step program. Getting support from a professional counselor who understands the impact of a pornography addiction is important. Talking with friends or family who can offer support and help put things in perspective is also helpful.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“I sensed that my porn use was a problem. My porn use was continuing even during relationships when physical intimacy was declining. In search for greater and greater thrills, I started combining porn use with online webcam exhibitionism, even during a relationship. This in itself is not necessarily wrong, but I initiated these actions in secret and never discussed it with anyone. I was essentially cheating on my partner and did so on and off for many years.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)
#28 A LONG-TERM RECOVERY

“Transform the Behavior”

“It’s important to use the momentum generated from disclosure to power through the behavioral transformation phase. As stated earlier, this is actually the easiest part of the recovery journey. Behavioral change will often come quickly (within a few months) and will give much-needed encouragement and hope to continue in long-term recovery. This is the time for an individual to experience the successful transformation of how they understand their relationship with triggers and sexual urges.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“I was stuck in the bonds of pornography for many years. I went through the Pure Desire curriculum which Dr. Ted Roberts put together, and in that curriculum he talked about many of the physical, chemical things that happen in our brains during an addiction, and in particularly a pornography addiction. I had so much guilt and shame over the addiction but once I understood that there were things happening inside of my head that contributed to me continuing to look at it, it wasn’t an excuse for me, but it helped tremendously to know that there was more of a reason aside from me just being a disgusting paig as to why it was so hard for me to stop. If you are stuck in a porn addiction, understanding the things that Luke wrote above is really a key piece in not just breaking the addiction but in helping in your healing afterwards. Thanks for talking about this portion of the addiction Luke. I have always thought it’s a critical piece. My story is at http://www.openrivers.wordpress.com (http://www.openrivers.wordpress.com) if you want to read more about my journey there. But I have got to tell you Luke, the things you put up here have really ministered to me. Thank you.
“This transformation phase requires a tremendous amount of education, practicing certain skills, and connecting with a support system. If there has been a history of viewing pornography, the brain and body have been programmed to respond to sexual triggers in a predictable way over the years. It will take dedicated practice to re-route these tendencies. The good news is that the brain can be healed with committed effort!” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The specifics of how to create these behavioral changes is beyond the scope of this article. I recommend seeking out professionals who are trained in treating pornography addiction to help with this stage of recovery. There are structured ways to learn how to implement these new ways of thinking and behaving.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Discover Life Without Pornography”

“This phase of treatment is often bittersweet experience for those who pass through it. The ‘bitter’ part is the withdrawal from the powerful chemical high associated with pornography addiction. This can often take weeks to overcome. Some individuals experience strong physiological withdrawal symptoms that can create irritability, insomnia, fatigue, and other bothersome symptoms.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Like detoxification from drugs or alcohol, denying the body the regular bursts of dopamine, serotonin, adrenaline, and other chemicals associated with pornography addiction will create powerful physical cravings. This withdrawal will begin in the initial stages of recovery, but can last longer, depending on the individual’s history of pornography use.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“I encourage individuals to lean into the pain of withdrawal and rely on their tools and support gained in the transformation phase to help train their brain to live without the chemical cocktail associated with their addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Withdrawal can also create a feeling of loss and confusion about how to live life without the addiction. It can feel like mourning the death of an old friend. This loss will eventually disappear as the individual pushes forward in their recovery efforts and discovers new ways to do life without the influence of the addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The ‘sweet’ part of this stage is the newfound awareness of how enjoyable life can be without pornography! There are some exciting discoveries in this phase of recovery. For example, the five senses become more active and engaged with the world. I have clients tell me that they can feel, see, and hear things that they never noticed before. They are often amazed at how much pornography numbed-out their senses. They start to re-connect with . . . their families and with themselves. As an individual becomes re-sensitized to life, they will experience additional motivation to continue in their recovery journey.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The LongTerm Recovery Journey”

“Recovery can be compared to launching a satellite into orbit. It takes tremendous energy to get a rocket out of the pull of earth’s gravity. As the rocket gains momentum, less power is needed to put it into its desired orbit.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Eventually, the satellite is released into orbit and only requires small and consistent bursts of energy to keep it positioned in orbit. The satellite will stay in its correct orbit as long as those consistent corrections are applied.”


“Early recovery is often full of intensity, energy, and earth-shaking changes. Long-term recovery looks nothing like this. Instead, it’s made up of finely-tuned course corrections that keep the individual positioned in a healthy lifestyle. If an individual is constantly battling triggers and relapses, they will never get to really enjoy life and experience the long-term growth available to them.”


“Most individuals will pass through the first three stages of recovery within 612 months. The behavioral changes in these stages create stability necessary to do the long-term work of relapse prevention and life changes. As stated previously in the metaphor of the wind and tree, this stage is the work of strengthening the trunk of the tree.”


“Individuals risk becoming over-confident at this point in recovery. They often believe that they’ve ‘arrived’ and don’t need to work as hard. While they have most certainly arrived at a new place of living life, it’s important to maintain their gains and understand clearly how to keep building a life free from the destructive pull of pornography.”


“Recovery is the process of restoring things to their proper state, creating a fresh view of oneself and one’s relationships, and healing the sources of pain that created the need for the addiction in the first place.”


“It’s critical to maintain the same system of support during this stage of recovery for regular accountability and close support. Support systems can provide much-needed feedback and observations as the individual creates
“Regardless of how deep they believe their addiction has taken them, they can use the same agency that put them in the addiction to help them get out of the addiction. Stopping, asking for help, and carefully following the steps of recovery will make life without pornography a reality.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“And the best news is that healing from an addiction to pornography not only offers an individual an opportunity to stop life-damaging behaviors, but also creates a completely new way of living life. Individuals who commit to full recover will discover a new version of themselves previously unimagined.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The most promising non-religious program I know of to treat problematic pornography use is called The Fortify Program. It can be found at fortifyprogram.org. It is designed to help people, especially young people, gain freedom from pornography use. It takes between 2 and 5 months to successfully complete online. The Fortify Program was developed by a group that has a very popular anti-porn website, Fight the New Drug.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, http://www.johnfoubert.com/how-porn-harms)

“A Christian-based program that I have heard a great deal about, and I support, is Celebrate Recovery (www.celebraterecovery.com).” (John D. Foubert, “How
“So here I am, 75 days into my reboot and feeling pretty good. It seems natural, now, not to seek porn or masturbate. While at the drug store a I bought a magazine about drag racing, the way it was in the '60s and '70s. There was an article about a drag racer and it featured, prominently, pictures of his somewhat busty girlfriend. I remember seeing the same pictures when they were first published, back in the early '70s. Back then they were whacking material, tonight I didn’t feel any excitement at all. I think that I've finally learned to look at a woman without depersonalizing her and letting my thoughts head for the gutter. She was a beautiful woman, no doubt about that, but she's just another member of the human family. It used to be that I would feel a little twinge of evil when the thought of looking at porn came into my mind. It was like I was stealing something . . . I'm pretty sure it was basically a sense of thrill that started with that twinge. It was a short circuit of my normal desires. Anyhow, that twinge seems to have abated. Just being able to say that makes me feel wonderful. I'm not out of the woods, but I'm better than I've ever been in my life, happier too.” Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner

“One key in my understanding of this problem was when I realized that I didn’t want meaningless sex. [Same guy a year later] I am ever more amazed the degree to which this has happened. I haven't been posting to the forums much lately. I feel like I've moved on with my life now. I'm not saying that I'm immune, that would be a foolish thing to conclude, but I have reached a point where I don't feel any temptation to masturbate and the sneaky attraction to porn is gone too. That may be the strangest thing, porn seems to have lost its power over me. All of my life, until two years ago, porn could have a profound effect upon me. Just dwelling upon the prospect of seeing porn could put me into an altered state. It no longer has that power. It's a quantum shift that I find amazing. Its like I have a completely different reaction to it. It doesn't interest me, I don't find it desirable, the prospect of viewing porn seems completely undesirable. It's like this; for most of my life I looked at porn and it was never enough. Now I don't look at porn at all and it's more than enough. Whatever it was that I was looking for in porn I'm no longer seeking.” Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner
“In short, cues may still evoke a powerful feeling of anticipation. Yet as you become more responsive to real pleasures, masturbation to pixels seems increasingly pointless and unfulfilling. Of course, if you return to exclusive porn use, you fire up the sensitization process again. In other words, recovery of sexual function doesn't protect you against future excess.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner

“The Groundwork of Addiction”

“I had been exposed to sexually charged images as a child, as many other children are. I was drawn to and excited by these images and procured Playboy and Penthouse magazines as I entered my teens. Looking back, I didn’t see anything necessarily unhealthy about my acts at that time. I was very ashamed of sex and didn’t discuss my sexuality freely with my friends. Games of truth or dare terrified me because I was so afraid to talk about masturbation and sex with my friends. This is typical. Lots of taboos surround sex, and this is unfortunate but understandable given that sex has such a strong pull on our behavior and that the unhealthy or clumsy expression of sexuality can cause problems. However, I think that this shame and this secrecy laid the foundations for the addiction that would later have such a detrimental impact on my life.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“3 recommendations for a woman struggling with porn (by Audrey Assad)”

“Confession. Speaking your sins aloud to someone you trust is the surest way to begin to confront them, and then to walk away from them.”

“Accountability. Pick several people in your life (probably of your same gender, unless you’re choosing you brother or your dad) who know you well and who don’t judge you for your sins, but who care enough about you to hold you accountable to what you are attempting to do. A great way to be accountable online is to use Covenant Eyes.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/)
“Counseling. Pornography feeds on what is, deep-down, a good and innocent need – the need for intimacy, for love, and for affection. Most often when someone is addicted to pornography, the foothold of the enemy is to warp and twist those natural, God-given needs and desires. A good counselor can help you unravel the spiritual and emotional reasons those needs and desires are being preyed on, and help you develop healthy ways to meet those needs at your stage in life and in your state of life.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/)

“It’s extremely helpful that you examine each stage in the sequence and honestly reflect upon your own experience. Once you have done this you can then write a deactivation sequence … A game plan.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/)

“Our problem is physical, emotional and spiritual. Healing must come about in all three areas. The crucial change in attitude began when we admitted that our habit had us whipped. We came to 12-step meetings and we discovered we could stop, that not feeding the hunger didn’t kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others. All this was scary. We found that others had traveled this path before. Learning a new way to surrender to God’s power, we found this surrender was killing the obsession! We had stepped into the light, into a whole new way of life. The safety of fellowship with others in recovery gave us monitoring and support to keep us from being overwhelmed. Instead of covering for feelings with compulsive sex, we began exposing the roots of our spiritual emptiness and hunger. And the healing began.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Facing our character defects we became willing to change. As defects were surrendered we began to be more comfortable with ourselves and others for the first time without our ‘drug’. We tried to right our wrongs and at each amends the dreadful load of guilt dropped from our shoulders until we could lift our heads, look the world the eye and stand free. We were learning how to give; and the measure we gave was the measure we got
back. We were finding what none of the substitutes had ever supplied. We were making the real Connection. We were home.” (Adapted from the SA White Book) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What Does ‘Sobriety’ Mean?”

“For those attending meetings of Sexaholics Anonymous, sobriety is defined as ‘having no form of sex with self or with persons other than the spouse.’ (White Book, pg 191-192.) In addition, true sexual sobriety ‘includes progressive victory over lust[,]...the driving force behind ... sexual acting out.’ (White Book, pg 191-192.) Physical sobriety is not an end in itself but a means towards an end-victory over the obsession and progress in recovery....In practical terms, we stop entertaining lustful fantasy. We stop using the internet to look for pornography images....We choose a different route to avoid places where lust triggered us or we acted out.....If we are going to a business or event where we know there will be lust or sexual triggers (such as a supermarket, mall, or an airport), we call someone....If we are uncomfortable in any given situation, we simply leave.....Our sobriety becomes the most important thing each day in every circumstance.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Recovery is a Spiritual Experience”

“We use the words spiritual in referring to that aspect of ourselves underlying and determining all our attitudes, choices, thoughts, and behavior-the very core of personality, the very heart of the person. If we can see how the addictive process involves this most fundamental aspect of our being, we will be able to understand why recovery-whatever else we make it-must be a spiritual process.” (White Book Sexaholics Anonymous) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A Road Map for Recovery, Leaving Pornography Addiction and Discovering Life”

“This will be the last time”

“It wasn’t as bad as other stuff I’ve seen”
“It’s not like I look at it everyday”

“These self-reassuring statements are a small sampling of comments I hear from men who struggle with viewing pornography. They wonder if they are really addicted. Many of them hide in secrecy for years trying to resolve the unwanted behaviors on their own. The secret struggle often creates more hopelessness and feelings of powerlessness over this mysterious force that seems to keep sabotaging their best efforts.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In their pain and frustration, many of them ask me the following questions:

• “How can I tell if I am really addicted to pornography?”
• “How do I know if I really need to get help for my behavior?”
• “What’s involved in overcoming these unwanted behaviors?”

“I will answer these questions in an attempt to outline a road map for understanding and overcoming an addiction to pornography and discovering a new way of living life. (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Simply stated, 1) if you want to stop the behavior, 2) but you can’t, and 3) the behaviors are causing life-damaging consequences, 4) then you’re probably addicted.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It’s common to wonder if addiction only counts for those guys who look at pornography multiple times per day. While this is certainly a pattern of addiction, the definition can also apply to a much broader type of behavioral pattern.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For example, I’ve worked with individuals who look at pornography only three times per year. One might look at this sporadic pattern and wonder how three viewings of pornography in one year’s time could be considered an addiction. Let’s look at what three viewings per year
“First, he’s going to keep his behavior a secret from others because he’s embarrassed about it. This secrecy is going to produce shame. Shame is a feeling of being broken, damaged, or defective. He might briefly say things to himself like, what’s my problem? Why do I keep going back to this when I know it’s wrong? His shame is going to produce anxiety and depression that will be difficult to ignore. He will have to create a ‘false self’ for others to see so they don’t wonder if he is someone who looks at pornography. His false self will make it difficult to genuinely connect with his wife [and] his children . . . He will worry about being discovered. He worries what others will think of him if they ever discover his secret behaviors. He always feels like he’s not as good as other guys who don’t appear to struggle. The shame and stress will create a lowgrade misery that will be difficult to escape.”

“Sounds pretty life-damaging to me!”

While there are varying degrees of intensity on the continuum of pornography addiction, even occasional viewings of pornography can deeply affect an individual. It’s not only the images of pornography that change the way men view women and close relationships. The secret shame and stress associated with violating one’s own standards of conduct on a repeated basis also causes individuals to live far beneath their . . . potential.”

“The anxiety surrounding the definition of addiction is usually linked to the fear of being labeled a ‘pervert’ or ‘weirdo’. In actuality, when an individual stops fighting the worry about labels and starts moving toward a life of sincere recovery, he won’t care what label applies to his situation. The freedom and joy he will experience as he releases the shameful secrecy and pain of self-betrayal will wash out lesser fears linked to how others might perceive him.”
Steps to Living Porn-Free…

“Because pornography is a complex issue and trap, there are no easy avenues to being rescued and released from pornography’s hold on your life. In his book, Closing the Window: Steps to Living Porn Free (InterVarsity Press, 2010), Tim Chester describes the five key ingredients that need to be in place to win the battle. While we recommend that you read and study Closing the Window for yourself, here’s a list of Chester’s five key ingredients:

1. “An abhorrence of porn. You must hate pornography and long for a change.”
2. “An adoration of God. You must desire God above all else and have confidence in the fact that He offers much more than pornography.”
3. “An assurance of grace. You must know that you are loved by God and with Him through faith in the work of Jesus Christ.”
4. “An avoidance of temptation. You must be committed to do everything in your power to avoid temptation, beginning with the controls on your computer and other devices.”
5. “Accountability to others. Submit yourself to a community of Christians who will hold you accountable and support you in your struggle.”

Online Risks
“Seven ways to guard against inappropriate online relationships.”

“Couples may find great benefit to reading this article together with your spouse.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Her story followed a familiar pattern. She had reconnected with an old flame on a social networking site.”

“‘Started e-mailing each other once a week,’ my friend said to me. ‘Then twice, then every day. Now I find myself obsessed with what I am going to write to him. I reread things he writes to me. I know what you are probably going to say, but I don’t want to give up his friendship. It is what I live for right now.’”

“Then came her questions. ‘Do you think I have a problem? Do you think I should tell my husband? What do you think I should do?’”

“After asking a few questions, I found that her experience was nearly identical to what mine had been. She was caught up in the excitement of a new relationship, and she spent the majority of her free time developing it. She hid her new friendship from her husband.”

“The emotional energy that she was putting into the new relationship should have been invested in her marriage. What at first seemed an innocent renewal of an old acquaintance had crossed dangerous boundaries, and she was unaware (or refused to see) that she was involved in an emotional relationship that could easily turn into a physical affair. It was something I had let happen to me, and I feared she was on the same path.”

“Based on my own experience, I have identified seven early warning signs that you are involved in an inappropriate online relationship.”

1. “You are withdrawing from your spouse.”
   “Maintaining a healthy marriage takes effort, and I’ve learned that when either spouse stops taking care of the marriage, it is in danger.
In my situation, my husband and I had created a marriage where we were dependent on each other to feel good about ourselves. When raising children and dealing with financial insecurity put pressure on our marriage, it stopped feeling good, and we invested less in each other. When we talked, it was mainly about daily logistics—not our feelings, thoughts, or interests. There was little money for dating.


2. “You are hiding communications with your friend from your spouse.”
   “If you feel you need to keep the relationship a secret, it’s inappropriate. I convinced myself that my husband wouldn’t be concerned about my communications with another man, but still I didn’t tell him. Marvin J. Ashton (1915-1994) [from the Church of Jesus Christ of Latter-day Saints] warned: ‘No [person] will ever be totally free who is living a lie. … We should ever bear in mind that a wrong isn’t right just because many people do it. A wrong deed isn’t right just because it hasn’t become visible.’” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

3. “You are preoccupied with and daydream about your friend.”
   “Even if you don’t have a physical relationship with your online friend, your thoughts can reveal that the relationship is inappropriate. I asked my friend how much time she spends online writing to the other person. Then I asked her how much time she spends thinking about what she is going to write to the other person. The way we spend our mental energy is an indicator of our true focus.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. “You are sharing your thoughts, feelings, and problems with your online friend instead of your spouse.”
   “Such emotional relationships damage marriages. After some years of not communicating effectively, my husband and I grew apathetic about changing our patterns. Sharing my thoughts, feelings, and ideas with a different person simply seemed easier. This was a grave mistake.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
5. “Your online friend seems to understand you better than your spouse does. You find yourself anticipating when you can communicate or be with your online friend again.”
“I know of people who organize their day around the time they will communicate with their new online friend. For some, they have become so dependent on the way they feel and represent themselves online that it has become the highlight of their day.”

“I’ve learned that as exciting and promising as a new relationship may seem, its true destructive nature is inevitably revealed in time . . .”

6. “You are not interested in being close to your spouse, emotionally or physically.”
“Emotional closeness is as important to a marriage as physical intimacy. When a person loses interest in being close to a spouse—emotionally or physically—that person may make the mistake of looking elsewhere for that closeness.”

7. “When confronted about having feelings toward someone other than your spouse, you justify your actions to yourself and others.”
“Husbands and wives do have positive relationships with members of the opposite sex. Friendships are important at all stages of life. However, this fact is often used to rationalize inappropriate behavior… I don’t know . . . who intends to turn a friendship into an extramarital affair. I know I never imagined such devastation. But emotional affairs are affairs, and they damage relationships, even when they don’t involve sexual infidelity . . . Emotional attachment to someone who is not our spouse makes it impossible to love our spouse . . . The resulting heartache and feelings of betrayal are difficult to imagine when such relationships begin, but they can be devastating.”

8. “Ending an Improper Relationship”
“My advice to my friend was simple: end it. End the online friendship, no matter how awkward or difficult. Tell your spouse . . . Develop a pattern of happiness that is not dependent on others. Recognize that secret actions have consequences, and those who develop online friendships will most likely come to experience regret, pain, confusion, and shame.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The first time I started masturbating again, I felt my brain looking for the porn. This is going to be hard to describe...there was a spot in my brain where the porn junk went (memories, cravings, etc). When I denied the porn, I literally felt a collapse or an empty feeling in that part of my brain. Like it just did not exist anymore and my brain realized it. It was like when you clap your hands. My brain was expecting something in between the hands, but then it realized there was nothing in between except air.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner)

“The Groundwork of Addiction”

“I didn’t realize until recently that I had been using porn for years to pacify myself, make myself feel good, and deal with stress. Had I deeply understood known that porn has such a powerful effect on brain function, I might have quit sooner. I’ve learned, perhaps too late in life, that you can only really overcome a difficult situation by opening yourself up fully to it instead of numbing yourself to it. Maybe you are lucky to have learned this lesson and trusted in opening yourself to pain when it arises. If not, I hope you notice those moments when you numb yourself to stop feeling pain, loneliness, and misery because here is a place where addictions can be born. And because you can only really grow beyond a difficult place in your life by facing it head-on.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)
#30 ONLINE DIGITAL DANGERS PARENTS NEED TO KNOW

“11 DIGITAL DANGERS HIDING IN PLAIN SIGHT”

1. “Burn Note”

“What is Burn Note? Users can post messages on the site and send them to a specific e-mail address. After the recipient logs in to see the message, she has 60 seconds to read it, at which point the message is permanently deleted from Burn Note’s servers and cannot be accessed again.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)


“What Can Parents Do? Talk to your child about the potential unintended consequences of using such a site, and explain that there is never a foolproof guarantee that anything will be anonymous or that your child’s message won’t be memorialized via screen shots or photos.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

2. “Instagram”


“What are the Dangers of Instagram? Like most photo-sharing sites, the primary danger of Instagram is that kids will post photos that they later regret such as sexually explicit images, images of drinking or drug use, or photos of illegal or unethical activity such as bullying.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)
“What Can Parents Do?” Get a Parental Intelligence system like uKnowKids, one of the only ones that monitor Instagram, to understand how your child uses the site and make sure she is safe online, even when she wants to keep her activities secret.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

3. “Spillit”
“What is Spillit? Users can set up a profile, then post a few questions and ask family, friends, and strangers to answer these questions. People can answer the questions anonymously or as themselves.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)


4. “Snapchat”
“What is Snapchat? Users can upload photos and videos to chat partners, but the images are deleted in about 10 seconds, meaning there’s no permanent record of them and users don’t have to worry that their images will one day end up on a website or result in public humiliation…or do they?” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

“What are the Dangers of Snapchat? The primary danger of Snapchat is that it encourages users to send photos they don’t want other people to see since there is a self-destruction aspect.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

5. “Vine”

“What is Vine? Vine is an app for mobile phones that allows users to take short videos of up to six seconds. These videos can then be uploaded directly to social networking sites.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)


“What Can Parents Do? Vine isn’t always dangerous, and has been used for art projects, for social commentary, and even in advertising. Children who use it have access to a creative outlet, so banning its use entirely is probably not necessary. Instead, require that your child regularly show you her Vine account, as well as her social networking pages.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

6. “Ask.fm”

“What is Ask.fm? Users can post questions or nearly every variety to the website. Questions might be of a personal nature, such as, “How can I get along better with my sister?” or could be general knowledge questions about schoolwork, science, the news, and numerous other topics.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

“What are the Risks of Ask.fm? Like other question and answer sites, kids can post personal information. The site has also gained a reputation for cyberbullying because some kids post questions asking...

“What Can Parents Do? Check your child’s Ask.fm account regularly to see what she’s been posting. Set rules for using the site, and consequences for breaking those rules. Sites such as Ask.fm can become the most dangerous when parents don’t know what their children are posting.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

7. TUMBLR

WHAT IS TUMBLR?
Tumblr is a recent take on blogs and uses an approach known as “microblogging” that thrives on short posts. Users can post media to their own Tumblr site, and can also start Tumblr sites dedicated to information-gathering or specific causes. For example, your child might start a Tumblr dedicated to her favorite celebrities. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT ARE THE DANGERS OF TUMBLR?
Tumblr, like social networking sites and blogs, allows kids to post private information, including photos and videos, for the entire world to see. Because Tumblr pages are often topic-specific, the site can be a recipe for cyberbullying. A child could easily create a Tumblr account dedicated to making fun of another child, for example. Further, some Tumblr sites promote questionable values by, for example, posting “thinspiration” photos for anorexics. Tumblr is open to all ages, and makes impulsive, questionable posts much easier to make than traditional websites. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT CAN PARENTS DO?
Tumblr doesn’t allow users to make their entire blog private. Instead, your child will have to select the option to lock individual posts, and you should require that she keep each post locked if she wants to use
the site. Check in with her frequently and ask to review what she’s posting on Tumblr. You should also require that she add you to the list of users who are permitted to see her Tumblr postings. Talk to her about the importance of privacy; don’t allow her to use her full name, address, or phone number on her blog, and don’t allow her to post photos of herself, her friends, or her home. Posting photos of clothes, animals, or events is usually ok. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

8. KEEK

WHAT IS KEEK?
Keek, like Vine, is a video-posting application that allows users to post brief videos online. The videos are advertised as status updates similar to the brief posts users can make on sites such as Twitter and Facebook. Users have to have a Twitter or Facebook account to access Keek. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT ARE THE DANGERS OF KEEK?
Because the videos are short, Keek encourages impulsive posting, including the posting of sexually explicit content, which is not banned on Twitter. Even when kids have private Twitter or Facebook accounts, others can re-post or re-tweet their videos, making privacy a mere illusion on Keek. Keek can also be used to network with unfamiliar people across the world, giving cyber predators and bullies an opportunity to target your child. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT CAN PARENTS DO?
Because Keek provides little reward and plenty of opportunities for trouble, it’s best to block the site and ensure your child does not have the app on her smart phone. Because the site posts through social networking, monitoring your child social networking pages can help you investigate whether she’s been using the site, and a Parental Intelligence service like uKnowKids can keep track of your child’s social networking pages for you. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)
9. TEXTFREE

WHAT IS TEXTFREE?
TextFree is an app that allows kids to text one another within the application itself rather than through their phone. Texts are free and don’t show up in a user’s normal texting records. TextFree is one of many such applications, and there are dozens of free texting applications on tablets and smart phones. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT ARE THE DANGERS OF TEXTFREE AND OTHER MESSAGING APPS?
Unless your child’s cell phone plan charges for each text, there’s no good that can come from TextFree. The service hides texts, so if you’ve forbidden your child from texting or regularly go through her phone, you won’t be able to see what she’s been up to. This lack of parental supervision invites sexting, inappropriate text conversations, texting during school, and texting about breaking parental rules. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT CAN PARENTS DO?
If you want your child to be able to text but don’t want to pay for a data plan, TextFree could be a good application. You’ll simply need to require that your child show you her text messages when asked. If, by contrast, your phone plan already allows unlimited texting, TextFree has little use, and you’re probably better off banning the app. However, kids are sneaky and can easily download apps even without your permission. Use uKnowKids to monitor your child’s phone for new apps to make sure they are following the house rules. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

10. DATING WEBSITES

WHAT ARE DATING WEBSITES?
The Internet has opened up the world of online dating, and about 40% of people meet their significant others online. Teens are increasingly using online dating sites, even when those sites specifically forbid people under 18 from accessing the site. There are a wide variety of dating sites, including Match.com, OkCupid, Plenty of Fish, Adult Friend
WHAT ARE THE DANGERS OF DATING WEBSITES?
Dating websites are specifically designed to move online relationships to the real world. Not only can your teen meet people who aren’t who they appear to be; your teen can also present inaccurate or misleading information about herself. Further, these sites can be a breeding ground for people who want to prey on naive and unsuspecting minors. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT CAN PARENTS DO?
Blocking dating websites is a step in the right direction, and carefully monitoring your child’s Internet use can help keep you aware of any new dating sites that spring up. Additionally, use the same rules you’d use for offline dating. Require that you have to meet anyone your child goes on a date with and forbid her from meeting people from the Internet. If you notice that your child is suddenly talking to a new person quite a bit, don’t overreact, as this can increase secrecy. Instead, talk to your child about her dating life and encourage her to come to you with questions and to rely on you as a source of information. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

11. ONLINE GAMING

WHAT IS ONLINE GAMING?
The world of online gaming is a diverse one, with thousands of games available. Simple applications, such as Pathwords and Typing Maniac, are built into Facebook and mobile phones. More complex games include massive online multi-player role-playing games such as Second Life and Internet-based gambling websites. Many online games require a membership or credit card, but others are available for free. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT ARE THE DANGERS OF ONLINE GAMING?
Because the online gaming world is so diverse, the dangers vary from game to game. One of the most serious concerns is that online gaming can be addictive. Additionally, online games give users an opportunity
to interact with a wide variety of people. While this can build social skills and help kids make friends, it can also lead to bullying, inappropriate sexual behavior, and encountering dangerous people who want to meet offline. Second Life in particular has received significant media attention because it encourages users to create a second identity that can blur the boundaries between fantasy and reality. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

Internet-based gambling poses unique dangers. While children aren’t allowed to gamble and gambling is illegal in many states, all your child needs is access to someone’s credit card. He can then quickly run up large gambling debts, potentially interacting with dangerous people in the process. Gambling is also highly addictive. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

WHAT CAN PARENTS DO?
Don’t allow your child to have a credit card, and keep your credit cards inaccessible. This ensures that your child can only play membership-based online games with permission. It’s also wise to ask your child about her gaming habits and talk about the dangers of addictive gaming as well as the risks of meeting people who aren’t who they claim to be. If you notice your child spending an inordinate amount of time on her phone or computer or see that she’s neglecting other responsibilities, try limiting her daily gaming time. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight)

“How do I know if I really need to get help for my behavior?”
“Men who struggle with pornography problems usually do so in isolation despite their best intentions and efforts to quit. In their isolation, they make deals with themselves such as, ‘if I slip one more time, then I’ll get help’, or ‘let’s see how the next week goes and then I’ll decide if I need to get help’. These mental gymnastics keep the individual stuck in their old patterns of addiction because they continue to make up new rules and exceptions. In other words, the line of accountability keeps moving.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_PACKET.pdf)
“Why is it essential to understand the addictive nature of pornography? Because if we view it as merely a bad habit, and do not afford those seeking healing the full support needed to overcome any true addiction, we will continue to be disappointed, as individuals and as a society. Pornography is the fabric used to weave a tapestry of sexual permissiveness that undermines the very foundation of society.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“The author Tom Wolfe said, ‘The bigger pornography gets, the lower the birthrate becomes.’ Does he have a point? In the 1950s every country now in the European Union had a fertility rate above the 2.1 needed to sustain a population. Now none of them do, and several are at or near the 1.3 rate called the ‘lowest low fertility,’ from which it is virtually impossible to recover. It was in the late 1960s and early 1970s that this decline began, which corresponds precisely with the dawning of the sexual revolution. There is a direct correlation between the growing cultural dominance of the sexual revolution and the diminishing birthrate, and while causation may not be proven, it is strongly supported by the pheromone effect of pornography.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“Demographic decline is, of course, multi-factorial. Urbanization, women in the workplace, gender role adaptation, and even increased life expectancy are important factors in the inverted population pyramids. But the primordial, or biological factors of human sexuality and family stability are primary and, in my opinion, haven’t been appropriately weighted.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“In 1934 Cambridge anthropologist Dr. J. D. Unwin published Sex and Culture. In it he examined 86 cultures spanning 5,000 years with regard to the effects of both sexual restraint and sexual abandon. His perspective was strictly secular, and his findings were not based in moralistic dogma. He found, without exception, that cultures that practiced strict monogamy in marital bonds exhibited what he called creative social energy, and reached the zenith of production. Cultures that had no restraint on sexuality, without exception, deteriorated into mediocrity and chaos. In Houposia, The Sexual and Economic Foundations of a New Society, published posthumously, he
“In human records, there is no instance of a society retaining its energy after a complete new generation has inherited a tradition which does not insist on pre-nuptial and post-nuptial continence. . . . The evidence is that in the past a class has risen to a position of political dominance because of its great energy and that at the period of its rising, its sexual regulations have always been strict. It has retained its energy and dominated the society so long as its sexual regulations have demanded both pre-nuptial and post-nuptial continence. . . .”

“I know of no exceptions to these rules.”

“Pornography as Flamethrower”

“Unwin also described what may be called ‘dopaminergic distraction,’ where pleasure-seeking dominates and productivity is diminished. Will Durant, in The Lessons of History, wrote that ‘sex is a river of fire that must be banked and cooled by a hundred restraints if it is not to consume in chaos both the individual and the group.’”

“The Groundwork of Addiction”

“I had been exposed to sexually charged images as a child, as many other children are. I was drawn to and excited by these images and procured Playboy and Penthouse magazines as I entered my teens. Looking back, I didn’t see anything necessarily unhealthy about my acts at that time. I was very ashamed of sex and didn’t discuss my sexuality freely with my friends. Games of truth or dare terrified me because I was so afraid to talk about masturbation and sex with my friends. This is typical. Lots of taboos surround sex, and this is unfortunate but understandable given that sex has such a strong pull on our behavior and that the unhealthy or clumsy expression of sexuality can cause problems. However, I think that this shame and this secrecy laid the foundations for the addiction that would later have such a detrimental impact on my life.”

“I didn’t realize until recently that I had been using porn for years to pacify myself, make myself feel good, and deal with stress. Had I deeply understood known that porn has such a powerful effect on brain function, I might have quit sooner. I’ve learned, perhaps too late in life, that you can only really overcome a difficult situation by opening yourself up fully to it instead of numbing yourself to it. Maybe you are lucky to have learned this lesson and trusted in opening yourself to pain when it arises. If not, I hope you notice those moments when you numb yourself to stop feeling pain, loneliness, and misery because here is a place where addictions can be born. And because you can only really grow beyond a difficult place in your life by facing it head-on.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)
“By its very design, online pornography is meant to be highly titillating to visitors. It's easy to understand why internet porn poses a significant risk of addiction: it induces a state of hyper-stimulation, provides constant novelty, is highly accessible, costs nothing, and can be used in the privacy of one's home. Online porn is so stimulating, it can make existing sexual relationships seem inadequate in comparison, and the quality of porn addicts' relationships - and lives - may suffer as a result.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)

“A community support group on Reddit.com, known as NoFap, has begun to push back against their own addictions by voluntarily abstaining from porn use. These participants recognize that porn use has become a problem in their lives and, together, they're making an effort to regain a sense of normalcy and control over their addictions. Here, we'll explore the demographics of these users, the consequences porn addiction has had for them, and their experiences with giving up porn.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)

**The Highly Addictive Elements of Online Porn**

“What makes net porn different?”

“Internet porn has several aspects that distinguish it from other pornography as well as other addictive substances. Unlike porn in other media, net porn doesn't come in physical formats that must be acquired (and concealed), carry a high cost of ownership, and offer little in the way of variety before becoming 'stale'. Online porn is potentially endless, and often free – users are not limited to whichever magazines or DVDs they can afford. And unlike addictive drugs, for instance, most internet porn is fully legal to view. The barriers to accessing net porn anytime, anywhere, are largely nonexistent: it's always just a click away.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)

“The internet is ubiquitous, its contents on-demand, making it the perfect medium for the porn industry. It has also demolished any social barrier of having to purchase porn in-person from a shop or adult store – internet
porn allows its viewers to remain safely anonymous (or as anonymous as anyone can be online) in the comfort of their own homes. WebMD reports that an astounding 420 MILLION web pages contain pornographic material. YouPorn.com, the second-largest porn site on the web, receives 100 million page views a day, and serves 4,000 VIDEOS a second during its peak hours. This one site receives an astounding 2% of the internet's total traffic.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_iVhBc)

“Our novelty-seeking sex drive”

“Male sexual response follows a well-established pattern known as the Coolidge effect. As demonstrated in rats and other animals, a male will enthusiastically have sex with a female he's been newly placed with – but before long, he'll become accustomed to her, and less interested in sex. However, if she's replaced with a new female, the process restarts, and the male will once again be just as enthusiastic about having sex with her as he had been with his previous mate.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_iVhBc)

“This is a novelty-seeking behavior: a new female mate is largely more stimulating and exciting than mates that the male has been with before. The effect is so pronounced that, with new females, the post-sex refractory period of males is substantially reduced - allowing them to have more sex, more frequently. While this effect is most prominent in males, it's also been observed in females to a lesser extent. (http://yourbrainonporn.com/doing-what-you-evolved-to-do)” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_iVhBc)

“How these elements combine”

“The features of internet porn are perfectly poised to take advantage of the Coolidge effect. Were it not for this novelty-seeking effect, net porn viewers would settle on the first few scenes they enjoyed, and never seek out anything else. But this isn't the pattern that's observed, as indicated by the continuing boom in the online porn business. Porn viewers have the opportunity to browse through as much new porn - 'new mates' - as they wish, for as long as they wish. This provides a constant source of novelty.” “This pattern of response to porn has been scientifically proven. In one study, sexual response steadily decreased as men were shown the same
adult film 18 times in a row, but their arousal once again peaked as they were shown a new film the 19th time around.”  

“With the vast amount of porn online, and all of the different niches available, viewers will never run out of novel porn, and this state of heightened sexual response can be maintained indefinitely. This phenomenon, where modern technologies take advantage of our evolutionary tendencies in an exaggerated way, is known as a supernormal stimulus, or ‘superstimulus’. It is the kind of overwhelming stimulus that the human mind simply did not evolve to cope with – just as unnaturally sweet foods drive us to keep eating unhealthy amounts of them.”  

“The endless stimulus of porn has a real impact. Today, 42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires, and 12% of them spend 5 or more hours watching internet porn every week.”  

“**Its impact on sexual behavior and relationships**

“Like any addictive stimulus, continued use of net porn appears to induce a degree of tolerance and desensitization. This heightened state of arousal becomes normal - a new baseline. Acquiring the same ‘high’ now requires more effort. This further perpetuates the cycle of seeking out new porn, and the addiction is real: using internet porn is the single strongest predictor of compulsive internet use. It’s more addicting than any game or social website, striking right at the heart of one of our evolutionary imperatives.”  

“The behavior of porn users precisely matches the predictions of the Coolidge effect. Against this desire for novelty, traditional monogamous relationships with a single partner often cannot compete. This normal stimulus, a single mate, is not enough for someone who's used to the constant novelty of online porn. Just as with the rats, porn users can experience delayed ejaculation, as well as a selective impotence – one that
occurs while with their partner, even when this is not an issue for them when viewing porn. (http://yourbrainonporn.com/dr-oz-show-addresses-porn-induced-ed) Even their porn use may become less satisfying to them, no matter how frequently they use it, often leading to more fetishistic or deviant porn content. Their addiction leaves them unable to stop, and all of this can greatly compromise their relationships as well as their enjoyment of sex.” (http://yourbrainonporn.com/doing-what-you-evolved-to-do) (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_lVhBc)

To read complete article, see The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery
For more information and to read complete article, please visit The Nofap Experiment: A Voyage Through Porn Addiction, Support and Recovery.
“The Groundwork of Addiction”

“I had been exposed to sexually charged images as a child, as many other children are. I was drawn to and excited by these images and procured Playboy and Penthouse magazines as I entered my teens. Looking back, I didn’t see anything necessarily unhealthy about my acts at that time. I was very ashamed of sex and didn’t discuss my sexuality freely with my friends. Games of truth or dare terrified me because I was so afraid to talk about masturbation and sex with my friends. This is typical. Lots of taboos surround sex, and this is unfortunate but understandable given that sex has such a strong pull on our behavior and that the unhealthy or clumsy expression of sexuality can cause problems. However, I think that this shame and this secrecy laid the foundations for the addiction that would later have such a detrimental impact on my life.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“A compulsion is a habit that cannot be easily regulated. The person that chooses to drink a glass of wine with friends while winding down at the end of the day doesn’t have a compulsion. The person that notices themselves always drinking after a hard day or during a time of stress even when they would rather not be drinking has a compulsion. The cigarette smoker that lights up without even realizing it has a compulsion. My habit of consuming pornography had compulsive elements. Sometimes I would sit a computer and start typing out the name of a porn site automatically and without conscious effort. Sometimes I would be in a situation where I could be caught watching porn but I simultaneously couldn’t fight the impulse to watch porn while also feeling excited that I was breaking someone’s trust. I have and could have hurt or disappointed others this way many times. (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)
“Rethink accountability”

“My 2009 research highlighted that, after prayer, the main strategy for tackling porn was ‘accountability’, either in the form of face-to-face meetings or via computer software, which monitored Internet use and sent reports of any indiscreet online behaviour to a trusted friend. Struthers thinks this approach is deeply flawed. In many cases, he says, accountability groups ‘become an exercise in either shaming or ‘sin reminiscing’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“He says: ‘As a result of the extended period of time that can elapse between meetings, and the nature of confessing something that is embarrassing, these kinds of groups often dissolve because of a lack of efficacy. In contrast, some groups easily fall into a permissive, locker room atmosphere. It becomes more about telling stories about how the week went [reminiscing] and an attitude that lacks the calling to a higher standard.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Struthers is not entirely cynical about their worth, but he says that ‘accountability groups that are lazily structured and have no purpose other than confession without instruction are useless’. So, if the approach is accountability it needs to be oriented around building groups of men and women with integrity, not a continual focus on a uniting ‘sin’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)

“Alongside this, and bearing in mind that we may be mislabelling casual porn use as ‘addiction’, it is perhaps time to re-embrace the most countercultural gift: self-discipline. This might seem a deeply unremarkable idea, but it’s a firmly biblical one; the fruit of the Spirit that is best suited to helping us conquer temptation (Galatians 5:23). A commitment to prayer and personal discipline is the strongest weapon available to anyone wanting to fight the temptation to use pornography.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains)
“Many porn addicts find it difficult to admit they have a problem, despite all the evidence to the contrary. However, eventually they will hit rock bottom and when they do help is available, starting with Sex Addicts Anonymous.”


“To help stem the tide of this criminal and psychological catastrophe, we need laws, we need enforcement, we need education, we need research, we need treatment. A good first step would be to have police report the presence of pornography connected to crimes. They may find what I have found that there is no case of sexual violence that does not involve pornography. Knowledge is power but once you know the truth, silence is complicity. I urge you not to be silent. I urge you to pass this bill.” (Mary Anne Layden, “Pornography and Crime: Reporting the presence of pornography connected to crime”, AFA-KSMO, February 2013, http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf)


“I sensed that my porn use was a problem. My porn use was continuing even during relationships when physical intimacy was declining. In search for greater and greater thrills, I started combining porn use with online webcam exhibitionism, even during a relationship. This in itself is not necessarily wrong, but I initiated these actions in secret and never discussed it with anyone. I was essentially cheating on my partner and did so on and off for many years.” ("How I Quit Porn and Why It’s the Best Thing I’ve Ever Done", Life After Porn, October 6, 2013, http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive)

“Christian Counseling Today – 1998 Vol 6 No. 1”

“Gordon MacDonald describes in his book, Rebuilding Your Broken World, personal and social issues involved in his own sexual misconduct as a pastor. He himself carried on a secret sexual liaison while pastoring a thriving church in Massachusetts, while writing best-selling books and speaking in conferences across the country. He says that weariness, personal depletion, adversity and frustration, grief, loss, anger, stress, can all be a part of the church system that pastors allow to become dysfunctional and impaired in their personal lives. He pleads with other
pastors to not allow themselves to work in situations like this without taking care themselves, being accountable to suppurative, responsible friends, and colleagues, Pastors and counselors must take responsibility for the effects of systems upon their personal lives and make choices that enable them to be healthy and stay healthy in every area of their lives.” (Christian Counseling Today – 1998 Vol 6 No. 1)

“The way of a fool seems right to him, but a wise man listens to advice” (Prov. 12:15-16)” (Christian Counseling Today – 1998 Vol 6 No. 1)

“Folly delight a man who lacks judgement, but a man of understanding keeps a straight course. Plans fail for a lack of counsel, but with many advisers they succeed” (Prov. 15:21-22) (Christian Counseling Today – 1998 Vol 6 No. 1)
#35 CHILDREN AND PORN


“Across society, we need to remove the embarrassment and shame that exists around talking about porn - which is why we have launched a ChildLine campaign to help young people to make more informed choices.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’", The Telegraph, March 30, 2015, http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html)


“Ruth Sutherland, chief executive of Relate relationship support charity, said: "We very much welcome ChildLine's new campaign, particularly because we know that children and young people do not feel that adults understand the online issues they face." (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’", The Telegraph, March 30, 2015, http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html)


“We must get the right experts helping young people to understand what building blocks are needed for strong relationships, and ensure that what’s being taught is applicable in the digital age. How easy access to porn is affecting young people - for example their sexual expectations and self-image - should be a vital component of this.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html)

“I am increasingly convinced that I am facing a crisis that my headmaster did not face. While he had to consider the possibility that a boy may have viewed pornography, I have to consider the probability that every boy has viewed pornography.” (Sean Fitzpatrick, “Boys, Porn and Education”, Crisis Magazine, October 31, 2014, http://www.crisismagazine.com/2014/boys-porn-education)

“Common warning signs that an adolescent may be experiencing compulsive sexual behavior problems”


“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


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http://yourbrainonporn.com/
“Common Warning Signs”

- “Lying to parents or others about the nature or the amount of sexual/romantic activities” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)
• “Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” ("How Pornography Addiction Affects the Teenage Brain", Help Your Teen Now, September 25, 2014, http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/)


“The government's plans to prevent children from accessing internet pornography may fail because young people are ‘smarter’ than adults when it comes to technology…” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html)

“10 WAYS TO FIGHT PORNOGRAPHY”

“A recent study asked a group of kids how often their peers look at porn online. They responded that it was often. The study also asked what parental controls were in place on their devices, and almost all said none — because their parents trusted them. These parents have no idea what their children are seeing.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

“Why are controls so critical? First, the average age of a child’s first exposure to pornography is 11. So if that’s the average, some children are seeing it much earlier. Furthermore, research is beginning to give us the full, frightening picture of what porn does to a brain and to a life. Much like substance abuse, it alters the brain, creating a need for a level of stimulation that a healthy, marital sex life doesn’t always provide. It sets our children up to have a distorted view of sex and suffer from a desire that can’t be satisfied.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

“What if the addict is a youth who is too young to attend 12-Step meetings?”

“Many children and youth are now addicted to pornography. Without appropriate help, their addiction can inhibit their ability to form healthy, emotional relationships with anyone. Because of the special considerations
for teens, there are no regular, public 12-Step meetings available. There are counselors who specialize in this age group. Additionally, some therapists offer group sessions specifically for youth.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)


“In the past five years, cell phone ownership has become mainstream among even the youngest teens. Fully 58% of 12-year-olds now own a cell phone, up from just 18% of such teens as recently as 2004.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf)

“Science tells us children define gender roles and sexual value patterns between age 2-5 and form more advanced views by age 10. As parents and leaders, we must recognize a warped definition of sexuality at age 9 will likely produce significant damage in a child’s ability to form healthy relationships as an adult.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)

“So, how can we protect our boys and set them up for a successful and healthy sex life with their spouse? How can we help these little gentlemen protect and respect women for more than their bodies?” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/)

“Any child who is still living at home is among the digital natives who have no concept of life pre-internet or a time before everyone was on social media. Millennials and the next generation only know what it’s like to be surrounded by a hyper-connected world full of sharing selfies, trending on Twitter, and friends on Facebook.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70)

“According to Pew Research, 92 percent of 13- to 17-year-olds are online daily. Almost 3-in-4 (73 percent) have a smartphone themselves and 88 percent at least have access to one. With easy access to the Internet, 89
percent of teens reported using at least one social media site or app, and 71 percent said they used two or more.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

“But all of the experience in that world doesn’t automatically grant someone the ability to traverse it well. Take for example the rash of bomb threats to airlines tweeted out by teenagers last year, which resulted in at least one arrest.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

“This illustrates the difference between knowledge and wisdom. Teenagers (and many others) have expansive knowledge about social media, but often lack the wisdom to use it.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70)

“How should I respond if I discover my child is viewing pornography?”

“First and foremost, stay calm and do not overreact. A child’s recovery is going to be influenced by his ability to trust and confide in his parents. If a parent overreacts, she will likely cause the child to be more secretive down the road. If he senses that his parents understand and still love him, however, he will be more likely to communicate with them and allow his parents to be a part of the recovery process. Do not be afraid to be honest and open in your discussions. See ‘Creating a Safe Place to Talk about Dangerous Things’ by Jeffery Ford in the appendix of this manual.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It is important that children understand that their parents love them and want them to be happy. Help them understand what pornography is, why it can be damaging, and why viewing pornography is of concern to everyone. If a child is regularly viewing pornography, ensure that he gets help. It is critical that children:

“Come out of hiding and talk with their parents”
“Become educated about pornography addiction and recovery”
“Be taught how to set boundaries”
“Get therapy”
“Attend a 12-Step meeting regularly.”

“Although it may seem counterintuitive, the parent must also become educated, learn to set boundaries for the child, attend counseling, and participate in a 12-Step program. Discovering a pornography problem can be very devastating for parents who feel they have no real control or ability to affect the situation. It is common for parents to feel guilt for not having been able to prevent the problem. By actively taking these steps, parents can learn to deal with their child’s addiction appropriately and effectively and also experience healing themselves.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The following are Action Items if your child is involved in pornography:”

- “Implement the Family Safety Checklist” [see p35]
- “Avoid responding with shock or anger. Instead, be genuinely concerned and talk with the child in a respectful way”
- “Ask how the problem began, how long it has been going on, and how extensively the child is involved with pornography”
- “Find out how the child feels about his or her involvement and whether he or she plans to continue that involvement”
- “Teach your child about the dangers of pornography”


“Does My Child Have a Pornography Problem?”

“It is not always easy to recognize the warning signs that a child may be viewing pornography or involved in other compulsive sexual behaviors. It is wise to know some of the warning signs, but remember that there may be other reasons for your child's behavioral changes that are unrelated to pornography use . . . What do you know and what have you observed about your child's behaviors?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
“Physical Behaviors”

- “Does your child spend time on the computer after everyone else is in bed?”
- “Is your child spending more and more time on the computer?”
- “Does your child quickly change the computer screen or turn off the computer when you walk by or enter the room?”
- “Does your child have a lot of unaccounted-for time?”
- “Does your child seem tired or worn out?”
- “When you ask your child about being tired or worn out, what is the response?”


“Emotional Behaviors”

- “Keep in mind that some of these emotional behaviors may be just a normal stage of life, particularly with adolescents.”
- “Is your child more withdrawn?”
- “Does your child seem emotionally disconnected?”
- “Does your child spend less time with the family?”
- “Is your child more irritable and ‘on the edge’?”
- “Does your child become angry over little things?”
- “Does your child blame others for what is going wrong?”


S713 Try to make a distinction between what you assume is going on with your child and whether or not there is pornography use. What is the evidence? Are there unusual phone bills, Internet sites, website addresses, e-mails, or phone calls from third parties? Have you found printed material that is pornographic? Has he or she confessed? If the preceding questions or your intuitions leave you feeling concerned, try talking to your child about your concerns.” ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership)
“Responding to a Child's Pornography Use”

“Parents may wonder how best to respond upon learning that a son or daughter is involved with pornography. The following suggestions may be helpful:”

- “Avoid responding with shock or anger. Instead, be genuinely concerned and talk with the child in a respectful way.”
- “Express your love and your desire for your child to have a happy, successful life.”
- “Ask how the problem began, how long it has been going on, and how extensively the child is involved with pornography.”
- “Find out how the child feels about his or her involvement and whether he or she plans to continue that involvement.”
- “Avoid preaching, threatening, or condemning. Rather, appeal to your child's better judgment.”
- “Teach your child about the dangers of pornography—how it distorts sexuality, causes users to view others as sexual objects, leads to various forms of immorality, and addicts its users.”
- “Share your concern that involvement in pornography can jeopardize your child’s future happiness and eternal well-being and cause spiritual death and eternal disappointment.”
- “Encourage your child to talk with the bishop and to get professional help if needed.”
- “Provide help and encouragement as the child strives to overcome the problem.”
- “Once the problem has been brought into the open, keep the lines of communication open. Sexual transgressions thrive in secrecy but are less likely to recur when talked about in a sensitive, caring way.”

“WAYS TO HELP YOUR KIDS SURVIVE SOCIAL MEDIA”

“According to Pew Research,"


2. “Almost 3-in-4 (73 percent) have a smartphone themselves and...88 percent at least have access to one.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media,” Facts & Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VYmwk_lViko)

3. “89 percent of teens reported using at least one social media site or app...” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media,” Facts & Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VYmwk_lViko)

4. “...and 71 percent said they used two or more.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media,” Facts & Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VYmwk_lViko)

“A fall 2013 report from Juniper Research, estimates that by 2017, 250 million people will use mobile or tablet devices to access pornography, up by more than 30% on current usage.”

“Now What?”

- “Assume your teen will be exposed to online pornography (it’s likely he or she already has).”
- “Understand the difference between a teen that stumbles upon online pornography and a teen that seeks it out. React appropriately based on behavior.”
- “Make discussing pornography a topic of discussion with your teens.”
- “Set clear expectations for online behavior regarding pornography.”
• “If your teen is regularly viewing pornography, consider using an accountability tool such as the ones found on xxxchurch.com”


“How to talk to your child about pornography”

“Start Young – It’s no longer possible to leave ‘the talk’ until they’re about to start school sex education lessons. Conversations about consent, porn and sexting need to be drip fed and made a part of open family discussion – ingrained in the same way they are in young people’s lives.”

“Use parental filters - On their phones and laptops. But don’t rely on that alone – their friends may have more lax settings. That’s why it’s important to start the discussion early.”

“Normalize it – Talk over the dinner table, speak openly and make sure your child knows it’s not an off-limits topic. It means they’ll be more likely to come to you with real issues later on.”

“Don’t do as your parents did – Or even as you did for an older kid. Young children are growing up in a very different world to those in primary school 10, or even 5, years ago.”


“Developing your child’s convictions about pornography will take many different forms. We’ve gone to junior high and high school to talk to teachers who have asked our sons to read what would be rated R movies.
We’ve sought to expose pornography’s lies by talking about its impact on men like Ted Bundy. And we’ve taken our sons and daughters with us when we’ve gone to movie theaters to talk to theater managers and protest an NC-17 (formerly X-rated) movie that came to our community.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“There are two other convictions your child should learn to embrace.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Child’s Conviction 1: I understand that pornography is sin and can destroy my life and my future marriage and family.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“You may wonder how much detail to share about pornography with a child without drifting toward prurience. A great guideline is to look at Scripture and see how the Lord warns us about certain things. He certainly doesn’t tell the whole story to provoke our carnality and flesh to sin. For example, in Proverbs we read this description of a woman to avoid: ‘For the lips of an adulteress drip honey, and smoother than oil is her speech’ (5:3). That is not an explicit description of a prostitute propositioning someone, but it gets the point across.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“When talking to a preteen or teen about pornography, you can explain that many people toady look at pictures of naked women and men performing sexual activity, but none of this is pleasing to God. Pornography takes something that is beautiful when it occurs between a married man and woman and makes it dirty. At younger ages, say up to about 12, your child needs only to know that pornography isn’t good for him. He certainly doesn’t need details that would attract him.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Talk to your child about the importance of keeping his life pure by guarding what enters through the eyes. Jesus said, ‘The lamp of the body is the eye; if therefore your eye is clear, your whole body will be full of light. But if your
“As your child grows older, begin pointing out some of the sexual images you see in the media, in commercials, in magazine advertisements, etc. Here are a few things you could talk about: (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

- “Explain that pornography is any type of media – words, photographs, movies, music – that stimulates sexual excitement. (If you don’t care for our definition, create your own; you’ll find it challenging to clearly define.) The beauty and the allure of the human body does stimulate such excitement; this excitement is appropriate and good within the marriage relationship, as God intended. Pornography ruins relationships and can lead to destructive compulsions or even addictions.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

- “Without being overly explicit, explain that there are so-called gradations of pornography. Each step is dangerous. What may be harmless looking may be the first step down a slippery slope toward the polluted water. Warn your child of the danger of bringing impure images into his mind and heart. Pornography by its very nature is so addictive, so powerful, that even a casual, innocent encounter can trigger the desire to see more.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

- “Explain where hard-core pornography is likely to be found – and how to stay away. Explain as well what to do if your child stumbles across a pornographic book, magazine, or Web site.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Don’t assume your sons or daughters are free from the trap of pornography. We know good Christian families who have been blown away by a child’s involvement in this snare. Aggressively monitor your child’s entertainment habits by asking hard questions:” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Have you been looking at or reading anything at school that you ought not?” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“When you’re on the computer, are you surfing where you ought not to be surfing?” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)


“As your child grows up and enters puberty, you will need to discuss this trap on a number of occasions – if for no other reason than accountability. As your child transition into adulthood, it’s healthy for him to know that you are going to ask him these types of questions. The pornography temptation will take on new meaning as the child develops sexually and has the opportunity to be more independent.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“If your family computer is linked to the Internet, make sure the computer is in a high-use room of your home – perhaps the family room or kitchen. This will allow you to monitor what your child does. Also, purchase software that screens and blocks pornographic sites.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)
“But continue to be on guard. An article in U.S. News & Work Report said this about screening software: ‘Censorship programs won’t slow down a precocious teen who has just been handed a smutty new Internet address, nor can they sniff out e-mail with a naughty picture attached.’ While we were writing the book Parenting Today’s Adolescents, and advertisement for a Russian sex Web site mysteriously appeared in our e-mail on our home computer. Like junk mail, solicitation by such sites can occur on a random basis.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“What If You Find Pornography?”

“Don’t be like one mother who found some pornographic literature when she was cleaning her boy’s room and did nothing. She later said with a sigh to a friend, ‘Boys will be boys.’” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“First, ask God for wisdom in how to handle this volatile subject. Most likely, you will find that your child will react with tremendous shame when confronted with your discovery. Ask God to enable you to express His grace and forgiveness to your child. (Ephesians 28-9).” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“If your child is not present when you find the material, show it to your spouse. Decide who should be the one to talk with the child. Then lay out a game plan that gives your child a chance to tell the truth before you show him what you’ve found. Pray that God will guide you and grant you the ability to speak heart-to-heart with your teen.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“If you find the material when your child is present, then you need to begin dealing with it right on the spot. If your spouse is at home, do this together. Sit down and talk to your child and ask him where he got the pornography

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1 Robin Bennefield, ‘When kids prowl the Net, parents need to be on guard,’ U.S. News & Work Report, April 29. 1996, p. 75
and why he is looking at it. Then review with him why this is wrong and inappropriate for him.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Also point out to him the dangers in pornography. Some people are as prone to a compulsive need for pornography as others are to alcohol or drugs.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)

“Tell him you are going to ask him to be more accountable to you than he has been in the past. Continue to ask him hard questions on a regular basis. If your child has a room to himself, consider taking the door off the hinges if needed to eliminate the child’s opportunity to shut you out and hide in his room.” (Dennis and Barbara Rainey, FamilyLife, site accessed 2.20.18, http://www.familylife.com/articles/topics/life-issues/challenges/pornography/helping-your-child-avoid-the-pornography-trap)
#36 SOLUTION ORIENTED WEBSITES


- **“S-Anon** (sanon.org) - A recovery program for men and women whose lives have been affected by someone else's compulsive sexual behavior. It is based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for couples recovering from sex addiction.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, https://www.lifesitenews.com/opinion/pornography-and-its-consequences)

- **“Co-dependents of Sex Addicts** (COSA, cosa-recovery.org) - A recovery program for men and women whose lives have been affected by their partner or spouse's compulsive sexual behavior. It is based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for couples recovering from sex addiction.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, https://www.lifesitenews.com/opinion/pornography-and-its-consequences)
• “Recovering Couples Anonymous” (RCA, recovering-couples.org) - A recovery program for men and women whose lives have been affected by their partner or spouse's compulsive sexual behavior. It is based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for couples recovering from sex addiction.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, https://www.lifesitenews.com/opinion/pornography-and-its-consequences)


• “Enough Is Enough - enough.org”

• “Fight The New Drug - fightthenewdrug.org”
  ➢ The Harmful Effects of Pornography - https://fightthenewdrug.org/get-help/#resources
  ➢ The Guideline - https://fightthenewdrug.org/get-help/#resources
  ➢ Porn Harms in Three Ways Website - https://fightthenewdrug.org/

• “iKeepSafe - ikeepsafe.org”

• “Internet Safety 101 - internetsafety101.org”

• “The Porn Talk - Awareness/Education - theporntalk.com”

• “Movieguide - movieguide.org”

• “Prevention and Help For Those in the Pornography/Sex Industry”

• “CyberTip Line (report.cybertip.org) - Official place to file complaints with the Federal Government about child pornography and suspected


- “Girls Educational and Mentoring Services' (GEMS, gems-girls.org) - A mentoring organization with a mission is to empower girls and young women, ages 12-24, who have experienced commercial sexual exploitation and domestic trafficking to exit the commercial sex industry and develop to their full potential.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, https://www.lifesitenews.com/opinion/pornography-and-its-consequences)


- “JC's Girls (jcsgirls.org) - Women's ministry, started by a former stripper, to help women who currently are or have been in the Adult Entertainment Industry” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, https://www.lifesitenews.com/opinion/pornography-and-its-consequences)

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“All About Love (allaboutlove.org) - Discover the problems and the solutions for several love-related issues that plague men, women, and relationships. Read first-hand stories of struggle and victory.”

“American Family Associates (afa.net) - The mission of the American Family Association is to inform, equip, and activate individuals to strengthen the moral foundations of American culture, and give aid to the church here and abroad in its task of fulfilling the Great Commission.

“Antipornography (antipornography.org) - a nonprofit organization and a website full of helpful resources on the devastating harms of pornography, prostitution, sex trafficking and sexual slavery.”

“Be Free In Christ (befreeinchrist.com) – An online ministry to give encouragement and support o men who are addicted to pornography and also to those who suffer with other sexual problems.”

“Boundless (boundless.org) – An online ministry for Christian young adults who want to grow up, own their faith, date with purpose and prepare for marriage and family.”

“Breakpoint (breakpoint.org) – In an increasingly hostile, secular culture, Christians are faced with issues and choices we’ve never had to deal with before. BreakPoint is here to help believers of every denominational background develop a robust Christian worldview—seeing, understanding, and engaging the world from a biblical perspective.”

“Care for Pastors (careforpastors.org) – Dedicated to caring for pastors and their families.”

“Celebrate Recovery (celebraterecovery.com) – A biblical and balanced program to help people overcome their hurts, habits and hangups.”

“Clear Play (clearplay.com) – Parental control solutions continually bringing our technology to emerging entertainment platforms.

“Covenant Eyes (covenanteyes.com) – Equip people with tools that provide protection and encourage accountability and trust in the fight against internet temptation.

“Destiny Rescue (destinyrescue.org) – is committed to rescuing children from the sex trade and giving them the opportunity to fulfil their destinies. Our Rescue Agents risk their lives searching for underaged children in brothels, red light districtts and sexually abusive situations.

“Every Man’s Battle (everymansbattle.com) – Resources for regaining men to regain their sexual integrity.

“Family Life (familylife.com) – To effectively develop godly marriages and families who change the world one home at a time.

“Faithful and True (faithfulandtrue.com) – The men and women who lead their workshops and on-going support groups have personally experienced the journey of recovery from sexual addiction and realational betrayal, both as individuals and as couples.

“Focus on the Family (fotf.org) – A global Christian ministry dedicated to helping families thrive. We provide help and resources for couples to build healthy marriages that reflect God’s design and for parents to raise their children according to morals and values grounded in biblical principles.

“Girls against porn and human trafficking (girlsagainstporn.com) An action coalition of women affected by porn, fighting the illegal Cancer of the Soul that’s destroyed countless lives. To protect women and children from the detrimental effects of porn and work to prevent the sexual exploitation of women.

“HelpGuide (helpguide.org) – Trusted guild to mental, emotional & social health.”
“HomeRun the Movie (homerunthemovie.com) - Baseball all-star Cory Brand knows what it takes to win in the big leagues. But off the field, with memories of his past haunting him, his life is spiraling out of control. Hoping to save her client’s career and reputation after a DUI and a team suspension, Cory’s agent sends him back to the small town where he grew up. Forced to coach the local youth baseball team and spend eight weeks in the only recovery program in town, Cory can’t wait to return to his old life as quickly as possible. As his young players help him re-experience the joy of the game, Cory realizes his need for freedom from his past and hope for his future … and win back the love he left behind. With this unexpected second chance, Cory finds himself on a powerful journey of transformation and redemption. Based on thousands of true stories, HOME RUN is a powerful reminder that with God, it’s never too late …freedom is possible.”

“Jacob’s Well Ministries (jacobswellministries.com) – A place for the Holy Spirit to reside and to move freely as He desires. Our only passion and agenda is for the Lord to come to His people His Way.”

“Joe Beam (joebeam.com) – Marriage Workshops for troubled marriages. Resources on Marriage, Sex & Relationships.”

“Joe Dallas (joedallas.com) – ministry to help people in recovery with sexual addiction, homosexuality and other sexual problems. To equip churches and Christian leaders to address the sexual and relational problems that may arise in their own congregations. To educate the Christian community regarding sexual issues.”

“K-Life (northdallas.klife.com) – A community wide interdenominational Christian ministry centered in Frisco, Texas. KLIFE works alongside churches, schools, and families to teach and encourage kids to be strong in the Lord in spite of all the worldly pressures they face as teenagers.”

“L.I.F.E. Ministries International (freedomeveryday.org) – A Christ-centered support group ministry whose mission is to encourage, empower and equip God’s people to live everyday in sexual integrity. They provide consistently revised workbook resources, educational multimedia
presentations and support group structure to the Christian community across the globe.”

“Logos (logos.com) – Bible software.”

“Love Like Jesus (lovelikejesus.com) – A community of Christian leaders providing tools, resources and fellowship to equip the family and culture to authentically love like Jesus.”

“MindArmor (mind-armor.com) – training tools to destroy the pull of lust and pornography at no charge.”

“National Center on Sexual Exploitation (endsexualexploitation.org) – Addressing the public health crisis of pornography and exposing the links between all forms of sexual exploitation. NCOSE embraces a mission to defend human dignity and to advocate for the universal right of sexual justice, which is freedom from sexual exploitation objectification and violence.”

“Ours is a social movement that envisions a world free from sexual exploitation. This means we seek more than mere legal reforms or a return to certain social norms. We seek radical and global change of the deeply entrenched value systems that have ignored, tolerated, normalized, permitted, facilitated or codified the sexual abuse and exploitation of others. All persons have a fundamental right to life lives free from sexual abuse and exploitations in all forms.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)

“The pandemics of sexual abuse and exploitation are far too large for any one person or organization to defeat on their own.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)

“It is vitally important that those working for freedom from sexploitation find forums that inspire unity and collaboration, so that the voices of the few can be amplified and the movement grows. The more the movement grows, the more it gains the energy and momentum to inspire still more
people to pursue the vision.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)

“This is why for nearly a decade the National Center on Sexual Exploitation (NCOSE) has led the effort to galvanize themovement for freedom from sexual exploitation.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)

“Coalition to End Sexual Exploitation – Spearheaded by NCOSE, The Coalition to End Sexual Exploitation (CESE) is a loose-knit partnership of more than 300 organizations that is breaking down divisions between sexual exploitation sectors, as well as crating a more cohesive and comprehensive national and international effort to defend the flame of human dignity.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)

“The Coalition to End Sexual Exploitation’s power is in its diversity. It brings together academics and activists; neurosurgeons and social workers; lawyers and family therapists; Radical feminists and religious leaders; Democrats, Independents, and Republicans; secularists, Catholics, Evangelicals, Mormons, Jews, and Muslims.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)

“Before the existence of CESE many of the individuals and groups working to combat sexual exploitation, worked in isolation or within small affinity groups. Opposing political and religious views further stymied opportunities for synergy.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)

“But, through hard and sometimes painful efforts, the CESE has succeeded in not only lowering the walls of mistrust, but in building strong relationships and collaborations which unite the movement and add power and vibrancy to the light it shines.” (Patrick Trueman, “Invitation to Coalition to End Sexual Exploitation Global Summit”, National Center on Sexual Exploitation, October 31, 2017)
“New Life Ministries (newlife.com) – Faith based broadcasting and counseling non-profit organization providing ministry through radio, TV, counseling network, workshops, support groups and numerous written, audio & video resources. All New Life resources are based on God’s truth and help those who are hurting find and build connections and experience life transformation.”

“One Million Men Porn Free (onemillionmenpornfree.com)”

“Porn Free (porn-free.org) – sharing truth about porn and sex addiction”

“Probe (probe.org)”

“Protect Young Eyes (protectyoungeyes.com)”

“Providence Christian School (providencechristian.org)”

“Pure Hope (purehope.net)”

“Pure Intimacy (pureintimacy.com)”

“Pure Life Ministries (purelifeministries.org)”

“Rahab’s Rope (rahabsrope.com)”

“R Tribe (rtribe.org)”

“Safe Eyes (safeeyes.com)”

“Social Costs of Pornography (socialcostofpornography.com)”

“The Addictions Academy (theaddictionsacademy.com)”

“The International Institute of Trauma and Addiction Professionals (IIATP) (sexhelp.com)”

“The National Network of Youth Ministries (youthworkers.net)”

“The Salvation Army (thesalvationarmy.org)”

“Truthxchange (truthxchange.com)”
“War on Illegal pornography” (waronillegalpornography.com)

“Women for decency” (womenfordecency.org)

“X3 Pure” (x3pure.com)

S1828 X3 Watch (x3watch.com)

“XXX Church” (xxxchurch.com / purityonline.com)

“The young porn abstainers do have an unlikely guru: Gary Wilson, 59, a former part-time adjunct biology professor at Southern Oregon University and various vocational schools and the author of Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction. His website, yourbrainonporn.com, or more commonly YBOP, is a clearinghouse for information that supports the link between heavy adolescent pornography use and sexual dysfunction. Many people find him through his 2012 TEDx talk, which has more than 6 million views.” (Belinda Luscombe, March 31, 2016, Time, “Porn and the Threat to Virility”, http://time.com/4277510/porn-and-the-threat-to-virility/)

“Top 10 Tips to Protect Kids from Porn” – (Kristen Jenson, December 30, 2015, Protect Young Minds, “Top 10 Tips to Protect Kids from Porn”, https://protectyoungminds.org/2015/12/30/top-10-tips-to-protect-kids-from-porn/)

“We’ve separated them into three main categories: Learn, Prepare, and Teach. Want a Checklist for 2016? Get our FREE downloadable pdf of our Top 10 Tips!”

Websites (by rating):

5 RATING

1. www.befreeinchrist.com
   a. Purpose: Free in Christ is a group of men seeking to become free from all sin and particularly pornography. To give encouragement and support to men who are addicted to pornography and other sexual problems.
   b. Content: The major contributors of information to this site are Stephen Arterburn and Neil Anderson, two of top Christian counseling
advisors. On the landing page this site explains the difficulty of breaking an addiction then walks through the steps necessary to become free of an addiction, steps including in red letters “most will not make it alone.” The site has links to many resources and in one sense serves as a clearinghouse for quality content as well as providing valuable information for most all issues on various recovery and Christian issues including overcoming porn addictions sites including Fires of Darkness for couples; Freedom Begins Here; Bebroken.com; Brothers for Christ; Exxit; God’s Gift to Men is their sexuality; Google Directory of Sexual Addiction; Higher-Calling.com; plus.

c. **Rating:** 5+

2. [www.socialcostsofpornography.com](http://www.socialcostsofpornography.com)
   a. **Purpose:** The consultation on "The Social Costs of Pornography" assembled leading experts in the fields of psychiatry, psychology, neurophysiology, philosophy, sociology, law, and political theory to present a rigorously argued overview of the problem of pornography in our society and to make recommendations. The primary purpose of the meeting was to examine the real nature of pornography in its moral and social consequences.
   b. **Content:** The Witherspoon Institute and The Social Trends Institute have a high powered website with excellent videos speakers including Jill Manning, a sex psychologist. The site also recommends two books entitled *The Social Costs of Pornography*.
   c. **Rating:** 5+

3. [www.mind-armor.com](http://www.mind-armor.com)
   a. **Purpose:** to provide tools for waging war against pornography culturally and personally. MindArmor® Training Tools combines principles from scripture, human design engineering and neuroscience to teach you how to break destructive thought patterns. By participating in the private, confidential, video lessons and practicing the principles taught, you will be equipped with skills to
attack and defend against the pull of lust and pornography. This unique training program will equip you to guard your heart and mind. You will win the battles and the war.

b. **Content:** The site lists an extensive list of **staggering statistics** related to pornography. The teaching video is straightforward and informative for breaking free from destructive thoughts and behaviors. You need the power of the Holy Spirit, determination, and new skills before lust and pornography have a devastating effect on your relationships, your job, and your self-worth as a child of God.

c. **Rating:** 5+ (documented statistics) 5 tools

4. **www.xxxchurch.com**

   **Purpose/description:** To provide an online resource to fight porn addiction through awareness, prevention, and recovery.

   **Content:** A dynamic site providing information for men, women, parents, and children on stats, resources, questions, and confessions

   **Rating:** 5

5. **www.convenanteyes.com**

   a. **Purpose/description:** To provide parental controls and analyses of usage.

   b. **Content:** Monitors, analyses, and manages network and application traffic and bandwidth. Use with WhatsUP Gold. “best parental control software for families” iParentingMedia

   c. **Rating:** 5

6. **www.purehope.net**

   a. **Purpose/description:** To provide “a world free of sexual exploitation and brokenness, and working through providing Christian solutions in a sexualized culture. To equip individuals, families, and churches to pursue sexual purity and oppose sexual exploitation.”

   b. **Content:** An active site providing help to parents via seminars, conferences, print, online, and self-help to teens with hotlines and information about porn.

   c. **Rating:** 5
7. **www.pornharms.com**
   a. **Purpose**: Morality in Media The leading national organization opposing obscenity and indecency through public education and the application of the law.
   b. **Content**: Has articles with stats revealing the connection between porn and sex trafficking, increased harm of children, resources for families, and increases violence. Action points include increasing legal action against illegal prom, helping schools provide safe libraries, internet blogs.
   c. **Rating**: 5

8. **www.porn-free.org** Be careful when finding this sight since without the hyphen the searcher will find porn access.
   a. **Purpose**: this is a site for those who are addicted to pornography. Its design is to help them experience the “new life” in Christ and live by the power of the Holy Spirit.
   b. **Content**: This is a site created by a former porn addict who experienced new life in Christ. There are some 25 articles related to the consequences of porn addiction.
   c. **Rating**: 5 (world porn use analysis)

9. **www.safeeyes.com**
   a. **Purpose/description**: Provide the need for and software to protect destructive internet content.
   b. **Content**: Provider of software compatible with Mac, PC, and iOS to protect families from harmful content in the internet and given a 9/10 rating for some mobiles. This includes updates on information of internet safety issues including porn, bullying and warnings of suicide on posts. Have filters and reports on internet technology. Connects its viewers with other purity and safety sites.
   c. **Rating**: 5

10. **www.waronillegalpornography.com**
    a. **Purpose**: to wage legal war against illegal pornography by protecting individuals and families from porn and to press the government to
enforce existing laws which the current US Attorney General refuses to do.

b. **Content:** Provides knowledge of the Federal obscenity laws which are not being enforced, prohibit distribution of hardcore, obscene pornography on the Internet, hotel/motel TV and in sexually oriented businesses, etc.

c. **Rating:** 5

11. [www.pureintimacy.com](http://www.pureintimacy.com)
   a. **Content:** The site is designed to be accessible and easy to navigate, with sections addressing a variety of audiences and needs including pornography and addiction, God’s design for sex, married couples, parents, protection devices, ministry leaders, singles, and homosexuality.
   
b. **Purpose:** Pure Intimacy is an online ministry of Focus on the Family that recognizes the pain of pornography and sexual brokenness and offers the hope of healing and restoration. We are committed to the idea that God loves us and wants to help us when we are hurting. We also believe that God’s design for healthy sexuality is liberating for those tired of living with sexual confusion or pain. Our site is designed for parents, pastors, counselors and strugglers alike. We hope anyone pursuing God’s best in their life—or helping others do the same—will find Pure Intimacy’s guidance and help in the area of sexual redemption to be a comforting and useful. We invite you to take a look around.
   
c. **Rating:** 5

12. [www.faithfulandtrue.com](http://www.faithfulandtrue.com)
   a. **Purpose:** This site provides resources and connections to other sites which cover the whole range of sexual addition, abuse, etc.
   
b. **Content:** Faithful & True (formerly Faithful and True Ministries) is a Christian counseling organization specializing in the treatment of
individuals and couples struggling because of sexual addiction/infidelity.

c. **Rating:** 5

Mark Laaser, M.Div., Ph.D., and Debbie Laaser, MA, LAMFT, combining their personal experiences in sexual addiction recovery and extensive study with some of the finest minds in the secular and Christian communities, have developed a program that transforms lives, rebuilds trust, and helps to heal marriages and families in their 3 day workshops for men, for women and for couples. Mark is nationally recognized as the leading Christian authority in the field of sexual addiction. The site also has links to other sites including:

- [www.sexhelp.com](http://www.sexhelp.com)
- [www.freedomeveryday.org](http://www.freedomeveryday.org)
- [www.freedombeginshere.org](http://www.freedombeginshere.org)
- [www.aacc.net/courses/sexual-addiction/](http://www.aacc.net/courses/sexual-addiction/)
- [www.loveandaddiction.com](http://www.loveandaddiction.com)
- [www.purelifealliance.org](http://www.purelifealliance.org)
- [www.internetbehavior.com](http://www.internetbehavior.com)
- [www.theallendercenter.org](http://www.theallendercenter.org)
- [www.dianelangberg.com](http://www.dianelangberg.com)

(The above two sites are counseling sites for sexual abuse.)

13. **www.freedomeveryday.org**

a. **Purpose:** This is the website for L.I.F.E. Ministries International: globalizing God’s army to fight sexual addiction. LIFE is a Christ-centered sexual addiction recovery that provides the Christian community with structure, support and resources to battle sexual addiction.

b. **Content:** This site provides evaluation, counseling information for young men, young women, men, women and couples. In addition to providing a site with immediate click on videos for each group and counseling information, they connect with other ministries. They are conducting a survey of sexual practices in the Christian community.

c. **Rating:** 5

14. **www.sexhelp.com**

a. **Purpose:** Provide continuing educational opportunities to professionals through training and newsletters. Research and implement task-centered approach to treatment. Provide peer-to-
peer consultation, networking, and information processing channels for sexual addiction practitioners. This is a consortium of treatment settings from counselors in offices to weekend retreats.

b. **Content:** This site is the home page of The International Institute of Trauma and Addiction Professionals (IITAP) which is an organization that facilitates the cutting-edge training of addiction practitioners. Through IITAP, those suffering from a sexual addiction or compulsive behavior have access to certified practitioners, resources, treatment options and referrals to get the help they need.

- Founded by Dr. Patrick Carnes, IITAP is one of the most trusted organizations in the field of addiction recovery.
- IITAP’s dedicated team strives to meet and achieve the organization's **goals** every single day:
  - Set the standard of excellence in sexual addiction treatment
  - Promote professional training and knowledge about sexual addiction and compulsive behaviors, in addition to related addictions and deprivations
  - Encourage communication and collaboration among treatment models and available resources
  - Support professional dialoging among treatment providers

c. **Rating:** 5

15. **www.clearplay.com**

a. **Purpose:** to provide filters for Hollywood masterpieces in one genre - the "Family Movie."

Yet many movies fall into the genre of "almost family friendly." Sometimes just a few scenes and expletives make an amazing movie unsuitable for your family preferences.

This is where ClearPlay comes in. ClearPlay is a new type of parental control. In an age when you can personalize everything from your hamburger to your ringtone it makes sense to personalize the playback of your movies -- based on your very own editing preferences.

Using the ClearPlay settings menu, simply select content types you want edited from your movies. Are you concerned about violent scenes? There is a setting for that. Are you concerned about sensual
content? There is a setting for that. Vulgarity? Blaspheme? Bloodshed? There are settings for all these and more.

After you have created your own personal playback profile, simply select a movie and the playback is custom-tailored to your preferences. You make the choices...we make it easy.

b. **Content:** The site has family movie reviews and provides filter systems for DVD’s,

c. **Rating:** 5 (for movie reviews and filters)

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16. **www.boundless.org**

a. **Purpose:** To provide encouragement and advice for navigating relationships, career, culture, faith and more, Boundless helps the viewer mature in Christ as a foundation for marriage and family. That requires living intentionally with purpose by bringing your gifts, talents and Christian worldview to bear on your whole life.

b. **Content:** Lisa Anderson and Martha Krienke of Focus on the Family oversee this site. The content comes from some 1,200 articles written by FOTF authors and cataloged by topics and are designed through articles and topics to relate to the transition from youth through young adulthood as a time of adventure, discovery and excitement; but also it can also be a time of loneliness, longing and uncertainty.

c. **Rating:** 5

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17. **www.X3watch.com**

a. **Purpose:** to provide software for accountability using tech devices to keep porn addiction and use from happening to a friend. For people trying to overcome an addiction to pornography or be openly accountable to a spouse or other person. Will block inappropriate sites, P2P downloads, YouTube videos, search engines. A service of XXXchurch.com

b. **Content:** Keys to online accountability. Has a video explaining the importance of having this free software “x3watch” for online accountability program to others can see what you are looking at online. In addition to alerting your accountability partner on a tech device; there is also a 30 days to purity workshop on line. This is an accountability software program helping with on line integrity. Works
on PC and MAC, Windows. A program which records any porn site clicked on, the time and date. A person of your choice will receive an email or text message containing the sites you visited. Also sites can be blocked. $7/mo May be installed on up to 10 computers, PC or MAC.

c. **Rating:** 5 (although I have not used the software sounds ideal)

18. **www.X3pure.com**
   a. **Purpose:** to enable people to conquer sexual issues and regain control of their lives.
   b. **Content:** An online confidential, streaming-video solution for dealing with sexual addiction. They provide 30 day online workshops on the fundamentals for understand various sex addition behavior. These include describing cycles of temptation, masturbation, etc. The seminars are specific for men, for women, for parents, for couples. They include Bible verses to memorize and practical helps to healthy Christian living. The cost is $99.
   c. **Rating:** 5

19. **www.enough.org**
   a. **Purpose:** to make the internet a safer place for families and children by protecting them from pornography and making the public aware of the dangers. **Enough Is Enough® (EIE), a non-partisan, 501(c)(3) non-profit organization, emerged in 1994 as the national leader on the front lines to make the Internet safer for children and families.** Since then, EIE has pioneered and led the effort to confront online pornography, child pornography, child stalking and sexual predation with innovative initiatives and effective communications.
   b. **Content:** This is the home site for Enough is Enough. The home page includes video connections and seminar 101 directives to make people aware of the various sex related perversions including porn, sexual predators, stalking, etc.
   c. **Rating:** 5
d. **Mission Statement:** The Enough Is Enough® (EIE) mission is to Make the Internet Safer for Children and Families. We are dedicated to continue raising public awareness about the dangers of Internet pornography and sexual predators, and advance solutions that promote equality, fairness and respect for human dignity with shared responsibility between the public, technology, and the law. We stand for freedom of speech as defined by the Constitution of the United States; for a culture where all people are respected and valued; for a childhood with a protected period of innocence; for healthy sexuality; and for a society free from sexual exploitation.

20. [www.internetsafety101.org](http://www.internetsafety101.org)
   a. **Purpose:** To inform via excellent videos the easy of availability, how to protect children, describes predators, thus educating parents and caretakers to protect children from porn.
   b. **Content:** This is a website of Enough is Enough led by Donna Rice Hughes. The home page includes partners Front Porch; Covenant Eyes. EIE is funded in part by the office of Juvenile Justice and Delinquency Prevention; Office of Justice program; US Department of Justice; Salvation Army. The site contains excellent video clips explaining the porn availability on the internet. Also the viewer is directed to the course which informs and describes how to protecting your child from the destructive consequences of pornography which are also described.
   c. **Rating:** 5

21. [www.joedallas.com](http://www.joedallas.com)
   a. **Purpose:** to inform people of the sexual destructive attitudes and behaviors, provide insight to developing biblical perspectives and provides seminar setting to develop knowledge and support.
   b. **Content:** Joe Dallas’s ministry is in sexual addiction recovery and homosexuality is recognized as an authority. He has written excellent articles in the sexuality subject and gives seminars and appeared on Focus on the Family. His articles ask the basic and obvious questions about sexuality and frankly answers them.
c. **Rating**: 5

22. [www.antipornography.org](http://www.antipornography.org)
   a. **Purpose**: provide helpful resources on the devastating harms of porn, prostitution, sex trafficking and sexual slavery, as well as all other forms of sexual exploitation and abuse, through public education and advocacy.
   b. **Content**: The site provides many videos, documentaries, articles, and other resources for the education. This is a site which is nonreligious, nonpartisan (from feminist perspective), anti-censorship, anti-violence, pro free speech, etc. Site includes a promotion of Gloria Steinem
   c. **Rating**: Examples 5 value 2

4 RATING

23. [www.fotf.org](http://www.fotf.org)
   a. **Purpose**: to inform people and parents around the issues and provide avenues to help them deal culturally and personally with these issues.
   b. **Content**: The site is by Focus on The Family. The viewer can find the sexuality and pornography information by typing in the find box the issue. Through this site counselors and advise can be found, as well as, the website Pure Intimacy were a wide variety of resources and information can be found.
   c. **Rating**: 4+

24. [www.purityonline.com](http://www.purityonline.com)
   a. **Purpose**: To fight online pornography and recover those addicted.
   b. **Content**: This is one of the XXX Church sites. There are information areas for men, for women, for couples. In addition to seeking to set people free from sexual addictions through on line workshops, one purpose of this web site is to provide information and resources on how you can reach your world for Jesus and other useful information
for Christians. This web site provides information on resources in many different languages.

c. **Rating:** 4+

25. **www.thepinkcross.org**
   a. **Purpose:** to reach out through a faith based foundation to workers in the sex industry to offer emotional, financial and transitional support. Also to combat sex and porn transmitted problems from community deterioration to diseases to laws to protect children.
   b. **Content:** The site contains large doses of truth about the sex industry to educate therefore they do not recommend that anyone under 17 view the site unless parent permission. Founder is a former porn actress and prostitute who found God through Christ.
   c. **Rating:** 4+

26. **www.joebeam.com**
   a. **Purpose:** His articles are designed to attract people, cause them to think, apply scripture truth and direct them to choose God’s way.
   b. **Content:** Joe Bean is a speaker and author and PhD candidate in sexology. He is the president of LovePath International. He has been on all the major tv stations and his focus with his wife Alice is marriage and family. He as an excellent article called “Internet porn is the Next Sex Ed “. He has over 30 articles on various topics related to the family and couples and sexuality.
   c. **Rating:** 4+

27. **www.endsexualexplloitation.org**
   a. **Purpose:** The leading national organization opposing obscenity and indecency through public education and the application of the law. Previously Morality in Media, www.moralityinmedia.org (actually in process 3/2015) – Founded in 1962, National Center on Sexual Exploitation (NCSE), formerly Morality in Media (MIM), is the leading national organization dedicated to opposing pornography by highlighting the links to sex trafficking, violence against women, child abuse, and addiction. Their mission is defending human dignity. Confronting sexual exploitation. Their vision: All individuals have a
right to be free from the effects of pornography and all other forms of sexual exploitation.

b. **Content**: Under the name of Porn Harms the site provides action recommendations in various sectors of our culture from seeking to end porn watching on planes to school libraries blocking content. Patrick Trueman is the CEO. I did not find any counseling or information about sexualized topics.

c. **Rating**: 4

28. **www.thesalvationary.org**

a. **Purpose**: The Salvation Army is a Christian denomination and international movement known for its charity shops and other charity work, operating in over 120 countries. On the website there is a dropdown section on pornography with articles and statistics that inform and a call for justice for the victimized.

b. **Content**: The site uses Wikipedia definition for sex addiction and pornography. The history and current works of TSA are described. I did not find information for people concerning sexual issues beyond their not hiring GLBT practicing people.

c. **Rating**: 4 (informational)

29. **www.newlifeministries.com**

a. **Purpose**: to provide information and setting to free people from addictions.

b. **Content**: Steve Arterburn informed site for the radio ministry and provides information for a variety of subjects including counseling, coaching, life groups and reading material. Does a workshop on Everyman’s Battle which dealing with pornography and sex addiction.

c. **Rating**: 4 Hard to navigate to relevant sites

30. **www.purelifeministries.org**

a. **Purpose**: We are committed to work together as one body so that we may better serve God in this work to which He has called us: bringing sinners to Jesus Christ by giving them hope through repentance and by leading them to the truth of God’s Word so that we may present
them complete in Christ.” (II Timothy 2:24-26; II Timothy 3:16, 17; Colossians 1:28) The heart of Pure Life Ministries is to lead people struggling with sexual sin into an encounter with the Cross and all that it represents: the indescribable love of God towards them, the reality of the death of self that it demands, the power of God’s Word to transform, and the entrance into a vibrant spiritual life in Christ Jesus.

b. **Content:** Pure Life Ministries exists to serve Christian individuals and organizations dealing with sexual sin throughout the world by providing biblically based counseling, teaching resources, and a public speaking ministry with the goal of leading Christians to victory over sexual sin through a deeper life in God.

c. **Rating:** 4

31. [www.celebraterecovery.com](http://www.celebraterecovery.com)

a. **Purpose:** to transform lives through God’s truth by reaching out compassionately to those who seek healing and restoration.

b. **Content:** This site became Newlifeministries.com the Stephen Arterburn founded ministry. This biblically sound site has a multitude of internal sites covering areas in Christian books, Mormons, Marriage, plus a large listing of New Life Ministries. There are 10 pages of internal sites with many options within each page. I got lost in trying to find information on recovering from a addicted life and the celebrate recovery part of New Life Ministries. For lack of user friendly to find info on addictive behavior the rating is low, for possible insights it is high.

c. **Rating:** 1 and 4

3 RATING

32. [www.epicparent.tv](http://www.epicparent.tv)

a. **Purpose:** This is a movement uniting, transforming, influencing families all over the world. **My goal is to create funny, gut busting, inspiring, Jesus centered, challenging, raw, honest, creative, offensive (I have to get your attention somehow!!) content that parents can implement today.** 59% of young people with a
Christian background report that they had or have “dropped out of attending church, after going regularly.

- 57% say they are less active in church today compared to when they were fifteen.
- Nearly 38% say they have gone through a period when they significantly doubted their faith.
- 32% describe a period when they felt like rejecting their parents faith.

(*stats are from the book You Lost Me: Why Young Christians Are Leaving Church…and Rethinking Faith)

b. Content: Chris Spauldlin or Chris Sprad on Lifechurch.tv produces this blog where his book Sex, Lust & XXX an ebook and Step up and Fight for Your Kid’s Purity in a Sex Saturated World. can be downloaded.

c. Rating: 3

2 RATING

33. www.youthworkers.net

a. Purpose: This is the website for The National Network of Youth Ministries. Their desire is to encourage and unite, to step out and work alongside other caring adults locally and nationally to reach our precious young people for Jesus Christ.

The purpose of NNYM is to unite youth workers and national ministries to reach teenagers.

Networking means leveraging our efforts - working together. And “together” means all of us - youth workers, teenage leaders, teachers, parents, other adults - everyone who loves kids.

b. Content: The site list and illucidates various speakers and topics as well as various events to teach youth workers and youth in various areas of the Christian life. I did not see any which specifically addressed the sexuality topic.

c. Rating: 2

34. www.onemillionmenpornfree.com

a. Purpose: To provide practical help to men particularly pastors and fathers to prepare their people and sons deal with porn.
b. **Content**: Video expressing the current crises, provides a Bible study that 80% of men in the church are struggling with porn and the average age of first porn sighting is 11 years old. The site was developed by a pastor after seeing the devastating effects of porn on his church. The site is print only bland when compared with other sites.

c. **Rating**: 2

1 RATING

35. **www.prayersanddreams.wrodpress.com**

a. **Purpose**: To minister to the heart and imagination of people.

b. **Content**: A series of cataloged messages provide biblical insight and relevant questions. The subjects include dealing with sexual issues as one of many subjects from theology to the arts. These are messages from Sunday services.

c. **Rating**: 1

36. **www.probe.org**

a. **Purpose**: Probe's mission is to present the Gospel to communities, nationally and internationally, by providing life-long opportunities to integrate faith and learning through balanced, biblically based scholarship, training people to love God by renewing their minds and equipping the Church to engage the world for Christ.

b. **Content**: The site describes that Probe provides radio programs, has speakers that address current issues.

c. **Rating**: 1 (they have quality apologetics, yet I did not find anything related to our topic)

37. **www.northdallasklife.com**

a. **Purpose**: K-Life is a youth ministry focused on mentoring, coaching and discipling today's teenagers. K-Life began as a follow-up ministry to campers from Kanakuk Kamps, and our relationship with Kanakuk continues to be an important part of both our vision and our heritage. In addition to sharing a common philosophy and vision, many of our K-Life staff serve at Kanakuk Kamps during the summer. During the
school year, kids from every walk of life - including tons of kids who have never been to Kanakuk - are involved in K-Life programs and small groups. K-Life exists for any and all kids in the community.

K-Life works on a community-wide scale, networking kids from different churches and kids without a church affiliation. Our model of ministry uses evangelism, discipleship, and fellowship to minister to middle school, junior high, and high school students, as well as their families.

b. **Content:** The site tells about the K-life ministry to youth and kids. I did not find any resources for someone looking to help in the sexuality area.

c. **Rating:** 1

38. [www.breakpoint.org](http://www.breakpoint.org)

a. **Purpose:** to provide a site for publishing Breakpoint Radio transcripts and promoting Breakpoint philosophy

b. **Content:** Chuck Colson and associates oversee the site which provides content from the Breakpoint radio programs which deal with the church and current issues. The site recommends Kuehne’s book, Sex and the iWorld, a worthy read regarding how the internet is affecting attitudes and actions on sex practices around the world. Visit BreakPoint.org, and we’ll show you how to get a copy.

c. **Rating:** 1 (beyond this book I did not find articles helpful for our purposes.).

39. [www.afa.net](http://www.afa.net)

a. **Purpose:** to inform people about policies which promote or violate biblical morality.

b. **Content:** This is the American Family Association website. The only landing page site related to sex issues is one telling of AARP and Home Depot promoting the homosexual life style. The visible sites are for various issues.

c. **Rating:** 1

40. [www.logos.com](http://www.logos.com)
a. **Purpose**: to provide connections to logos resources, a general introduction.

b. **Content**: The landing page for Logos which requires skilled migration around the site to find specific material relating to sex issues and pornography. I found none.

c. **Rating**: 1

**ZERO RATING**

41. www.homerunthemovie.com
   a. **Purpose**: see content
   b. **Content**: reveals the power of forgiveness, healing of hurts and hangups, and redemption winner of best Feature film according to Resonate. Recommended by Max Lucado. The website appears to be all video. I could find no text only clips from the movie. Comes out in the Spring of 2013
   c. **Rating**: 0 I could not access anything except opening the site.

42. www.providencechristian.org
   a. **Content**: This is the website of Providence Christian School in Savanna, GA., a Christian school whose mission and purpose is to support Christian families in training their children to mature in Christ and to glorify God. We aspire to develop students spiritually and academically so that they will be able to accept the responsibilities of adult life as committed Christians doing “all to the glory of God.”
   b. **Rating**: 0 **This is a Christian school and does not seem like a website relating to pornography and solutions to the sexualized culture.**

43. www.allaboutlove.com
   a. **Purpose**: This is a sight for connecting with Asian women or men in provocative photos.
b. **Content:** There were only photos of women or men for entertainment purposes. I found no help and actual negative help for sex issues unless someone is seeking to date an Asian.

c. **Rating:** 0

NO RATING

44. [www.truthexchange](http://www.truthexchange)

a. **Purpose:** Founded by Dr. Peter Jones, adjunct professor at Westminster Seminary in CA, the truthxchange site contains articles showing the paganization of the USA culture via false teachings that have become culturally accepted and propagated by media and government. Rating: Purpose: In 2013 they are hosting a conference at New Life Presbyterian Church in Escondido, CA. Dr. Michael Brown, visiting professor at Gordon Conwell Theological Seminary, Charlotte and host of daily, nationally syndicated talk radio show, *The Line of Fire.* Dr. Brown will be speaking on the topic Sexual Utopia, The Eschatological Sodom. This is the only item which I could find related to our topic.

b. **Content:** Rating: Purpose: Peter began to study and think about these issues and to publish his reflections. Long hours of research and reading informed his writing and eventually, in 2003, with the encouragement of respected fellow leaders, he decided to leave seminary education to bring his message to church leaders, laymen and students. The ministry began as Christian Witness to a Pagan Planet (CWiPP), and has now changed its name to truthXchange, with a new emphasis on reaching college and university students, who often meet the “new spirituality” on their campuses. We now have a local steering committee, a Director’s Advisory Council, a network of available researchers and speakers, and over 7,000 people who receive our monthly e-mail comment on the culture. We look forward to the years ahead, as we seek to follow God’s call on our lives and ministry. [www.truthxchange.com](http://www.truthxchange.com)

c. **Rating:** ?

45. [www.josh.org](http://www.josh.org)
46. **www.okwu.edu**
   
a. **Purpose:** to provide information about OKWU and aid students in living in Christ.
   
b. **Content:** This is the website of Oklahoma Wesleyan University. Currently the site tells about the various aspects of the university and does not address this topic. I called OKWU and spoke with Dr. Piper who explained that their website crashed was being rebuilt. The site will have information for students looking for help dealing with pornography and sexual addiction.
   
c. **Rating:** ?

47. **www.everymansbattle.ning.com**
   
a. **Content:** This site is for men 18+ who battle against porn and strive for sexual purity.
   
b. To enter the site a viewer must join. Since I did not join I was unable to access the site.

**Additional Websites (not yet rated):**

   
This website is great for all angles of talking to your children about sex. I really like that they address issues for parents, validating and encouraging their own struggles, past, and wounds that talking to your kids about sex may bring up. Their articles are very detailed and thorough, systematic, and process-oriented. They address many angles, questions that may arise, and the difficulties that come with this task.

49. **www.theporntalk.com**
   
This website has been the most efficient one I have found regarding pornography. The actual layout of the website is great and easy to use. There is a great focus on methodology, how to actually talk to your kids, how to start the conversations, etc. This website includes information for parents about how kids get porn, how to be aware of their children’s
temptation to view porn, critical issues, etc. There are great videos, podcasts, and resources on this website.

50.  **www.protectkids.com**

This website is geared towards internet safety. It is very basic and the information is in simple, clear bullet points. They do a good job of addressing the harmful effects of not being safe online and of pornography, helping parents to be aware of warning signals and keep their kids safe online.

51.  **www.homeword.com**

This website is a center for youth and family. They offer hundreds of resources! You can search by topic, there’s almost 200 articles and videos for sex. They offer conferences, resources, articles, videos, Q&A, a culture blog, daily devotions, etc. The articles are great, too. They focus on guiding your children, talking to them and understanding their culture and the challenges they face today.

52.  **www.cpyu.org**

Center for Parent/Youth Understanding. The motto for this ministry is: Understanding Culture to Impact Culture. They have a “Simply Culture” newsletter offered every two months online. The focus of the this site is to offer a better understanding, research, statistics, etc. for parents and youth pastors to understand youth culture today. There are a couple hundred resources on kids and sex. They have a parent page, book reviews, and a radio show. The parent page is a monthly newsletter specifically designed for churches to hand out to parents of teens. **They have an entire section with articles on pornography**

53.  **www.dirtygirlsministries.com**

Exists to provide women with help, hope and healing from pornography and sexual addiction. Founded by author and speaker Crystal Renaud in February of 2009, the mission of DGM is to break through the stigma that surrounds female porn and sexual addiction by creating safe spaces for women to find help, hope and healing. And to train up others to do the same.
54.  www.globalcenturion.org

   Founded in 2010, by Laura J. Lederer, J.D., who also founded The Protection Project at Harvard University’s John F. Kennedy School of Government and who served as a Senior Advisor on Trafficking in Persons and as a Senior Director of Global Projects in the Office to Monitor and Combat Trafficking in Persons at the U.S. Department of State, Global Centurion is unique in focusing on the demand side of the problem at international, national and local levels.

55.  www.purityworks.org

   Focus is to raise non-consumers. Planned Purity is Jennie Bishop’s model explaining how purity if formed in a life, beginning with the heart and including sexual purity at the appropriate stage. A simple concept called The Five Doors of the Heart can be applied when parenting young children, and also applies to adults pursuing purity themselves.

56.  www.fightthenewdrug.com

   How pornography affects people in 3 ways, the heart, the brain, the world.

57.  www.guiltypleasure.tv

58.  www.uknowkids.com
#37 BOOKS AND RESOURCES

SEXUAL WHOLENESS RESOURCES

Men (General)

“Faithful & True Workbook – Provides writing exercises, Scriptural references, and proven solutions for men struggling with sexual purity to better understand the nature of their problems and how to find healing (faithfulandtrue.com)”

“Seven Pillars of Freedom Workbook – Helps individuals break denial, understand sexual addictions, and experience freedom through a Christ-centered perspective. (puredesire.org)”

Women (General)

“Eight Pillars to Freedom Workbook – Helps bring healing to women who have experienced love/sexual addictions and whose behaviors have led to destructive lifestyles. (puredesire.org)”

“beggarsdaughter.com – Offering resources and articles on sex, singleness, and pornography through a Christ-centered approach.”

“Sexual Sanity For Women Book – Guides women through the process of understanding why they struggle with destructive relational and sexual patterns and how the gospel brings change and a new way of living. (christianbook.com)”

“Betrayal & Beyond Workbook – For women who’ve been hurt by their significant others’ sexual behavior, this resource provides valuable tools, biblical wisdom, and testimonies of hope. (puredesire.org)”

General

“imlivingfree.com – Run by Cru staff member Ben Bennett, this site offers resources and articles on the topic of sexual sin, emotional health, and how healing can be experienced through Christ and a healthy community.”
“Pure Desire Book – Understand the issue of sexual addiction and pornography with clarity and a biblical perspective that will help you lead people to an intimate relationship with God – and experience the healing love of Christ. (puredesire.org)”

“Healing The Wounds of Sexual Addiction Book – Discover the roots of sexual sin, its patterns and impact, and learn a Biblical approach to self-control and sexual integrity. (faithfulandtrue.com)”

“Surfing for God Book -Discover how porn struggles begin, the true desires behind them, and how to overcome the compulsion once it begins. (thomasnelson.com)”

College & Teens

“Living Free Workbook – Written in collaboration between Cru staff and Christian counsel for (Ben Bennett, Brett Butcher, and Dr. Ted Roberts) this represents decades of helping college-age men identify and heal from the factors that create and reinforce habitual sexual behavior. (puredesire.org)”

“Flesh Journey – (Coming Fall 2017 at Cru.org) – This rewritten and revamped web and app based version of Flesh helps men understand the battle of sexual sin and the underlying factors driving it, while journeying through an online supportive social structure.”

“High Ground – This discipleship book for men and women gives an overview of habitual sexual sin and provides the tools to begin walking in freedom. (crustore.org)”

“Behind The Mask Workbook – Helps college – age women identify and heal from the underlying factors that create and reinforce habitual sexual behavior and relationship issues. (puredesire.org)”

Parents

“Straight Talk With Your Kids About Sex Book – Offers encouragement, advice, and solid information in the process of guiding your child into a healthy understanding of God’s gift of sex. (josh.org)”
“Parenting the Internet Generation E-Book – How to have honest conversations about self-image, sexuality, sin, and shame and create a safe online environment. (covenanteyes.com)”

**Non-FaithBased**

“FightTheNewDrug.org – Support, articles, and scientific research on the topic of porn.”

“YourBrainOnPorn.com – Resources, research, online forums, and support for those struggling with unwanted sexual behavior.”

“Out of the Shadows: Understanding Sexual Addiction Book – The premier work on this topic by a pioneer in this treatment. Helps identify danger signs, explains dynamics, and describes the consequences of sexual addiction and dependency. (amazon.com)”

“More resources, including counseling, parenting, support groups, and internet safety are available at josh.org/resources/sex-relationships/ and setfreesummit.org/resources-and-tools”

(CRU 17 Workshop//Sexual Wholeness In A Pornfified World//Ben Bennett, Jake Kissack, Heidi Smith)
HOPE AFTER PORN
4 WOMEN’S TALES OF HEARTBREAK AND HOW THEIR MARRIAGES WERE SAVED
INTRO

THE HOPE BEYOND BETRAYAL

The following stories are written by women who have personally known the devastation pornography can cause in a marriage. They give us a glimpse of the betrayal, the hurt, and the choices they made to try and make a difference.

These women open a window to their lives. Without the benefit of hindsight, they stumbled or deliberately walked to places where recovery could grow and hope could flower. These are their stories speckled with the messy details of addiction.

Today, as Internet access has become more common, pornography has only become more prevalent. According to American Academy of Matrimonial Lawyers, over half of divorce cases today involve one party having an obsessive interest in Internet porn. More and more men withdraw from real intimacy with their wives and into digital worlds of fantasy. This is not merely a statistically significant problem. It is a heartbreaking problem.

These stories are not meant as guides, but as living examples. As devastating as pornography can be for a couple, there is hope. There is hope for the women who feel betrayed and broken. There is hope for wives who feel they have tried everything. There is hope for the men who can’t seem to stop their digital voyeurism. There is hope for the husbands who don’t even seem to care.

There is hope.
Sexual Addiction

The Way Out of the Web

June Hunt

Opening... GOD's Truth for Today's Problems
Sexual Addiction
The Way Out of the Web

June Hunt

It starts with a single thread ... and before long, a spider weaves an intricately designed web with only one intention—to capture prey.

It starts with a single picture ... a single sexual image that pops onto the computer screen, and before long, you're ensnared, entrapped in a complex, all-consuming web of sexual addiction. You're undeniably stuck—you look around and all you see, all you think about, is sex. You're obsessed with erotic excitement, continually contemplating where and when you'll feed your sexual appetite.

Like an alcoholic who craves alcohol, you crave sex—you must have sexual stimulation. But there's another side to what is called "sexual addiction": What stimulates also brings shame ... with fear you'll never find your way out of the web.

God created sexuality and blessed it within the context of marriage. And He can help you break free of the binding web that keeps your mind captive. He can give you the strength to break free from the web, and He can replace harmful passions with healthy passions.

Even if you feel that your mind and your heart have been too defiled, remember that God is a Redeemer—a Deliverer! There is no willing soul whom He can't make clean ...

"You, Lord, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living."
(Psalm 116:8-9)
Every Young Man’s Battle by Stephen Arterburn (WaterBrook)

Every Woman’s Battle by Shannon Ethridge (WaterBrook)

False Intimacy by Harry Schaumburg (NavPress)

An Affair of the Mind by Laurie Hall (Tyndale)

Christians in the Wake of the Sexual Revolution by Randy Alcorn (Multnomah)

Pure Desire by Ted Roberts

Pure Hope by Noel Bouche

- The Heart of Man Film - http://purehope.net/?swift-slider=heart-man-film

Pure Desire Resources

“Recovery Group Workbook Resources for Men (designed to go through with others). These help you identify and work through trauma/woundedness, core lies believed, dysfunctional patterns, and cycles of sin, with a daily support system. Seven Pillars of Freedom-For Men in general but more applicable to married men of all ages. Living Free-For College age and young adult single men. Top Gun-For Middle and High School guys.”

“Recovery Group Workbook Resources for Women (designed to go through with others). These help you identify and work through trauma/woundedness, core lies believed, dysfunctional patterns, and cycles of sin, with a daily support system. Eight Pillars to Freedom-For women in general. Behind the Mask-For Middle, High School, and College Age women. Betrayal and Beyond-For women whose husbands have a sexual addiction.”
Books:

Pure Desire – great overview for men and women of sexual brokenness, porn, and what the church can do about it.

Connected – workbook for married couples to understand their past, trauma, communicate better, and move toward greater intimacy.

Safe – how the church can become a safe place where it’s ok not to be ok and show the love of Christ.

Digital Natives – How parents can understand the generational gap between kids growing up with the internet. Addiction, mindset, communication, health etc.

Stories for Men – Testimonies of men who have been set free from porn and sexual sin.

Stories for Women – Stories of Women who have been set free from sexual sin or who have worked through the hurt they’ve experienced from their husbands’ sin.

Conquer Series

Video series for individuals or small groups to understand how porn affects the brain, the underlying factors driving porn use and sexual addiction, and how Jesus can set us free through practical means.

All available at the online store at puredesire.org

The Purity Principle by Randy Alcorn (Multnomah)

Eros Defiled by John White (IVP)

Beneath the Surface by Bob Reccord (Broadman)

Christians in a Sex Crazed Culture by Bill Hybels (Victor)
Sex is Not the Problem, Lust Is, by Joshua Harris — This is a great PG book on sex for your kids or teens. The book also addresses not just behaviors but also heart motivations.

Meet Mr. Smith: Revolutionize the Way You Think About Sex, Purity, and Romance, by Eric and Leslie Ludy — This is a PG book teaching teens a holy alternative to the over-romanced, casual-sex lifestyle popular in today’s world.

“There is a way out - The only way free is a total renewal of your mind. The Conquer Series was created to help you do just that. The series has been used by 450,000 men in 60 different countries all over the world to overcome porn addiction.” (Luke Gibbons, “6 things the porn industry doesn’t want you to find out”, Premier Christianity, September 13, 2017, https://www.premierchristianity.com/Blog/6-things-the-porn-industry-doesn-t-want-you-to-find-out)


“The Sacred Search, by Gary Thomas — This book is a fresh look at dating, teaching young people to abandon the notion of a “soul mate” and realize that a good marriage is a partnership dedicated to Christ.”

“The Purity Code: God’s Plan for Sex and Your Body, by Jim Burns — This book is written to teens and preteens about making a commitment to sexual integrity at a young age and addresses specific questions about sexual activities and sexual attraction.”

“Closing the Window, by Tim Chester — This book is great for young men or women who feel ensnared by, or even addicted to, pornography. Chester addresses how to begin seeing pornography in a new light, how the gospel helps us to overcome sexual brokenness, how to avoid temptation, and how to find biblical accountability.”

“Straight Talk with Your Kids About Sex, by Josh and Dottie McDowell — This book helps parents gauge their children’s emotional and spiritual
readiness for mature topics and teaches parents to stay alert to teachable moments, helping parents to frame sexuality in a biblical context.”

“Planned Purity for Parents, by Jennie Bishop — This is a book for parents about laying a good foundation for talking about purity in the home, beyond just sexual issues. This books brings the topic of purity back to its biblical definition (a matter of the heart) and addresses ways parents can help children guard their own hearts, even from a young age.”

“A Chicken’s Guide to Talking Turkey with Your Kids About Sex, by Dr. Kevin Leman and Kathy Flores Bell — This is a guide for parents who want to discuss sex and sexuality with their 8- to 14-year-olds covering a wide variety of topics and frequently asked questions.”

“God’s Design for Sex, a series by Stan and Brenda Jones — This series of four books helps parents address sex and sexuality from young age (3 years old) through the early teen years. The series includes two picture books (The Story of Me and Before I Was Born) and two books for your child to read and discuss with you (What’s the Big Deal? for 8- to 11-year-olds and Facing the Facts for 11- to 14-year-olds).”

“Learning About Sex, a series from Concordia Publishing House — This series of books and DVDs walks parents and children through learning about gender and sex from a young age (4 years old) through the teen years.”

“Passport2Purity, by Dennis and Barbara Rainey — This weekend retreat kit includes everything you need for a weekend retreat with your preteen, including CDs with talks by Dennis Rainey speaking to your child about sexuality.”

“Captivated: Finding freedom in a media captive culture — This documentary introduces families to the need for limiting media input, and not just sexualized media. Learn about how the medium of video changes the way our brains work and how we relate to the world around us.”

“Books I Recommend by John Foubert”

have recommended this Christian book. After hearing of the life changing impact it had on them, I read it. I was very impressed, particularly by the accompanying *Seven Pillars Workbook*. The workbook is a great resource for a group working together that are looking to fight the spiritual battle against sexual impurity.” (John D. Foubert, “How Pornography Harms”, John Foubert.com, April 2016, [http://www.johnfoubert.com/how-porn-harms](http://www.johnfoubert.com/how-porn-harms))


“As another good book written from a Christian worldview is Steve Gallagher’s *At the Altar of Sexual Idolatry.*” (Gallager, S. (2007). *At the Alter of Sexual Idolatry.* Dry Ridge, KY: Pure Life Ministries.)

“As another book for Christians that could be helpful is *Finally Free* by Heath Lambert. The goal of the book is to show readers how to use the power of Jesus to free you from pornography. The book takes a grace-based approach, which will appeal to many people.” (Lambert, H. (2013). *Finally free: Fighting for purity with the power of grace.* Grand Rapids, MI: Zondervan.)


“…written from a psychologist’s point of view and is devoid of religious references, a good choice is *In the Shadows of the Net* by Dr. Patrick Carnes and Dr. David Delmonico.” (Carnes, P. & Delmonico, D. (2007). *In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior.* Center City, MN: Hazelden.)

“This 25-page booklet answers this question: "Is it really possible to slay the dragon of pornography and fantasy once it has gained control of your life?" David interviews a man named Bob who experienced deliverance by the Lord from this part of his life. The man's fantasy life was intoxicated by pornography. Even though he was raised in a Christian home by loving parents, when puberty came, his struggles carried him into fantasy life and 25 years of masturbation. Then God delivered him to experience the joy of choosing purity.”

“Bob found friendships which "helped preserve and protect" him, as he asked Jesus to help him get rid of pornographic images p.4. The author tells that God helped him many times and used him to help another man tempted by lust. God " in His electing love and good will... made sure that I chose Him," the man told David Powlison. P. 8. He said he spent "much time praying that God would protect me." He is a Christian, and yet he described his youth as "all those hormones were first running around in my body." P. 10 "I stuffed the struggles inside and created a dragon."

“Though still aware of lust in his being, the interviewee explains how he needed to be vigilant in his walk with God, His love and protective power, to enable him to defeat this evil. P. 11 "Since last year God has enabled me not to indulge in mental sexual adventure, or lewd jokes, or pornography." Bob says that he now has the capacity to say "I want you, Lord, and not that. (meaning pornography)."

“He describes how now he consciously treasures his relationship with Jesus and how he is learning to love his wife and put her before him. He shares that Jesus continues to help him change, as he has become less angry and not so filled with self pity. P. 13. The man confesses that he committed some terrible sins and now desires to forgive completely, "That I might learn to die to myself through Jesus' grace." P. 15

“In the interview Bob recognized how his early experiences-- being molested by a baby sitter, voyeuristic incidents where he witnessed naked women, and reading Playboy all contributed to "my pattern of sexual
obsessions . . ."

“A very helpful scripture for him was James 4:6. He learned that in humility, he had to be willing to ask others for help to conquer his addiction and could not go it alone. He warned against being "a Lone Ranger Christian" and stressed the importance of reminding himself that he was not fighting this battle in his own strength but rather turning to Jesus for strength. Bob shares that though sex is intoxicating, "Jesus Christ is more powerful. Once I got honest, I found grace."

“David Powlison is the editor of the Journal of Biblical Counseling and a faculty member and counseling staff at the Christian Counseling and Educational Foundation in Glendale, PA.”

“On a scale of 1 to 10, I would rate this booklet an 8. One unique aspect of this story is that Bob never actually acted out with anyone from his obsession. He never committed fornication or adultery as a result of his sexual fantasy life. And yet the pornography continually "needed to be fueled through my eyes and imagination" until he found freedom, and now he has closed the door on that "tape" library.”


**Articles**

*Pornography Addiction: A Stronghold Inside Church Walls Too*

*The Sin that so Easily Entangles*

*The Power of Porn*

*An Affair of the Mind*

**Sermons**

*Constant Safeguards* by John Harvey
A Blue print for Purity by Jeff Hughes

The Curse of Pornography by Jesse Norris

There’s Nothing Soft About Porn by David Moore


“You can have an advantage over millions of men in the world. You can have a better life. If you want to reap the benefits right away, without failing over and over like thousands of men do daily, check out our program: How to Quit Porn FOR GOOD.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“If you or someone you love is struggling to break free from porn, may I suggest you download my new free eBook, The Battle Plan: A Five Step Approach to Removing Pornography From Your Life.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)


“If an individual is married, sharing this inventory with their spouse can often be a delicate and sensitive process. Some spouses can be traumatized by too much detail early in recovery. I highly recommend reading a book on disclosure such as ‘Discussing Pornography Problems with a Spouse’ by Dan Gray and Rory Reid or ‘Disclosing Secrets’ by Jennifer Schneider and Debra Corely for further information on this topic.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Ironically, I am most grateful for two things I normally try to avoid: guilt and fear. Augustine records rather candidly that, except for the fear of God’s
judgment in the afterlife, Epicurus would surely have lured him even deeper into carnal pleasures. A similar kind of fear and guilt kept me on edge during my long struggle with lust.”

“If you or someone you love is struggling to break free from porn, may I suggest you download my new free eBook, The Battle Plan: A Five Step Approach to Removing Pornography From Your Life.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships)

“Founded in 1962, National Center on Sexual Exploitation is the leading national organization opposing pornography by highlighting the links to sex trafficking, violence against women, child abuse, addiction and more. The organization changed its name from Morality In Media to the National Center on Sexual Exploitation early in 2015 to better describe the organization’s scope and mission, which is to expose the seamless connection between all forms of sexual exploitation.” (Nicole Dailey, “Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/)
The scope of the issues is only growing. A study published in 2014 of seventh-graders found that 22 percent admitted to sexting. The availability of so-called freemium apps, which are free to download but include their own mini-stores to buy goods, dominate the Google and Apple app stores. Between 2012 and 2013, money spent inside freemium apps grew 211 percent, according to the research firms App Annie and IDC. (Brian X. Chen, "For Parental Controls, iPhones Beat Androids", The New York Times, December 23, 2015, http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

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“Here are some practical suggestions to get you started:


• “Be wise: have a plan for your free time, avoid things/places/people/music/movies that would tempt you, get rid of the data on your phone, use a program like Covenant Eyes on
your computer, leave your computer in a common area at night.”


- “And lastly, be kind to yourself! You’ve never been here before, and you are climbing a huge mountain…but it’s going to be worth it. God is with you!” ("Top Pornography FAQ’s – What About Pornography", Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“If you feel you need more than the above, please prayerfully consider seeking out a professional counselor in your area.” ("Top Pornography FAQ’s – What About Pornography", Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“Set boundaries with your mobile device. Nowadays, our smartphones and tablets are even more of a gateway to pornography than a desktop computer. The same online accountability applies to your mobile device. Set boundaries and use software to monitor all online activity.” ("10 Ways to Fight Pornography" All Pro Dad, Accessed March 18, 2015, http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/)

“A recent study asked a group of kids how often their peers look at porn online. They responded that it was often. The study also asked what parental controls were in place on their devices, and almost all said none — because their parents trusted them. These parents have no idea what their children are seeing.” ("10 Ways to fight Pornography", All Pro Dad, Accessed October 19, 2015, http://www.allprodad.com/10-ways-to-fight-pornography/)

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“If you feel you need more than the above, please prayerfully consider seeking out a professional counselor in your area.”
1. Start with what they already know.
You have already been talking about family values, their bodies, and personal safety issues. Build on that to help them be aware of the dangers of pornography in age-appropriate ways.

- "In our home we know to wear our clothes around other people. We take them off only in private or when we need help from someone like mom, dad, or a doctor. Sometimes you might see pictures of people who are not fully dressed. They may not be wearing any clothes at all. When that happens we look away, and tell mom or dad right away. We can help you know what to do and you'll feel better."

- "We have talked about good touch and bad touch before. We know that the private areas of our bodies are special. Sometimes you might see pictures of people showing these private parts. This is not good. If you see this look away and quickly come tell me!"

2. Teach children what pornography is in age-appropriate ways.
Definitions give power. From the simplest explanation to a full definition for older children, giving children the words to describe what they have seen opens the door to them coming to you in the future.

- "You know we have fun together sharing our favorite family pictures. But you should know that sometimes people share very bad or inappropriate pictures or videos that show people without any clothes on. Have you ever seen anything like that?"

- "You might have heard kids at school making jokes about something called pornography. Pornography is media that openly shows or describes nudity or sexuality and is intended to create sexual feelings. It can be online, or in video games, movies, photos, music, magazines, ads, and books. It is a false and harmful way to experience sexuality, so it's a good idea for us to plan together how to avoid it!"

3. Practice with your family what to do if they see pornography.
Just like a fire drill, your children need to have a plan so they can react quickly when they encounter pornography.

- "Let's make a deal with each other, OK? If you see anything like pornography, get away from it as fast as you can and tell me right away. Let's agree to tell each other within 10 minutes if we can."

- "What could you say to a friend who wanted to show you pornography? Do you have some ideas? Maybe you could turn away and say: I don't want to see that! That's disgusting — put it away. You shouldn't be showing that."

4. Be upfront about your concerns.
Are you worried about talking about pornography? Being honest about your concerns can go a long way to opening up a conversation.

- "It may be awkward to talk about this but it's better than not talking at all, isn't it?"

- "I've just started learning about this subject, and I know there's more to learn. I would like to hear what you know about pornography, and when we can learn together to be smart online."

- "I wish I had done a better job of talking to you about this in the past, but it's not too late to start now."

- "I worry that if you hear about pornography, you might want to see what we are talking about. It is natural for kids to be curious and want to learn more about things, but the reason I am talking to you is because pornography is very dangerous, and I want you to be prepared to avoid it anytime, anywhere."

5. Take opportunities to praise kids for good decisions.
Children gain self-control and personal power when they learn to see themselves as good decision makers. Here's what you want to grow!

- "I noticed that you changed the channel when that inappropriate ad came on. I'm really impressed that you made that good decision and acted so quickly. I bet you feel pretty good when you take control of what you watch. That will keep you safe from things like pornography."
6. Build on their desire to be trusted and grown-up.
Children look forward to growing up and want to be respected and trusted with important things. Give them credit for how difficult it is to grow up in this time.

- "You are growing up so fast and I think you are ready to talk about a really important thing. I know I can trust you to make good decisions when you understand how important it is to stay away from pornography."
- "You are such a wonderful kid, and this is a hard world we’re living in. I know you’re trying to keep away from bad stuff online. It’s tough! Are there some rules we could set together that would help keep you safe? I trust you, but I don’t trust people who want to get you trapped. What do you think might really help?"

7. Use examples in the media and news.
Our cultural environment is littered with sexualized media, and the news is filled with stories of sexual misconduct. Use them as natural conversation starters! When you see or hear something, think of it as a learning opportunity and ask your kids what they think. Give them lots of space to talk, even if it means being silent for a few uncomfortable moments. You’ll be surprised at how much they open up.

- "Goodness, there’s another ad showing a woman who is barely dressed. Why do you think advertisers use scantily-dressed women in their ads? What kind of a reaction are they trying to get from you?"
- "This morning, I read a news story about that kid in high school who was sexting and sharing those photos with everyone. Have you heard of anything like that at your school? What do you think about it?"

8. Share a personal experience.
Sharing your experiences can be life-changing for your kids. Have you seen images that you wish you hadn’t? How did you react? Did you wait later that you had been prepared to know how to do? What have you learned to do better now? It will help them to feel like they can share their own experiences and feelings without shame and judgment when they understand that you have experienced some of the same struggles.

- "Sometimes when I’m on the Internet, I’ve accidentally seen pictures that make me feel very uncomfortable, but at the same time it is hard to look away. They show naked people and they are treating each other in disrespectful ways. It’s called pornography. Have you ever seen anything like that?"
- "When I was about your age, a friend showed me some pictures of some naked people that were in a magazine. I didn’t know what to do. I didn’t tell anyone because I was so afraid I’d get in trouble. So I never told anybody. Now I realize that I was just a child and I didn’t do anything wrong. Sometimes we see things that are a little shocking. Has anything like that ever happened to you? I hope you know you can always tell me. You won’t be in trouble at all!"

9. Read current blogs on this issue.
The time you spend preventing problems now can save years of tears later. So periodically, spend some time to get educated to help your children. You can use these topics as conversation starters with your family. See a list of recommended websites below.

- "I read something really surprising today. I learned that most parents think they have talked to their children about internet safety more often than their children say they have. I bet that’s true here too! What do you think?"
- "I read an article today that says that viewing pornography can become an addiction just as bad as any drug addiction. Have you ever heard that?"

10. Follow up on these conversations and check in regularly.
Once you have done the hard work of starting, keep it going! It will get easier over time and your kids will become more comfortable coming to you when they have challenging experiences.

- "Is there anything like pornography stuck in your mind from a long time ago? Do you want to tell me about it so you can let it go and forget it?"
- "Sometimes kids see pornography accidentally or when friends show them things. Have you seen anything like pornography since the last time we talked? What did you do? What could you do if that happens again?"

Let’s raise the first generation to be prepared to reject pornography!

The Prevention Task Force of the Coalition to End Sexual Exploitation, a project of The National Center on Sexual Exploitation, includes these organizations who collaborated to share this message.

National Center on Sexual Exploitation
Protect Young Minds
Educate Empower Kids
Utah Coalition Against Pornography
Women for Decency
White Ribbon Week
Fight the New Drug
Enough is Enough
Purity Works

“Prevention Tips:

• Start a dialogue with your child about the harms of viewing pornography
• Keep the lines of communication open
• Talk about healthy sexuality in age appropriate ways
• Implement parental controls (filtering, monitoring, time limits) on ALL Internet enabled devices
• Review these safety guidelines and videos and share with your friends and relatives
• See EIE’s Rules N’ Tools Safety tips and videos for more details”

(Donna Rice Hughes, Typed from CRU Mail Article, “Just Harmless Fun”, June 13, 2017)

RESOURCES

• “Pornography 101” (Internet Safety 101)
• How to Talk to Your Kids About Pornography (from educateesteemkids.org)
• Talk Today, Safe Tomorrow: Top 10 Ways to Start Conversations About Pornography
• EIE’s “Recovery, Survivor & Victim Resources”

“My Teen’s Social Media Contract”

“The internet is the Wild West of modern times, expansive, unpredictable, thrilling, full of adventure and danger. Dropping our tweens or teens off in this strange land with a fervent prayer that they’ll be OK and some wishy-washy advice (Be careful! Make good choices! Don’t trust strangers!) isn’t enough. They need guidance created from the morals and structure that already exist in the family.”

“With that in mind, I recently created this social media contract for my 13-year-old daughter. On her 13th birthday, we allowed her to have Instagram, and she posted an image of herself that we weren’t OK with. (After receiving two texts from watchful eyes, I found that both of her older brothers felt the same way.) It occurred to me that creating a contract would not only outline some things we hadn’t gone over specifically enough, but would create a barrier to a lot of arguing over what the rules
actually were. There’s no way to argue with an agreement signed by both
parents and the child! You can dislike it, but you can’t say it doesn’t exist.”
(Maggie May Ethridge, Scary Mommy, “My Teen’s Social Media Contract”, site accessed December 4,

“Without further ado, here is the contract: (Maggie May Ethridge, Scary Mommy, “My
Teen’s Social Media Contract”, site accessed December 4, 2017, http://www.scarymommy.com/my-
teens-social-media-contract/)

1. “I agree to keep my settings at ‘private’ at all times.”
2. “I agree not to post any pictures of bodily parts. I will only post
pictures of myself or friends if they include our faces. I understand
this is not because there is anything wrong or shameful with any parts
of my body, but that it is not healthy to sexualize myself to strangers
as a young person.”
3. “I agree not to post sexualized images. This includes kissing of any
kind, grabbing body parts or making sexual gestures of any kind.
There is nothing wrong with being silly, but the Internet is not a safe
place for a young girl to be silly in a sexual way.”
4. “I agree to be respectful of myself and others in the words and
images I use. This includes agreeing not to use social media to mock,
tease, embarrass, gossip or reveal secrets.”
5. “I agree for safety not to reveal the specific place I am when I am
there. For example, I will not post a picture saying ‘I am at the pool
with a friend and then we are walking home.’”
6. “I agree to immediately tell an adult family member if I ever receive
any threatening or sexual messages or images on any social
channel.”
7. “I agree not to view pornography. I understand that sex is a wonderful
an healthy part of an adult life, but that pornography is a different
thing than sex, and not healthy for a young person. I understand that I
cannot control the images I see once I start looking at a pornography
page or video, and those images will never leave my brain, and that
can be harmful to my emotional and spiritual health. I agree that if I
accidentally stumble across pornography or a friend shows it to me, I
will stop watching. I understand that pornography is a complicated reality and that many of the young women and men in the videos that pop up are online are hurting and being treated badly. It’s natural to be curious and there is nothing wrong with that, and I understand that when I am a young adult, I can make these choices for myself, but until then, I agree not to view this material.”

8. “I agree to acknowledge that everything I put online is permanently available, even if it can be immediately deleted or hidden. I understand that people who know technology well can access images and words that have been deleted even if the app tells you otherwise. I understand that even private messages can be copied and pasted somewhere else. I understand that when I am grown and an adult, someone can look my name up and find every single thing I’ve ever put online. This includes bosses, boyfriends, girlfriends, future family and friends, neighbors and co-workers.”

9. “I agree that when I am having family time, I will put away my devices, including my phone. This goes for the adults as well.”

10. “I agree that occasionally I will have Internet backouts. This means that when I am showing signs of need to take a tech break – such as lack of reading or creative activities, irritability, constantly pulling out my phone, unable to concentrate and not wanting to participate in family activities or time – my parents might ask that I stay off the Internet and my phone for a day or two.”

11. “I agree to be done with all tech including phone by 8:00 nightly unless I have asked for and received an exception.”

12. “If I do not follow these agreements, I understand that I will lose my social media privileges for as long as my parents feel it is necessary. I understand that my brothers, my grandmother and my parents love me more than anything in the world and create these boundaries out of that love.”

#40 WE HAVE TO TALK ABOUT PORN
#41 5 MUST-HAVES TO PORN-PROOF OUR MARRIAGES

“I grew up in an era where the prevailing thought was, “You can look as long as you don’t touch.” Sadly, this was the “manly motto” that most boys heard as they matured into young men. It was a lie then, and it is still a lie today. The natural outcome of this philosophy has led millions of boys and men into a pattern of porn that has reached pandemic proportions. Beyond despairing is the undeniable fact that, as Christians, our lives aren’t much different when it comes to controlling what we put in front of our eyes.”

“At the core of this issue is the reality that pornography itself is not the root of the problem. In some sense, pornography has and will always be available. The true dilemma here is that we have placed ourselves before God and our wives. It's a heart issue. As men, we will protect what matters most to us. If we don’t take the action needed to protect something, we really don’t care too much about it.”

“My adult daughter recently shared that she was watching a sporting event on T.V. with a group of twenty-something friends that included several young men. A commercial came on that displayed scantly-dressed female models. Some would say the commercial was “soft-porn.” As she and other young ladies sat uncomfortably around this group of young men, not one of them had the conviction to get up and turn off the T.V., or at least turn the channel. This scene epitomizes today’s man when it comes to the topic of immodesty and pornography. We lack godly-resolve that compels us to actively protect what should matter most to us. This must change.”

“As a Christian man that is married, I have two life-priorities that need to take highest precedence: 1- my relationship with God and 2- my relationship with my wife. These relationships define me as a man and compel how I live my life. By God’s grace, he has blessed me with children and my role as a father is added to this life-defining relationship list. Within each God-defined relationship, I am called to love in a manner that places others before myself. I must relentlessly pursue a course of life that positions God, my wife and my children before myself.”
“When it comes to protecting what matters most, I must resolve to have eyes that honor my God, my wife and my children. If this “resolved-eyes” resolution means anything, it necessitates my highest commitment to the protection and provision around these relationships. If I say that Jesus Christ is my everything, my everything must truly be His.”

“I'm reminded of a young Jew named Daniel who purposed in his heart not to defile God with his life (Daniel 1:8). To have resolved eyes, we must first have a resolved heart. This doesn't mean we'll ever be perfect, but what it does mean is that we will never give up our pursuit to put God and our families before ourselves (Matthew 6:33).”

“For me, this is a daily pursuit of taking care of what matters most. I am compelled to continually engage the battlefronts around these relationships. If I'm not actively fighting the battle, I'm losing it. Given the unabashed access to immodest and porn-laced web content, the online world in which we all live must be perceived as a huge battlefront of epic proportion. Hence, step one requires that we discern the enemy’s tactics and strategize a plan to defeat them. Here are my “5 Must-Haves” when it comes to this battle-front strategy to "porn-proof" our marriages (and families). While they pertain specifically toward husbands, I believe the principles apply for wives as well:”

1. "**Keeping God at the center of my life and my marriage starts with my mind.** I must daily take in God’s truth and grace through His Word, knowing what I take in on a regular basis will define who I am and how I live. We're called to "renew" our minds, "set our minds on things above" and not on the things of this earth (Colossians 3:2) and to think about things that are "honorable, whatever just...pure...lovely... commendable...worthy of praise" (Philippians 4:8)."

2. "**Maintain an uncompromising love for God and my wife.** Any form of immodesty that could lead toward lust must not be something I willingly put in front of my eyes. As important, I must protect my family from it as well. This certainly means that any form of porn,
however loosely-defined, is something that I will not tolerate in my life. I've often shared with my children that if it's wrong before God, it's wrong before us. From a very practical standpoint, this will greatly limit the entertainment in my life and the movies I will see. It is a small sacrifice to give up for the sake of my walk with God, my wife and my kids.”

3. “Total Transparency before God and my wife. My online activities are an open book for anyone to see - especially my wife. Filters are also great. Yet, the greatest "filter" needs to be God's Spirit within me. I must embrace the Coram Deo life, i.e. that I live my life before the ever-presence of God within me (my body is His temple - 1 Cor. 6:19-20).”

4. “Keep the battle in front of us. I talk about this topic on a regular basis with my wife and children (age appropriate, of course). My teen and young adult children know that the online and entertainment world is a battlefront that requires the full armor of God. They know that like anything else in life, the battle-readiness starts with God Himself. He is our source of power in this battle. His grace and truth rule and provide us our greatest offense and defense.”

5. “Pulling together to fight the good fight. Going beyond my own family, we need to be addressing this issue at the “body” and church-wide level. Not only are marriages and families being destroyed, our witness for Christ is being greatly weakened. In Christ, we live in community. I pray that our pastors and men within our churches make this a regular topic of conversation. Resolved eyes must become a priority and a life-mission where we seek to protect what matters most. What are we saying if we don't?”

“Wives and moms out there, we need you to fight the battle with us. We need your prayers, encouragement and help. If you're a single-mom, reach out to a male relative, your pastor or other godly man that can assist you in building this life-principle into the heart of your son. Every boy and man out there needs to have a mentor to stand alongside them in this battle. We can't go it alone.”

Josh McDowell Ministry 2019
“No doubt we have taken some serious hits and losses when it comes to pornography. However, the battle is not over. Regardless of our past, Christ calls us to walk with Him in the present. Like Daniel, we can resolve in our hearts not to defile ourselves before God. We can choose God, our wives and our children over this world and the lust of the eyes it will offer us. In Christ, we can have resolved eyes.”

"But Daniel resolved that he would not defile himself..." Daniel 1:8


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UPDATES JANUARY 2019

Spouse Addicted

4 Ways To Respond To Your Spouse's Porn Problem G1 7.10.18

“Here are four initial steps…”

“1. Under no circumstances should you accept any responsibility for your spouse's actions.”

“2. Be gentle in the way you approach your spouse.”

“3. Accept denial as a natural response of the spouse who is caught…”

“4. Don't believe the worst in your spouse… Offer empathy and encouragement to get help.”


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Porn – The Key to Completing the Great Commission

“Over 40% of women and 60% of men are dealing with sexual addictions. (http://www.puredesire.org/images/resources/pure-desire-promo.mp4) As a global church, we are failing at making disciples if we do not disciple individuals toward obedience in sexual integrity.”

“…we must deal with the underlying factors driving the behavior. … it’s not just a sin issue or a behavior issue, it’s brokenness and painful life experience issue. … trauma from painful life experiences is one of the key factors that lead to addictions. (http://www.recovery.org/pro/articles/trauma-and-addiction-7-reasons-your-habit-makes-perfect-sense/)”

“We don’t need behavior modification, we need soul transformation.”
Book Review: Parenting the Addicted Teen

1. “The first step for parents is to practice being present. … parents can help their children to feel loved and important – even in the midst of an addiction.”
2. “Parents must also learn to become emotionally attuned to their children.”
3. “Responding to children without judgement.”
4. “More often than not, what children really want is sacred family time where laughter, joy, and shared positive experiences create lasting memories.”


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Pornography: A Public Health Crisis

“Unmanageable at the Individual Level:”

“The pervasive depictions of softcore and hardcore pornography in popular culture, and their easy accessibility via streaming and mobile devises, produce problems and significant risks outside the ability of individuals and families to manage on their own.”

[National Center on Sexual Exploitation, Pornography: A Public Health Crisis, July 14, 2015, (https://endsexualexploitation.org/publichealth/#_edn2)]

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Counselor Shares 5 Strategies to Keep Kids from Porn Addiction
Just this week I was sitting in my office with the mother of a 13-year-old son who was waiting in the lobby for his turn. Without any words spoken, I could feel the fear, despair, anger, and grief of this good woman who had done all she knew to keep her family safe.

My heart ached for her! This was not the life she had envisioned for herself or her son.

So many parents, like this kind-hearted mother, have been bewildered by how easily pornography can infiltrate the lives of good kids. Pornography is ubiquitous and we cannot underestimate it. Today’s parents must actively and deliberately strengthen their children’s resilience to pornography.

I have personally witnessed how pornography destroys men, women, teens, children, marriages and families. It reaches into the most private and intimate corners of our lives without mercy and without remorse. It is no longer a growing tide of destruction; we are already drowning in its dangerous grip.

I once found myself in its grip and fought my way out through family support, counseling, and rigorous honesty. I have now dedicated my life, as a professional counselor, to preventing addiction and helping people recover. I recommend five ways parents can prepare their children to steer clear of pornography while growing up in our porn-saturated society.

Be the authority about sex

Someone is going to teach your child about the human body, sex, and pornography; hopefully it’s you! If it isn’t you, it may be a kid at school or, more likely, the internet. Your child will hear things about sex and have questions. It is your privilege to teach them about private body parts and the special importance of sexual relationships between parents.
It is essential you teach them *how to recognize pornography and what they should do when they see it*. As you set yourself up as the person with answers, they will **continue to come back to you** as more questions arise.

**Talk to your kids early**

While this conversation may be uncomfortable for you, **children don’t have any concept of awkward**. To them, this conversation isn’t any different from when you taught them about toilet training, brushing their teeth, or how to cross the street safely. There are many advantages to talking with your children when they are young.

If you wait until adolescence (around 12 years of age) your child will already be drifting away from you, **looking to peers** and other adults for answers. Besides this, kids are generally being exposed to pornography during the elementary school years. If you start teaching your children young (ideally as early as they have internet access) they **still see you as the all powerful parent** they need to rely on.

**Learn to recognize the fear cycle**

Many parents feel anxious when they make the decision to talk to kids about pornography. However, you cannot allow this anxiety and fear to make decisions for you. When we allow fear to take over, we slip into what is called the **fear cycle**. Fear can lead to excessive worry. We worry because we hope that constant thinking about the problem will lead to a solution that prevents us from having to face our fears. The act of worrying causes us pain. This pain leads us to feel further fear and anxiety. **Hence, it is easy to stay stuck in fear!**
Manage and neutralize your fears

Here are three ways to escape from the fear cycle:

1. **Choose to take your fears and discomfort to a trusted relationship.** Talk about your fears to your spouse, family member, friend or church leader. Let them know exactly what you are feeling and what you think is the source of these feelings. Often fears stem from some perceived loss of control, not genuine danger.

2. **Journal your feelings in detail and think about how they are impacting your choices.** Writing down feelings can help a person better understand where they are coming from and what to do with them.

For example, you might write, “I’m afraid to use the word pornography. I never heard my parents use that word. It feels like a word that shouldn’t be
used. I feel anxiety when I think about talking to my child about pornography. But talking about the harms of pornography is nothing to be ashamed of. I internalized the wrong message as a child. If I don’t talk to my child, they might see pornography and not know what to do. I want my child to feel safe talking to me.”

3. **Another healthy alternative to the cycle of fear is physical exercise.** Taking care of yourself physically can help you think more clearly. Working through your emotions and taking care of yourself is especially important if you discover your child has been using pornography.

   If you need more help knowing how to help a child begin to heal from pornography exposure or use, [Click Here](#) to get our free SMART Plan Guide, which includes tips for what exactly to say to a child and what questions you need to ask. This guide comes with a bonus: *Teen Shares 7 Tips for Overcoming Pornography.*

**Use reflective listening**

As parents, we often struggle to hear what our children are telling us because we are wrapped up in trying to say the right thing in order to “fix” them and their problems. This approach does not encourage our children to clarify their thoughts or tell us more.

I encourage parents to practice **reflective listening** when talking with kids. This is a communication strategy where the listener summarizes and repeats back what they heard the speaker say. Reflective listening often starts with phrases like this:

- What I’m hearing you say is…
- Help me know if I got this right.
- What you mean is…
- I’m hearing you say…

It’s even more helpful if a parents can help a child identify feelings, using statements like this:

- I think I’m hearing you say you feel afraid when…
- You are sharing that you feel sad about…
• I get a sense that you feel confused because of…

You will find that your efforts to help a child go much further when you first listen and then clarify with questions. Here is an example:

Mom: “So honey, what do you remember about what Mommy and Daddy talked you about last night?”

Child: “Ummmmm, I think you said that pornography is pictures of people without any clothes on. You want me to come talk to you whenever I see it. You also said that you want me to be safe. But I’m always safe…!"

Mom: “I’m so glad you remember that Mommy and Daddy want you to talk to us if you see pornography and we want you to be safe. But I sense that it’s important to you that we trust you to make safe choices. You are saying that mommy and daddy shouldn’t have to worry about you. Is that right?”

Child: “I don’t like it when you worry. It makes you cranky.”

Mom: “Oh. So when Mommy and Daddy worry, we get cranky and you don’t like that.”

Child: “Nope. You get the most cranky, Mommy.”

It might be a little awkward to begin communicating in this way, but as you can see from the example, it allows your child to express what they really feel — even if what they really feel is a little difficult to hear! This is when you return to step two and work through your feelings by talking privately with a friend or your spouse.

It is my sincere hope that these five steps will help you to build a more connected relationship with your children. A strong parent/child relationship is the most important foundation to building your child’s resilience to pornography.


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5 Ways to Teach Kids to Say NO! to Porn with Assertive Communication Skills

“Do you remember a time when you didn’t know how to speak up for yourself? Maybe you had a childhood experience like one mom who didn’t know what to say when her cousins showed her some risque magazines from under their parent’s bed. That’s why kids need assertive communication skills!”

“What if I told you that teaching your kids assertive communication skills will help them say no to porn? It’s easier than you think!”

“Keep reading to learn how kids can learn specific skills like I-statements that will prepare them to speak up for themselves.”

“What is assertive communication?”

“Communication can be broken down into (at least) three different styles: passive, aggressive, and assertive. When you speak passively, you may not say exactly how you feel because you want to please others. When you speak aggressively, you may overpower a conversation and say exactly what is on your mind, without thinking about the needs of those around you.”

“Assertive communication is a nice balance between passive and aggressive. Assertiveness is ‘the ability to speak up for ourselves in a way that is honest and respectful.’”

“Being assertive sounds like, ’I feel uneasy when I see previews for those kinds of movies, so I’ve decided not to watch them. What other shows do you have?’”

“Assertive communication skills go hand in hand with setting boundaries, or communicating the things you need in order to feel safe. When children learn how to speak up for themselves in a respectful way, they feel more confident and secure.”
“Assertive communication does not come easily to everyone, but it can be learned through practice. Some kids (and adults) find it very hard to say no. You may be chuckling because you’ve heard the word ‘no’ twenty times today! But refusing to clean your room and refusing to watch a video when all your friends are gathered around are two different stories.”

“How is being assertive going to help my child say no to porn?”

“Sometimes, kids are exposed to pornography by other children. GuardChild reports that:”

“29% of unwanted exposure to sexual materials occurred when children were online with their friends.”

“38% of teen girls and 39% of teen boys say they have had sexually suggestive text messages or emails shared with them that were originally meant for someone else.”

“Younger children are not protected from this either. If there is a cell phone or computer around, there is a chance for exposure to pornography.”

“While you may have certain rules and filters at your house, this may not be the case away from home. Have you practiced with your child what to say to a friend when they come across pornography together?”

“Your child may feel peer pressure to view porn because they want to be accepted by their friends and they worry they will be rejected if they don’t go along with other kids.”

“For example, how would your child respond to a friend at recess who shows them a bad picture on a cell phone? Let’s take a look at an assertive response:”

“Kathy comes over and says, ‘Susan, you’re not going to believe this picture of Joan.’
Susan sees the picture and thinks, Oh no, poor Joan!
Kathy laughs, ‘Isn’t this hilarious? Jace just texted it to me.’
Susan says, ’No, it’s not funny. I feel uncomfortable looking at that
picture. And I don’t think Joan would like us looking at it either. Let’s go tell a teacher.’’

“Notice how Susan spoke up for what she knew was right, without aggressively accusing Kathy.”

“**Kids can use powerful refusal skills if they are taught what they are and when to use them.** Using assertive communication skills, your child can encourage others to do things that are GOOD. Wouldn’t it be great if adults discussed positive peer pressure moments with kids just as often (or more) than the negative ones?”

“Even young kids can learn steps to take to be safe from exposure to pornography! Start the easy way with our read-aloud book for kids ages 3-7.”

“5 ways to strengthen assertive communication skills in your home”

“If you want your child to stand up to negative peer pressure, including situations involving pornography, they need a chance to develop assertive skills at home. It’s never too early to teach good communication skills! Here are **five things you can start doing TODAY** to help everyone in your home become more assertive:”

“**Get familiar with the three communication styles:** assertive, passive, and aggressive. Ask yourself, which style am I regularly modeling for my children? Follow the tips in these articles if you want to improve your own assertiveness:”

“The Mayo Clinic on Assertiveness”

“Kidshealth.org on Assertiveness”

“**Help your child label their feelings from the very beginning.** As children build their emotional vocabulary, they will be able to communicate better how they are honestly feeling when they are distressed.”
“This might sound like, ‘Oh, Johnny, you tried three times to put your shoe on and it just won’t go on! You must be frustrated.’”

“Teach preschool and elementary-aged children to communicate with an I-statement.”

“I feel ___________ when you _____________ . Please _____________.”

“For example, ‘I feel frustrated when you want me to hurry up but I can’t find my shoes. Please help me.’”

“I-statements are one way to communicate honestly, directly, and respectfully without placing blame or judgment on others. This is assertive communication at its finest!”

“Give your kids opportunities to practice speaking up for themselves! Deidre Parsons recommends ideas such as:”

“Let your child order the food at a restaurant.”

“Encourage kids to voice their opinion on current events at the dinner table.”

“Coach your child on how to talk to their teacher about their grade on a test or a missing assignment.”

“These little experiences will add up to give your child the confidence to deal with bigger issues in the future (like peer pressure to send nudes).”

“Teach your children how to establish and respect boundaries. Coach Sarah recently shared helpful tips on setting boundaries. Kids can use I-statements to set a boundary when they are uncomfortable around someone:”

“I feel uncomfortable when you wrestle with me like that. Please stop.””
“It’s not easy to establish a boundary; in fact, it’s really hard to say this to a friend! But if our kids don’t learn how to honestly communicate their needs and values, they may end up being too passive when it really counts.”

“Practice assertive communication with your kids—ROLE PLAY!”

“Practice, practice, practice. Kids need a chance to practice what to say to someone when pornography shows up on a phone, in a movie, in a video game, or on a computer. Help them by role playing with them!”

“Have your children help come up with situations where they might need to speak out against pornography. Take turns being characters on different sides of the issue. Encourage your kids to use I-statements in the role play.”

“After the role play, discuss whether the response was too passive, too aggressive, or assertive (juuuust right!) How do you know? Here’s a quick checklist for assertive communication skills kids can use with a friend who is close to their age:”

“I used a calm but firm voice.”

“I made eye contact.”

“I had good posture (square your shoulders).”

“I used simple, clear words (like an I-statement).”

“I suggested a better plan of action.”

“I left the situation if my friend didn’t listen to me.”

“I followed up by telling a trusted adult.”

“Be sure to talk about recognizing the difference between peers who are sharing something inappropriate and older ‘tricky people’ who might want to harm them. Kids can practice how to respond to an adult (or even an older child) who is asking them to do something that doesn’t sound right or trick them.”
“In that case, getting away from the situation as fast as they can is the best plan! They need to know they are allowed to hit, scream and make a scene if needed. Yelling something like ‘Leave me alone! I don’t know you!’ can grab other people’s attention so they can help.”

“Make sure, by the end of every role play, you have acted out at least one example of an assertive response. Also review any steps they may need to take later to follow up (which adult they would tell, etc.)”

“Examples of role play scenarios:”

“You are assigned a partner for a school report. As the two of you are looking on the internet for information, something you searched for is blocked for inappropriate content. Your partner says he knows how to turn off the filter. What do you say next?”

“You are playing at a friend’s house. You and your friend wander into the basement where her older sister and friends are watching inappropriate videos online. The teenagers yell at you to get out. You both run upstairs and your friend asks you not to say anything about it. What do you do next?”

“You are driving in the car with mom and your cousin. Your cousin points out and laughs at a billboard that makes you feel uncomfortable. You can’t stop thinking about it after a few minutes. What do you say next?”

“Your kids can come up with ideas that fit with their own experiences. You might share some situations you faced as a child, too, and how you would respond now that you know all about I-statements!”

“As you follow the 5 ways to strengthen assertive communication skills in your home and practice by role-playing how to say NO to pornography, you are adding another layer of protection and prevention.”

“Think how great it will be to know your child has refusal skills and is prepared to say, ’I feel uncomfortable seeing bad pictures. Let’s tell dad this came in the mail.’”

Josh McDowell Ministry 2019
“Way to be a proactive parent! Do you have some thoughts about teaching kids to speak up? Join our community in our private Facebook group where you can share your ideas and questions with other parents.”

(Ashley Beveridge, “5 Ways to Teach Kids to Say NO! to Porn with Assertive Communication Skills”, Protect Young Minds, June 19, 2018, https://protectyoungminds.org/2018/06/19/teach-kids-say-no-to-porn-using-assertive-communication-skills/)

Internet Filters

“10 Easy Ways Kids Can Beat Internet Filters…”

“1.1 billion websites on the internet…”

“…tech savvy kids merely see filters as fences to climb over. …”

“Use a friend’s smartphone.”

“Use mom or dad’s smartphone.”

“Use public Wi-Fi.”

“Download a VPN.”

“Use incognito or private browsing. “

“Go online through a hidden browser.”

“Use a free proxy website.”

“Download a different browser”.

“Perform a factory reset.”

Search through Google’s “related images.”

“Porn requires a multi-faceted approach. There’s no such thing as “set it and forget it”.”

“Filtering is simply trying to keep the junk out.”

Josh McDowell Ministry 2019
“Monitoring means keeping track of the clicks. Where a person clicks says a lot about what’s going on inside of that person’s heart and head.”

“Accountability…”

“…accountability partner is someone who can have constructive, constant, loving conversation with another person about how he/she is navigating their tech.

“…national survey by Barna …”

“This survey found that 29% of adults in the general population admit to looking for pornography at least once a month. For those who have blocking technology installed, 39% say they actively seek out porn monthly…”

“Covenant Eyes is a perfect tool parents can use to teach their kids how to navigate technology. The end goal is to raise a child with understanding and skills to use technology in healthy and responsible ways. Covenant Eyes is also perfect for parents who are trying to model accountability and responsibility to their family.”

“The family that talks together walks together.”

“Can we stop a child from using his friend’s phone? No, but if a parent is having constructive, constant, and loving conversations about online activity, then the chance of that being a pervasive behavior decreases significantly. The Barna study supports this.”

“Teach kids nothing is secret on the internet!”

“In summary, there is always a way to beat a filter. When your kid (and his/her friends) are showing signs of technical smarts (or at least by the time you give them a phone) you would be wise to begin monitoring their internet activities.”

“Monitoring paves the way for discussion. This is not spying! Kids need to learn that nothing is really secret on the internet.”
“This book (Good Pictures Bad Pictures) is so much more than just ‘don’t watch or look at porn.’ It gave my children a real understanding about the brain and its natural response to pornography… and [explained] how to be prepared when you do come across it. Highly recommend!” Amazon Review from January 13, 2017


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We Have Some Bad News for You About Porn

“Internet filtering tools, like parental controls, are largely unsuccessful in preventing young people from watching porn online, according to new research from the Oxford Internet Institute. Researchers believe understanding how effective these online tools are can help us determine how content is shared and how useful it is in communication.”

"It's important to consider the efficacy of Internet filtering," said Dr Victoria Nash, co-author of the new study, in a statement. "Internet filtering tools are expensive to develop and maintain, and can easily 'underblock' due to the constant development of new ways of sharing content."

“Nash says filtering can “overblock” young people who might be trying to access health and relationship information, leading to concerns about human rights violations.”

“Published in Cyberpsychology, Behavior, and Social Networking, the study analyzed self-reported data from nearly 20,000 boys and girls aged 11 to 16 who were asked whether they had looked at porn on their home computers. Almost half of the participants had some sort of filter applied at home, but still saw about the same amount of porn as those who didn’t. Furthermore, “filtering tools are ineffective and in most cases were an insignificant factor in whether young people had seen explicit sexual content.”
“Interestingly, the researchers found that between 17 and 77 households would need to use filtering tools in order to prevent a single young person from accessing sexual content, and even then, a filter “showed no statistically or practically significant protective effects.”


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Parental Controls do not stop teens from seeing pornography

“Oxford Internet Institute, University of Oxford…”

“‘We were also interested to find out how many households would need to use filtering technologies in order to stop one adolescent from seeing online pornography,’ says co-author Professor Andrew Przybylski. ‘The findings from our preliminary study indicated that somewhere between 17 and 77 households would need to use Internet filtering tools in order to prevent a single young person from accessing sexual content. Results from our follow-up study showed no statistically or practically significant protective effects for filtering.’


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Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me. We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:

Living Free

FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:

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Jake Kissack

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true Freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

- When God Talks | Empowered to Live Life Fully Alive | Connections that Count
- Wholeness in A Sex Saturated World | Unshakable Truth // Live For Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Brosesame // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant. Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

- You Can Handle the Truth!
- How To Find The Meaning Of Life
- Reasons To Believe In The Resurrection
- Will The Real Jesus Please Stand Up
- How Do You Make Sense of Suffering?
- Can We Trust The Bible?
- Be Prepared to Share (1 Peter 3)
- Be Prepared to Shine (Matthew 5) and more...
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

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Josh is available to speak on:

- Relationships
- Parenting
- Reliability of Scripture
- My Journey
- Self Image
- Sexual Integrity
- Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking.”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
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Illustrations

“I’d like to close with a story. In the forests of northern Europe, and Asia a little animal called the ermine lives. He is mostly known for his snow-white fur. The ermine has a peculiar pride in his white fur coat. At all hazards he protects it against anything that would spoil it.” (Jeff Hughes, “A Blueprint for Purity”, Sermon Central, February 8, 2003, https://www.sermoncentral.com/sermons/a-blueprint-for-purity-jeff-hughes-sermon-on-pornography-54871?page=7)

“It is said that the fur hunters take advantage of the ermine’s care to keep his coat clean. They don’t set a trap to catch him, but instead find his home, a cleft in the rock or the hollow of a decaying tree, and dab the entrance and interior with mud. Then their dogs start the chase. Frightened, the ermine flees toward his home, his only place of refuge. He finds it unclean, and he will not spoil his pure white coat. Rather than go into the unclean place, he faces the yelping dogs and preserves the purity of his fur at the price of his life. It is better that he be stained by blood than spoiled by uncleanness. The ermine is right - purity is dearer than life.” (Jeff Hughes, “A Blueprint for Purity”, Sermon Central, February 8, 2003, https://www.sermoncentral.com/sermons/a-blueprint-for-purity-jeff-hughes-sermon-on-pornography-54871?page=7)

“From the invention of halftone printing in the 1880s (allowing for the creation of the first pornographic magazines), to the silent ‘stag films’ of the early 20th century, to home video players in the 70s, pornography has always ridden on the heels of new technology. Damon Brown, a regular writer for Playboy, correctly states, ‘If we invent a machine, the first thing we are going to do—after making a profit—is use it to watch porn.’” (Damon Brown, “PCs in Ecstasy: The Evolution of Sex in PC Games.” Computer Games, May 2006.) (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Make sure you are listening to God”

“A. The story is told of a man who was driving from Miami to Ft Lauderdale.”

“1. He needed to use the restroom, so he pulled into one of those rest areas on the side of the road.”
“2. He went into the bathroom and took the second stall, since the first one was taken.”

“3. Suddenly, he heard a voice from the other stall say, ‘Hi there, how is it going?’

“4. The man thought to himself, ‘Okay, I am not the type to strike up conversations with strangers in bathrooms on the side of the road. But he didn't know what to do, so he finally said: ‘Not bad.’”

“5. Then the voice said: ‘So, what are you doing?’”

“6. The man thought to himself, ‘This is getting a bit weird.’ But then he nervously replied, ‘Well, I'm going to Ft Lauderdale.’”

“7. Then the man heard the person in the next stall say, ‘Look, I'll call you back. Every time I ask you a question, this idiot in the next stall keeps answering me!!!’”


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“JOKE: A girl talking to her grandma asked, ‘How old are you?’ to which grandma replied, ‘Dear, you shouldn’t ask that question. Grownups don’t like to tell their age.’”

“The next day, the girl asked, ‘Grandma, how much do you weigh?’”

“Honey, you shouldn’t ask grownups how much they weigh. It isn’t polite.”

“The next day the girl was back with a smile and said, ‘Grandma, I know how old you are—62, and you weigh 160 pounds.’”

“Grandma was surprised and said, ‘My goodness, how did you know?’”


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Josh McDowell Ministry 2019
“One of my favorite books of all time, is The Endurance.”

“The true story about Ernest Shackleton and his crew, who in 1914 set out to cross the continent of Antarctica: But instead their ship, the Endurance, became trapped in frozen ice off Antarctica – They spent 10 months trapped on the ship – and then the ship was crushed by the ice, so the crew had to abandon ship, and set up tents on the floating ice.”

“After camping on the ice for five months, Shackletons crew made two journeys, in an open lifeboat in freezing weather across 800 miles of ocean.”

“They faced incredible problems and hardships, but they refused to give up, they kept on fighting and fighting against incredible odds, and ultimately every man in the crew survived, not one was lost.”

“But they had to keep fighting, and they did keep on fighting, because the alternative was to quit, and die.”

“My choice, and your choice in the battle for purity, is you can fight, or you can quit fighting, give in, and die spiritually.”


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“An 8-year-old girl went to her dad, who was working in the yard. She asked him, ‘Daddy, what is sex?’”

“The father was surprised that she would ask such a question, but decided that if she was old enough to ask the question, then she was old enough to get a straight answer. He proceeded to tell her all about the ’birds and the bees’. When he finished explaining, the little girl was looking at him with her mouth hanging open. The father asked her, ‘Why did you ask this question?’”

“The little girl replied, ‘Mom told me to tell you that dinner would be ready in just a couple of secs.’” (Paul Decker, “Sexual Chaos”, Sermon Central,
“There was an affluent, aristocratic woman reviewing resumes from potential chauffeurs to drive her Rolls Royce. She narrowed the applicants to three men and invited them to her palatial home. She escorted each one individually to her driveway and the brick wall beside it. Then she asked, ‘If you were driving my Rolls, how close do you think you could come to that brick wall without scratching my car?’”

“The first applicant says, ‘I can drive within a foot of that wall and not damage your Rolls.’”

“She brought out the second applicant and asked ‘If you were driving my Rolls, how close do you think you could come to that brick wall without scratching my car?’”

“He scratches his head and says, ‘I can drive within six inches of that wall and not damage your car.’”

“She invited the third applicant and asked, ‘If you were driving my Rolls, how close do you think you could come to that brick wall without scratching my car?’”

“He did not hesitate. ‘Ma’am, I do not know how close I could come to the wall without damaging your car, but if I was driving your car, I would stay as far away as possible from the wall so as not to damage your car.’”

“Guess who got the job? You see, many people want to know where the line is between a second glance and lust or an addiction to pornography. But when addressing sexual temptation, the point is not how close one can get to the temptation without getting ‘scratched’ or crossing the line or falling off the ledge, but the issue is staying as far away as possible.” (Chip Monck, “Who Cares…When I’m struggling with lust and pornography?”, Sermon Central, August 22, 2007, https://www.sermoncentral.com/sermons/who-careswhen-im-struggling-with-lust-and-pornogrphy-chip-monck-sermon-on-pornography-110776)
“The downside of increased sensitivity is that recovery is not linear. Former users have really good days and really bad days before their brains return to equilibrium—almost like a pendulum swings before it rests. Because many have been desensitizing their brains with porn since puberty, they have not necessarily learned how to deal with intense emotions of anger and frustration as they come out of their fog. Group support is very helpful during this phase.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)

“My college students and I were discussing the pros and cons of reading Fifty Shades of Grey last semester. I teach at a small Christian college with a diverse population of kids from the farm, the hood, uptown, and fresh out of their mamma’s kitchen classroom. You can imagine this sparky debate. After the banter died down, I simply sighed and said, “But your brains. Your brains just can’t handle that kind of stimulus. They’re not even fully formed yet, and your sexual experiences haven’t even culminated in marriage yet, and geesh.... Your neuro-pathways, and synapses, and desire and pleasure centers will learn to feast on trash so they won’t even recognize homemade ice cream as being good. And why is abusive sex glamorized, anyway? When, in our society, did it become sexually gratifying to be used?” I don’t know if those 18 and 19 year olds even knew what I was rambling on about- me with my hopeless shoulder-shrugging, and old-fashioned ideals. But I know.” (Michelle Hollomon, “The Secret We Can’t Afford to Keep”, Michelle Hollomon, May 24, 2015, http://michelle-hollomon-498f.squarespace.com/blog/the-secrets-that-slowly-kill-us-inside)

“It is like a fire. We love sitting in a living room with a fire in the fireplace. But if we take that same fire and put it in the middle of the floor, it could burn the house down. That’s the way sexual passion is. There’s a fitting place to start that fire—in the setting of marriage—but if you stir up that passion outside of marriage, it only ends up hurting you.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“Until then, you shouldn’t deny you have this passion inside you. Instead, use it to ‘build your fireplace.’ Work to become the kind of man/woman who can serve and love someone else as a husband/wife. Get wisdom from me
and other adults about how to become a godly man/woman with sexual desires. Learn when is the best time and way to start dating or get married.”

(Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013,

http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

“The LongTerm Recovery Journey”

“Recovery can be compared to launching a satellite into orbit. It takes tremendous energy to get a rocket out of the pull of earth’s gravity. As the rocket gains momentum, less power is needed to put it into its desired orbit.”

“Eventually, the satellite is released into orbit and only requires small and consistent bursts of energy to keep it positioned in orbit. The satellite will stay in its correct orbit as long as those consistent corrections are applied.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

<table>
<thead>
<tr>
<th>“Number of times spent viewing for more than 30 minutes”</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>30.6%</td>
<td>76.8%</td>
</tr>
<tr>
<td>Once</td>
<td>6.9</td>
<td>9.1</td>
</tr>
<tr>
<td>Up to 10 times</td>
<td>27.8</td>
<td>11.4</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>“Reasons for viewing Internet pornography”</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Wanted the sexual excitement”</td>
<td>69.3%</td>
<td>16.8%</td>
</tr>
<tr>
<td>“Curious about different things people do sexually”</td>
<td>53.1</td>
<td>26.1</td>
</tr>
<tr>
<td>“Wanted information about sex”</td>
<td>39.7</td>
<td>19.5</td>
</tr>
<tr>
<td>“With friends who wanted to do it”</td>
<td>34.1</td>
<td>20.8</td>
</tr>
<tr>
<td>“Never looked for pornography on purpose”</td>
<td>6.8</td>
<td>42.3</td>
</tr>
</tbody>
</table>

Fapstronauts report becoming regular porn users at a surprisingly young age.

53% developed a regular porn habit during age 12-14
16% started before they were 12

(Their problem often begins before they’re even out of middle school.)

59%, spend a remarkable 4-15 HOURS per week on porn

64% report that their tastes in porn have become more extreme or deviant

TAKING A WHACK AT PORN
Profiling the Voyage of 73,000+ Fapstronauts

Today's young adults are voracious consumers of online porn — an endless stream of videos can give you anything you want, whenever you want it. But what happens when this habit becomes a problem — can porn addiction ever be broken?
Table 1 Characteristics of Exposure to Internet Pornography before Age 18

| Exposure to Internet Pornography | Boys  
|---------------------------------|-------|
|                                 | n = 192 | Girls  
|                                 |       | n = 371 |
| Yes, before 18                  | 93.2%  | 62.1%  |
| Yes after 18                    | 4.2    | 20.6   |

Reasons for viewing Internet pornography before 18

| Reason                                | Boys  
|---------------------------------------|-------|
|                                       | n = 192 | Girls  
|                                       |       | n = 371 |
| Sexual excitement                     | 69.3%  | 16.8%  |
| Curious                               | 53.1   | 26.1   |
| Wanted information about sex          | 39.7   | 19.5   |
| Friends who wanted to do it           | 34.1   | 20.8   |

Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

IGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex saturated World | Relevant, Reliable, Relational: The Bible
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

For more information or to book Ben please contact:
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Plano, TX 75075

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.
Jake Kissack

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master's degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

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www.josh.org/jake
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Plano, TX 75075
Alex McClellan

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life | Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

For more information and to book Alex please contact:

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Jill Manning U.S. Senate Testimony
Testimony of Jill C. Manning, M.S.

“The Internet brings the world - the good, the band, and the ugly – to the American family’s doorstep. It brings the ruins of ancient Athens to that doorstep, but it also brings the red light district of Bangkok.” 2

“In fact, pornography was one of the early financial engines.”4

“In speaking to these risks, several experts in the field of mental health contend online sexual pursuits are ‘a hidden public health hazard exploding, in part, because very few are recognizing it as such or taking it seriously.”9

“Empirical findings that examine the relationship between Internet pornography and its impact on marital relationships and families.”

“A common challenge when attempting to compare and contrast research findings related to pornography is that diverse definitions and types of pornography exist. Subsequently, different definitions and genres of pornography have been employed in research studies, thereby complicating a coherent synthesis of key findings. In past reviews, the operationalization of terms, or the lack thereof, has been a common critique and limitation of many studies.12 Furthermore, many agree that ‘pornography is an elusive term with a range of meanings, dependent not only on cultural, social, and historical contexts, but also on individuals’ own experiences and beliefs’13 and that trying to find a common definition is only futile, but need not be distinguished from the more positively viewed erotica.”14

“Internet pornography is distinct from other forms of pornography because of the ‘Triple-A Engine’ effect of accessibility, affordability and anonymity.”15 [Josh note: addictive, appealing, available = yes before now access]. [Additionally, Delmonico, Griffin and Moriarty refer to the ‘Cyberhex of the Internet’ which includes intoxicating, isolating, integral, inexpensive, imposing and interactive as characteristics that make the Internet a unique and powerful medium.] 16
“The ‘Triple-A Engine’ effect, in particular, is widely accepted as the primary reason why many pre-existing problems with other forms of pornography have been exacerbated in the last decade, and why many individuals have been drawn into problematic pornography consumption that otherwise would not have been involved with this material prior to the advent of the Internet. As Leiblum and Doring state,

“Personal inhibition levels, social controls, and the lack of willing partners and sexual scenes that may limit sexual activity in everyday contexts are obsolete in cyberspace. It is easy for latent desires to be realized in cyberspace. Internet sexuality may thus serve as a catalyst.”

“The other unprecedented characteristic of Internet pornography is the ease with which children and adolescents have access to it – both solicited and unsolicited access. In the past, the adult bookstore or restricted movie theatre was a tangible gatekeeper or buffer to minors being exposed to this material, albeit not impenetrable. Indiscriminating accessibility, Nielsen/NetRatings (2005), now includes children beginning at two years of age in their demographic statistics for so-called ‘adult’ traffic.”

“While the scientific community has not reached a consensus regarding pornography’s effect.”

Overview of the Negative Effects of General Pornography Consumption

“Prior to the advent of Internet pornography, two of the most frequently cited researchers of pornography’s effects were Dolf Zillman and Jennings Bryant. Zillman and Bryant’s (1984 and 1988) findings sparked considerable debate and criticism for a number of reasons. The main criticisms pertained to the fact that their research was: (a) limited to experimental situations, (b) lacked real punishment or social controls, (c) used college students as the normative group, and (d) was unable to ethically produce real violence. With that said, many consider their results...
to be reliable and valid, and their work has continued to be referenced for nearly two decades.”

“For this paper, Zillman and Bryant’s (1984 and 1988) work is used to give a general overview of the kinds of effects with which pornography has been associated and those that have fueled debate. Zillman and Bryant found the effects of repeated exposure to standard, non-violent, and commonly available pornography included: (1) increased callousness toward women; (2) trivialization of rape as a criminal offense; (3) distorted perceptions about sexuality; (4) increased appetite for more deviant and bizarre types of pornography (escalation and addiction); (5) devaluation of monogamy; (6) decreased satisfaction with a partner’s sexual performance, affection, and physical appearance; (7) doubts about the value of marriage; (8) decreased desire to have children; and (9) viewing non-monogamous relationships as normal and natural behavior.”

“Mulac, Jansma, and Linz studied 71 men interacting with women in problem-solving dyads after watching one of three types of films: (1) sexually explicit and degrading to women, (2) sexually explicit but non-degrading, and (3) non-sexual. Results showed that the men who viewed either of the sexually explicit films displayed more dominance and anxiety, ignored the contributions of their partner more often, touched their partner for longer periods of time, and averted gaze more than the participants who had viewed the non-sexual film. The researchers concluded the impact of sexually explicit material on behavior is more complex than is often assumed in pornography research, but that a negative impact exists.”

“One of the most comprehensive meta-analyses [examining multiple studies] regarding pornography’s effects on individuals is a relatively recent study conducted by Oddone-Paolucci, Genuis, and Violato (2000). For this meta-analysis, 46 studies published in various academic journals were analyzed to determine the effect of pornography on: (a) sexual deviancy (e.g., excessive or ritualistic masturbation); (b) sexual perpetration (e.g., rape); (c) attitudes regarding intimate relationships (e.g., viewing people as sexual objects); and (d) attitudes regarding the rape myth (e.g., believing women cause rape or rapists deserve lenient sentences). In order to be
selected for the meta-analysis, each study had to include a sample size of 12 or greater and include a comparison group. The studies ranged in date from 1962 to 1995 and comprised a total sample of 12,323 people. Eighty-five percent of the studies (39) were conducted in the United States, 11 percent (5) were conducted in Canada, and two studies were conducted in Europe. Table 1 shows the number of studies and sample size for each outcome examined in the meta-analysis.”

“One reason this study is particularly useful is that nine different characteristics of the participants and the pornographic material consumed are taken into consideration: age of exposure, gender, socioeconomic status, number of exposure incidents, relation of person who introduced pornography to the user, degree of sexual explicitness, subject of the pornography, medium used to consume pornography, and definition of pornography.”

“Oddone-Paolucci, Genuis, and Violato found that exposure to pornographic material puts one at increased risk for developing sexually deviant tendencies, committing sexual offenses, experiencing difficulties in one’s intimate relationships, and accepting rape myths. In terms of the degree of risk, the analysis revealed a 31 percent increase in the risk of sexual deviancy, a 22 percent increase in the risk of sexual perpetration, a 20 percent increase in the risk of experiencing negative intimate relationships, and a 31 percent increase in the risk of believing rape myths.”

“The researchers acknowledged that while pornography is likely not a solitary influence in people’s lives, exposure to pornography is one important factor that contributes directly to the developments of sexually dysfunctional attitudes and behaviors. The researchers concluded, ‘In order to promote a healthy and stable society, it is time that we attend to the culmination of sound empirical research.’

“One of the most popular research questions related to effects has been whether or not pornography consumption correlates with aggression after exposure. It is therefore important to summarize finding from a meta-
analysis that looked specifically at effects on aggression. A total of 30 studies with a total of 33 effect sizes and a combined total of 2,040 participants were included in the 1995 meta-analysis conducted by Allen, D’Alessio, and Brezgel— a study applauded for meeting rigorous methodological standards. All of the studies in the meta-analysis were conducted between 1971 and 1984, prior to the advent of Internet pornography, and were carried out in experimental laboratory situations, therefore limiting the generalizability of the findings to the outside world. The meta-analysis included film, videotape, written texts, and still pictures as the mediums of pornography and included both male and female participants. The finding indicated:

- “There is a modest correlation between exposure to pornography and subsequent behavioral aggression.”
- “Pictorial nudity reduces subsequent aggressive behavior (9 studies) while material depicting nonviolent sexual activity slightly increases aggressive behavior (24 studies).”
- “The strongest correlation exists between depictions of violent sexual activity and aggression (7 studies).”

“Malamuth, Addison, and Koss (2000) took the meta-analytic process one step further when they analyzed a compilation of meta-analyses that looked at pornography and sexual aggression. Their work concluded there are reliable associations between frequent pornography use and sexually aggressive behaviors, and these associations are strongest when violent pornography is viewed and/or when men at high risk for sexual aggression are the consumers.”

“Acceptance of rape myths has been a common area of investigation, in part, because violent pornography often promotes and eroticizes rape as a sexual act that is enjoyed and/or desired by females. In 1980, Burt coined the term ‘rape myth’ to describe beliefs held by a person or persons regarding the act of rape, rapists, and victims of rape. It was theorized that males who subscribed to rape myths would be less tolerant of rape victims and less likely to convict if serving on a rape-trial jury. Similarly,
women who accept rape myths would be less likely to report rape as a crime or offer social support to victims."

“In 1995, Allen, Emmers, Gebhardt, and Giery conducted a meta-analysis of 24 rape myth acceptance studies conducted between 1980 and 1993 with a grand total of 4,268 participants. Allen, Emmers, Gebhardt, and Giery found experimental investigations positively correlated exposure to nonviolent or violent pornography with increased acceptance of rape myths compared to a control group. Violent pornography was also shown to have a significantly stronger relationship with rape myth acceptance. Although the non-experimental studies in the meta-analysis showed almost no effect on rape myth acceptance, it is important to note that only self-reported data was collected in the methodologies of these studies and the actual behavioral outcomes were not incorporated. Furthermore, three other meta-analyses by Kim and Hunter (1993) and Sheppard, Hartwick, and Warshaw (1998) supported the existence of an attitude-behavior linkage between pornography consumption and acceptance of rape myths.”

“While not a meta-analysis, Corne, Briere, and Esses's (1992) study is an important contribution to our understanding of pornography and rape myth acceptance. This study examined women's rape myths as a function of early exposure to pornography. A total of 187 female university students responded to a questionnaire regarding: (a) childhood exposure to pornography, (b) current sexual fantasies, and (c) endorsement of rape-supportive attitudes. Eighty-six (46 percent) of the respondents reported direct exposure to pornography as a child, and statistical analysis showed that this exposure significantly related to rape fantasies and rape-supportive beliefs in adulthood. The researchers suggest early contact with pornography affects female socialization by not only normalizing sexual aggression, but also portraying it as culturally desirable to women.”

“Another common research question related to pornography is how pornography consumption and subsequent effects differ between sex-offending and non-criminal populations. Allen, D’Alessio, and Emmers-Sommer (2000) conducted a meta-analysis of 13 studies focusing on this question and examined several dependent measures such as (a) frequency...
of pornography use, (b) age of first exposure, (c) the degree to which pornography was a direct prelude to a sexual act, and (d) the degree of sexual arousal evoked by the sexually explicit material. Across the seven studies in which sexual activity after viewing pornography was examined, a relatively strong effect was found. Results revealed that after viewing pornography, criminals were more likely than on-criminals to perform a sex act."

“In 1995, Allen, Emmers, Gebhardt, and Giery looked at the levels of physiological arousal in sex offenders versus non-criminal populations after viewing pornography. After analyzing 32 studies comprising a total of 2,099 participants, it was concluded that sex offenders were more aroused than non-criminals while viewing pornographic material and that sex offenders were more aroused by violent sex than on-criminal consumers. In contrast, sex offenders were less aroused by depictions of consensual sex that the non-criminal population.”

“Although Internet pornography is commonly consumed by one household member in a solitary, secret fashion, the impact of sexually explicit material is being felt by entire family systems.”

“Research further clarifies marriage as a priority in the pornography debate. For instance, when one consider: (a) the magnitude and growth of online sexual activity based on multiple Internet traffic measurements, (b) that the majority of Internet users in the United States are married males, (c) that more than half of Americans (172 million) use the Internet and 20 to 33 percent of users go online for sexual purposes, and (d) that the majority of people struggling with sexual addictions and compulsivity involving the Internet are married, heterosexual males.”

“In North American culture, it is most common for people to select a marriage partner according to romantic love as opposed to family arrangement or economic necessity. Research by Roberts (1982), Davis and Todd (1982), Davis (1985), and Bergner (2000) is useful in clarifying what romantic love entails from a social science perspective. They found that romantic love embodies the following characteristics: (a)
investment in the well-being of the beloved, (b) respect, (c) admiration, (d) sexual desire, (e) intimacy, (f) commitment, (g) exclusivity, and (h) understanding.”

“The researchers found that when these characteristics are present in a romantic relationship, people tend to feel fully loved. On the other hand, when there are violations to these characteristics and the violations are sufficient in magnitude, partners will commonly conclude that they are no longer loved as they once were and re-evaluates their place in their partners’ world. As Bergner and Bridges (2002) point out, many women who discover a partner’s intense involvement with pornography engage in just such a reappraisal of their relationship.”

“Maurer’s work also helps clarify what satisfying sexual relationships entail. Maurer found three common traits that distinguish sexually satisfied couples from unsatisfied couples: (1) acceptance of one’s own sexuality, (2) listening to one’s partner and being aware of a partner’s likes and dislikes, and (3) open and honest communication.”

“Moreover, according to data from the General Social Survey in 2000 (N = 531), people who report being happily married are 61 percent less likely to report using Internet pornography compared to those who also used the Internet and who had completed the General Social Survey in 2000. As Stack, Wasserman, and Kern (2004) conclude, ‘The strengthening of adult social bonds, especially those to religion and marriage, might reduce the attraction to cyberpornography in general.”

“Survey research conducted by Bridges, Bergner and Hesson-McInnis (2203) found married women are significantly more distressed by a partner’s online pornography consumption than women in dating relationships, and that Internet pornography consumption is viewed as a threat to the relationship. This study included a non-clinical sample (N – 100) who were 18 years of age or older and who had a partner involved in Internet pornography. The distress reported by the women increased according to the perceived frequency of online sexual activities and, surprisingly, was not as strongly influenced by religious beliefs. Therefore,
married women who perceived greater levels in Internet pornography consumption tended to have the greatest levels of distress than any other group of women. Bridges, Bergner and Hesson-McInnis’ (2003) research is significant because it supports the assertion that married women generally are distressed by their husbands use of sexually explicit material and that this may threaten the stability of the marital bond.”

“Looking to more extreme situations, a 2000 study by Schneider found that cybersex addiction was a major contributing factor to separation and divorce for affected couples. This study analyzed survey responses from94 individuals (91 women, 3 men) who (a) ranged in age from 24 to 57, (b) had been in a relationship for an average of 12.6 years (range of 0.5 to 39 years), and (c) were seeking therapy to copy with a partner’s Internet involvement. The sample was recruited through 20 therapists who were treating sex addicts and who were aware of individuals who would be interested in participating in this research. Although a range of online sexual activities were listed, viewing and/or downloading pornography accompanied by masturbation was present in 100 percent of the cases.”

“Although not a formal study, important survey data was collected at the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois, regarding the impact of Internet usage on marriages. This professional organization comprises the nation’s top 1,600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62 percent of the 350 attendees said the Internet had been a significant factor in divorces they had handled during the last year. Additionally, the following observations were made by the lawyers polled with regard to why the Internet had played a role in divorces that year:

- “68 percent of the divorce cases involved one party meeting a new love interest over the Internet."
- “56 percent of the divorce cases involved one party having an obsessive interest in pornographic websites.”
- “47 percent of the divorce cases involved one party spending excessive time on the computer.”
• “33 percent of the divorce cases cited excessive time communicating in chat rooms (a commonly sexualized forum).”

“In response to this survey data, J. Lindsey Short, Jr., then president of the American Academy of Matrimonial Lawyers, poignantly stated, ‘While I don’t think you can say the Internet is causing more divorces, it does make it easier to engage in the sorts of behaviors that traditionally lead to divorce.’”

“As one participant stated, ‘I am no longer sexually attractive or desirable to him. He’s more attracted to the women depicted in his movies, magazines, and websites than he is to me, and I feel completely unable to compete with these women.’”

“One woman stated, ‘I am no longer a sexual person or partner to him, but a sexual object. He is not really with me, not really making love to me….He seems to be thinking about something or someone else – likely those porn women….He is just using me as a warm body.’”

“Schneider’s 2000 study involving the spouses of cybersex addicts is another study that supports Zillman and Bryant’s 1988 findings regarding decreased sexual satisfaction. Schneider’s work revealed that compulsive cybersex has several adverse effects on the conjugal sexual relationship, including decreased sexual intimacy. Schneider collected data from 94 respondents who were in different types of committed relationships to individuals struggling with cybersex addictions. Two-thirds (68 percent) of the respondents experienced decreased sexual intimacy with their partner. Moreover, the participants reported that these difficulties coincided with the beginning of the cybersex activities – a point that is important to highlight for those who wish to limit the findings to those who have dealt with chronic sexually addictive or compulsive behavior.”

“More than half (52.1 percent) of the cybersex users had lost interest in relational sex, as had one-third of the partners. Furthermore, in 18.1 percent of the relationships surveyed, both partners had decreased interest in sex. Schneider also points out that spouses of pornography users often
report being repulsed by the user’s sexual pursuits. For the cybersex users who have already substituted online sexual activity for relational sexual intimacy, their partner’s repulsion and loss of interest is not as problematic or distressing.”

“Schneider outlined the following recurrent themes in the survey data:

- “The user makes excuses to avoid sexual intimacy with the partner (e.g., not in the mood or too tired).”
- “The partner feels hurt, angry, sexually rejected, inadequate, and unable to compete with computer images and sexy online women (or men) who are willing to do ‘anything.’”
- “During relational sex, the cybersex user appears distant, emotionally detached, and interested only in his/her own pleasure.”
- “The partner ends up doing most or all of the initiating, either to get her/his own needs met or as an attempt to get the user to decrease the online activities.”
- “The user blames the partner for their sexual problems.”
- “The user wants the partner to participate in sexual activities that she or he finds objectionable.”

“For those who may argue decreased sexual intimacy is an effect liked soley with cybersex addicts, Bergner and Bridges’ 2002 study supports the fact that women in relationships (married, engaged, or dating) with men perceived as heavy pornography consumers report decreased and altered sexual intimacy as a common symptom.”

“An example of what the researchers categorized as decreased intimacy included statements such as, ‘I have been excluded, isolated, barred from intimacy with him. I have lost someone whom I thought was my best friend and most intimate companion in life. He now has a whole secret life from which I am completely excluded and about which he continually lies to me.’”

“From a male perspective, Cooper, Galbreath, and Becker’s 2004 study of men with online sexual problems revealed two important subgroups with
regard to the impact on sexual activity with a committed partner. The researchers found that sexual activity with a partner increased for men who used the Internet to: (a) educate themselves, (b) meet people to date and/or with whom to have offline sexual relations, and (c) socialize as compared to men who do not go online for these reasons. In contrast, participants who turned to online sexual activity to deal with stress had increases problems in their real-time relationships and received complaints from others about this involvement. These finding corroborate earlier research and support Schneider’s claim that the emotional distance online sexual problems foster can be just as damaging to the relationship as real-life sexual infidelity.”

“To put Cooper, Galbreath, and Becker’s results in context, it is important to keep in mind that being in a marital relationship was not a criterion for the study, so the results reflect the general impact on various levels of commitment. Sixty percent of the 384 male participants were in ‘some kind of a committed relationship,’ 51 percent indicated they were married and 88 percent indicated being heterosexual. The results are further put into perspective when we consider that the majority of the participants fell into the second subgroup – the group that experienced problems in their real-time relationships. Results showed that:

- “80.5 percent used online sexual activity (OSA) to distract themselves or take a break”
- “56.5 percent used OSA to deal with stress”
- “43.0 percent used OSA to engage in sexual activities they would not do in real life”
- “25.3 percent used OSA to educate themselves”
- “16.1 percent used OSA to meet people with whom to have offline sexual activities”
- “11.7 percent used OSA to meet people to date, and”
- “9.1 percent used OSA to get support with sexual matters.”

“The group who used online sexual activity to deal with stress also reported having increased masturbatory activity, ‘thus engaging in what might be a
long-term pattern of turning inward and away from others as a primary coping strategy”97 of which decreased marital intimacy would be a part.”

“Stack, Wasserman, and Kern (2004) found individuals who had an extramarital affair were 3.18 times more likely to have used Internet pornography than individuals who had not had an affair (N = 531).99 What cannot be determined, however, is what comes first. Does Internet pornography influence unfaithful behavior or does unfaithful behavior coincide with pre-existing traits that predispose someone to normalize Internet pornography viewing?”

“At least three studies support the fact that women view cybersex and/or pornography consumption as a form of infidelity that reduces the exclusivity of the relationship.”100

“Women commonly report feelings of betrayal, loss, mistrust, devastation, and anger as responses to the discovery or disclosure of a partner’s pornography use and/or online sexual activity.”102

“Bergner and Bridges’ (2002) qualitative research found that the majority of women in their study used the words ‘betrayal,’ ‘cheating,’ and ‘affair,’ to describe the significance their partner’s pornography use had for them.”

“As the researchers describe, a consistent theme surfaces in these women’s experiences, in that their partner ‘has taken the most intimate aspect of the relationship, sexuality, which is supposed to express the bond of love between the couple and be confined exclusively to the relationship, and shared it with countless fantasy women.”104

“With global profits for sexually explicit material estimated at $57 billion dollars and Internet pornography generating approximately $2.5 billion alone.”105

“Decreased Job Security – Job security is also jeopardized when online sexual activity is occurring in the workplace or excessive computer usage elsewhere is affecting daytime productivity.”110 When one considers that approximately 70 percent of all adult content traffic occurs during the 9 a.m.
to 5 p.m. workday, the risk of financial and employment ramifications becomes more apparent.”

“A survey conducted by SurfControl (2000) revealed 59 percent of Internet use at the office is not work related, and Goldberg’s work (1998) revealed adult content websites were the fourth most visited category on the Internet while at work during the month of April 1998.”

“While the marital bond may be the most vulnerable relationship to online sexual activity, children and adolescents are considered the most vulnerable audience of sexually explicit material. Youth are considered a vulnerable audience because the: (a) can be easily coerced into viewing pornography or manipulated into the production of it; (b) have limited ability to emotionally, cognitively, and physiologically process obscene material they encounter voluntarily or involuntarily; (c) can be the victims of another’s pornography consumption in ways adults are often more resilient to; (d) can have their sexual and social development negatively impacted through exposure to fraudulent and/or traumatic messages regarding sexuality and relationships; and (e) can develop unrealistic expectations about their future sexual relationship through repeated exposure to fantasy-based templates. For these reasons and others, it is illegal to knowingly display or distribute obscenity or pornography defined as harmful to minors. However, this legal reality is rapidly losing momentum as widespread availability and accessibility or pornography normalizes illegal exposure.”

“There are obvious ethical barriers to studying the impact of Internet pornography on unaffected youth. After the United States, Sweden has the second highest Internet use and Australia has the third highest Internet use.”

“Schneider’s 2000 study examined the effects of cybersex addiction on the family (N = 91), including the impact on children (N = 70). While her work focused on families severely affected by online sexual activity, it provides one of the most ethical and credible indicators available for how online sexual activity, including pornography, can affect youth.”
“Schneider found that the following negative effects could impact children in homes where a parent’s compulsive and/or addictive sexual behavior is occurring:

- “Decreased parental time and attention (from the consumer and the parent preoccupied with the consumer);”
- “Encountering pornographic material a parent has acquired;”
- “Encountering a parent masturbating;”
- “Overhearing a parent engaged in phone sex;”
- “Increased risk of parental separation and divorce;”
- “Increased risk of parental job loss and financial strain;”
- “Increased risk for consuming pornography themselves;”
- “Exposure to the objectification of human beings, especially women;”
- “Witnessing and/or being involved in parental conflict; and”
- “Witnessing and/or experiencing stress in the home related to online sexual activities.”

“Premature sexual dialogue between parent and child is another effect of problematic sexual behavior in the home that researchers Black, Dillon, and Carnes (2003) brought forth.\textsuperscript{120} Black, Dillon, and Carnes found dialogue about sexuality may surface before the parent and especially the child is ready.\textsuperscript{121} For example, if there is a chance a child will learn about a parent’s online or offline sexual activity from another source (e.g., television, church, friends, or family), it may be necessary to discuss sexual problems prior to the recommended age of mid-adolescence.\textsuperscript{122}

“Black, Dillon, and Carnes also examined adolescents’ experiences and reactions to being told of a parent’s struggle with online sexual activity (N = 89, 13 years of age or older).\textsuperscript{123} Prior to formal disclosure by a parent, 60 out of 89 respondents reported already knowing of their parent’s behavior. As one respondent stated, ‘I was surprised that my mother was not aware that I knew. I carried this secret with me my entire adolescence and no one knew!’\textsuperscript{124}

“The Internet is a powerful resource through which youth can access information, entertainment, and social connection.\textsuperscript{125} While it is important to
ensure our youth have access to this increasingly important medium, it is equally important to minimize the associated risks of sexual solicitation, abuse, harassment, and exposure to obscenity in the virtual square.”

“A 2002 Henry J. Kaiser Family Foundation Report found that 70 percent of youth ages 15 to 17 reported accidentally coming across pornography online, and 23 percent of those youth said this happens ‘very’ or ‘somewhat’ often.”

“Viewers of all ages are commonly greeted with ‘Click here if you are 18 years of age or older’ prior to entering a sexually explicit website. However, this farcical honor system fails at protecting youth from inappropriate material because: (a) approximately 75 percent of pornographic websites display visual teasers on their homepages before asking if viewers are of legal age, (b) only 3 percent of pornographic websites require proof of age before granting access to sexually explicit material, and (c) two-thirds of pornographic websites do not include adult content warnings. Although age verification measures are readily available through the use of credit cards, adult access codes, and/or personal identification numbers, the pornography industry has neglected to implement these measure even half-heartedly.”

“To make matters worse, unsuspecting youth are commonly tricked into opening pornographic websites by attaching misspelled words to pornographic pages or by making it difficult to shut down or get out of a site once opened, a strategy referred to as ‘mouse trapping.’ In fact, Mitchell, Finkelhor, and Wolak found that in 26 percent of unwanted exposure incidents, youth reported being exposed to another sex site while they were trying to exit another.”

“According to figures from Nielsen//NetRatings, during the month of April 2005 in the United States alone, children and adolescents between the ages of 2 and 17 had access to ‘adult’ websites. This age group represented 13.97 percent of all online pornography consumption.”
“Challenging the prevalent assumption that young people are motivated to actively seek out pornography, the Youth Internet Safety Survey (2000) found that in a nationally representative sample of 1,501 youth ages 10 to 17 (796 boys and 705 girls), 25 percent reported unwanted exposure to sexual material, 19 percent reported unwanted sexual solicitation, and 6 percent had been harassed online.”

“Patricia M. Greenfield, a researcher with the Children’s Digital Media Center and the Department of Psychology at the University of California at Los Angeles reviewed finding related to developmental effects and media. She concluded from her analysis of online communications in chat rooms that the following effects would likely occur for youth regularly involved in this mode of social interaction:

1. “Disinhibition in sexuality, aggression, and race relations [e.g., making inappropriate comments about sexual activity or race that would be considered anti-social in other contexts or acting out sexually in risky, maladaptive, or illegal ways (e.g., with children)].”
2. “Early sexual priming.”
3. “Modeling of racism, negative attitudes toward women, and homophobia.”
4. “Breeding of personal and social irresponsibility due to anonymity.”

“Greenfield concludes, ‘We often consider the Internet to be a repository of information; my experience in the chat room led to the conclusion that we had better also think of the Internet in terms of the values that we wish to socialize.’

“Children and adolescents can receive conflicted messages about sexuality from the adult society around them, and because parents often remain reluctant to discuss sexual topics with their children, today’s youth are often left to their own devices to navigate the complex task of developing beliefs about sexuality and maintaining reproductive health.”

“Studies have also shown that while there is an abundance of sexual content in the media, little is shown regarding sexual responsibility and the
consequences of risky sexual behaviors, thereby complicating this developmental task further. Dolf Zillman, Dean Emeritus for Graduate Research in the College of Communication and Information Sciences at the University of Alabama, even went so far as to suggest that sexualized media is serving as ‘the primary agent of sexual socialization’ despite finding that show young adults prefer to learn about sexuality from peers, using pornography primarily to learn about anal and oral sex, while adolescents prefer parents as their primary source of information (N = 672).”

“Some have argued that restricting access to Internet pornography would negatively impact youths’ access to health-related topics (e.g., pregnancy, sexually transmitted diseases, and birth control) that could assist their sexual development and understanding. Given that the Henry J. Kaiser Foundation’s 2001 report indicated 70 percent of youth ages 15 to 17 have used the Internet to look up general health information and that 40 percent of adolescents have specifically looked up sexual health topics (e.g., pregnancy, HIV, and sexually transmitted diseases), it is important to ascertain how efforts to increase Internet safety may unwittingly hinder access to useful information. Furthermore, because of concerns about confidentiality and the fact that many teens do not have their own health provider, access to the Internet for health information is even more critical for certain adolescents.”

“In response to this quandary of access, Richardson, Resnick, Hansen, Derry and Rideout (2002) examined how pornography-blocking software affected access to health information online. These researchers found that pornography-blocking software has a minimal impact on one’s access to information about sexual and reproductive health. For example, they found blocking software set at moderate settings blocked 90 percent of the pornographic content online while blocking only 5 percent of health information.”

“According to research with first-year college students, the following effects and/or risks are associated with frequent exposure to erotica. These effects
and/or risks are listed here because of the potential they have for shaping sexual development as well as future marital and familial relationships:165

- “Normalization of adverse reactions to offensive material;”
- “Developing tolerance toward sexually explicit material, thereby requiring more novel or bizarre material to achieve the same level of arousal or interest;”
- “Misperceptions of exaggerated sexual activity I the general populace;”
- “Overestimating the prevalence of less common sexual practices (e.g., group sex, bestiality, and sadomasochistic activity);”
- “Diminished trust in intimate partners;”
- “Abandoning the goal of sexual exclusivity with a partner;”
- “Perceiving promiscuity as a normal state of interaction;”
- “Perceiving sexual inactivity as constituting a health risk;”
- “Developing cynical attitudes about love;”
- “Believing superior sexual satisfaction is attainable without having affection for one’s partner;”
- “Believing marriage is sexually confining;”
- “Believing that raising children and having a family is as an unattractive prospect; and”
- “Developing a negative body image, especially for women.”166

“Robert E. Freeman-Longo, an expert in sexual abuse assessment, prevention, and treatment, adds to the list:167

- “Increased risk for developing sexual compulsions;”
- “Increased risk for developing a sexual addiction;”
- “Increased risk of exposure to incorrect information about human sexual behavior (e.g., bestiality or sex with children); and”
- “Exposure to age-inappropriate sexual material”

“Compared to past generations, today’s youth are reaching puberty earlier, engaging in sexual intercourse earlier, and getting married significantly later.168 Exactly how exposure to pornography is impacting these trends, if
at all, is still unclear; however, research indicates that pornography consumption is affecting sexual behavior in youth.”

“A group of Swedish researchers (2005) recently examined the association between pornography consumption and sexual practices among 718 high school students from 47 different high school classes. They found that:

- “Internet and cable television were the most common sources of pornography.”
- “83 percent of the youth watched pornography at home.”
- “71 percent believed pornography influenced others’ sexual behavior.”
- “29 percent reported pornography had influenced their own sexual behavior. However, in a previous Swedish study (2004), 53 percent of young men reported that pornography had impacted their sexual behavior by ‘inspiring’ them.”
- “Males considered ‘high pornography consumers’ and men with an early age of first sexual intercourse (15 years) were more likely than low male consumers and women to engage in sexual activities such as oral sex, group sex, and anal intercourse.”
- “Engaging in anal intercourse was significantly associated with high consumption of pornography.”
- “Engaging in sexual intercourse with a friend (i.e., someone with whom they were not having a loving relationship) was also significantly associated with high consumption of pornography.

Sexual Aggression

“In recent years, an Australian Child at Risk Assessment Unit in Canberra, New South Wales, noticed a disturbing increase in the number of sexually abusive or aggressive children under the age of 10 who were being referred to their services. In the early 1990s, approximately 3 children per year were being referred for sexually aggressive behavior. However, by 2003, approximately 70 children per year were being referred, many of whom had preyed on other children by forcing them to take part in sexual acts.”
“To determine why this increase was occurring, the National Child Protection Clearinghouse and the Canberra Hospital conducted a retroactive study on case files. The review revealed, among other commonalities, a pattern between such sexually abusive children and their access to sexually explicit material on the Internet.\textsuperscript{171} Social worker, Cassandra Tinning, stated,

\begin{quote}
\textit{We noticed a number of really interesting issues. Of course, this primary issue is around the use of the Internet. Almost all of the children who accessed our services in the last three years in relation to sexually harmful behaviors, almost all those children had accessed the Internet and specifically had accessed the Internet for pornographic material.}\textsuperscript{172}
\end{quote}

“Victor B. Cline, a Professor Emeritus of Psychology at the University of Utah, has made clinical observations that support the Australian findings. For example, he stated:

\begin{quote}
\textit{I have also interviewed some children, were as a result of hearing Dial-A-Porn messages, they engaged in sexual assaults on other children. One 12 year-old boy in Hayward, California listened to Dial-A-Porn for nearly two hours on the phone….A few days later he sexually assaulted a four-year-old girl in his mother’s day care center. He had never been exposed to pornography before. He had never acted out sexually before and was not a behavior problem in the home. He had never heard or knew of oral sex before listening to Dial-A-Porn. And this was how he assaulted the girl, forcing oral sex on her in direct imitation of what he had heard on the phone.}\textsuperscript{173}
\end{quote}

“Additionally, Malamuth, Addison, and Koss (2000) found that very frequent pornography use was associated with much higher rates of sexual aggression among older adolescent boys and young men already at high risk for aggressive behavior.\textsuperscript{174} High risk factors that were taken into consideration for this study included impulsivity, hostility toward women, and promiscuity. Youth who had the same risk levels of aggressive
behavior, but who consumed pornography ‘somewhat,’ ‘seldom,’ or ‘never’
did not show the same levels of sexual aggression.”

(Jill Manning, Hearing on Pornographys Impact on Marriage and The Family, November 10, 2005, Testimony of Jill C. Manning, M.S.,


(40) These percentages were based on the average weighted Cohen d scores, which is a measure of effect size. Uncorrected average weighted d scores were also available for all of the outcomes. Correcting for demographics (i.e., age, gender, socioeconomic status, etc.), the effect sizes were higher for deviancy and intimate relations; corrected d scores were not available for the sex perpetration or rape myth outcomes.

44 \( r = 0.132, k = 33, N = 2,040 \).
49 Ibid.
50 Ibid.
51 Ibid.
52 Ibid.
57 Ibid., p. 458.
60 Refer to Appendix B for information related to online sexual activity.
69 Ibid.
75Ibid, p. 86.
77After running one-way-between-group ANOVAs, post-hoc comparisons using the Turkey HSD test indicated the mean score for the dating group ($M = 2.39, SD = 1.26, N = 19$) was significantly different from the married group ($M = 3.72, SD = 1.73, N = 38$).
79De Jong, J. (November 2002). Is the Internet bad for your marriage? Online affairs, pornographic sites playing greater role in divorces. Press Release from The Dilenschneider Group, Inc.
80Ibid.
83Ibid.
84Ibid.
90Ibid, p. 197.
121Ibid.
122Ibid.
123Ibid.
124Ibid., p. 70.
126Refer to Appendix A, (A. 3) for a definition of obscenity.
130Ibid.
131Ibid.
132Ibid.
134Ibid.
135Ibid.
139Ibid., p. 757.


Ibid.


Ibid.


Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2017.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:
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Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true Freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories."

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more...
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Thank a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

- Relationships
- Parenting
- Reliability of Scripture
- My Journey
- Self Image
- Sexual Integrity
- Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and
minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling
us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for
your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international
speaker. He has written or co-written more than 150 books—some
in over 100 languages—and has spoken to approximately 35 million
people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four
children and ten grandchildren.

For more information and to book Josh please contact:

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CONTENTS

NATALIE’S STORY ....................................................................................................................................... 3
HEARTBREAKING TRUE ACCOUNTS OF PERVERSIVE PORN ................................................................. 6
  • MISSION ORGANIZATIONS .................................................................................................................... 11
  • CHRISTIAN SCHOOLS .......................................................................................................................... 12
  • CHURCHES ......................................................................................................................................... 14
  • GENERAL ............................................................................................................................................ 16
  • STORIES RECEIVED AFTER SET FREE SUMMIT ........................................................................ 22
  • MORE STORIES .................................................................................................................................. 24

Kay Warren Talks ‘Very Conservative’ Upbringing, Molestation and Porn Magazines ...................... 45
Slaying Porn Through Christ: A Testimony of Hope .................................................................................... 47
  REMEMBER THE GOSPEL ...................................................................................................................... 48
  REMEMBER COMMON GRACE .............................................................................................................. 48
Famed liberal novelist visited porn sets – what he saw left him in disbelief ............................................ 50
MTAC Saves Drug Dealer ............................................................................................................................ 53
The Porn Industry’s Dark Secrets .............................................................................................................. 54
Dr. Jayson Graves ....................................................................................................................................... 56
Mark Laaser Testimony ............................................................................................................................... 59
Survivor of Porn Industry on Mission To Warn Others About The Dangers ........................................... 67
STORY OF A PORN ACTRESS .................................................................................................................. 70
Shelley and Garret’s 19th Valentine’s Day Wedding Anniversary .............................................................. 80
UPDATED JANUARY 2019 ......................................................................................................................... 82
Ben Bennett bio ......................................................................................................................................... 88
Jake Kissack bio ......................................................................................................................................... 90
Alex McClellan bio ..................................................................................................................................... 92
Josh McDowell bio ..................................................................................................................................... 94
NATALIE’S STORY

“I grew up in a Christian home with amazing, loving parents. From a young age, I had a personal relationship with Christ. As a teenager, I was even given leadership roles in the church. My senior year of high school should have been an exciting time; I had been given solid roots in my upbringing and I had big dreams for the future. This was the point where I would begin to make decisions enabling me to live those dreams.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)


“The summer before, I had stumbled across erotic literature on the Internet. My parents, as a safety measure, had installed filtering software on my laptop, but somehow the website got past. Afterwards, I told myself it was a one-time thing. But within weeks, I went back for more. I told myself it was okay. It wasn’t real porn; it was just stories. There was nothing wrong with what I was doing.” [Josh note: My child won’t look for porn] (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“Before long, though, I wasn’t just reading stories, but watching videos. Yet it was never enough. By winter, I would spend several hours every night watching and reading. When I had seen everything possible without hacking the filter on my laptop, I turned to my phone. By spring, I couldn’t stop. [Josh note: Addiction] Even if I was exhausted, I had to go one more story, one more video. I couldn’t have enough. Before, I had convinced myself that I wasn’t addicted, that I could stop anytime I wanted. Now, I wanted to stop, but I couldn’t. My life had no purpose. I felt like I had nowhere to go to for help. I was trapped.” [Josh note: 93% of churches have no program to help] (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“As time drew near for me to leave for college, I began to get scared. How was I going to live out my dreams if I was chained to this monster called pornography? I realized that in the past year, I had not only become addicted to porn, but I had also grown further away from God than I ever

“Two weeks before leaving for college, I begged God to forgive me and asked Him to help me break the addiction. I knew I could not possibly do it; He had to help me. For the next two weeks, I refused to take my laptop into my bedroom. I spent time praying and reading my Bible every day. Even though it was hard, life began to look hopeful again.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“My first night at college, God placed Christ-like friends around me who lifted me up and within a few weeks knew about my problem. They began to keep me accountable. [Josh note: One another] These relationships made it easy to say “no” to porn. Not only would they ask me how I was doing at resisting temptation, but they would also keep my laptop overnight, stop me from beating myself up when I messed up, and, most importantly, pray for me. I would not have been able to make it through fall quarter without depending on them.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“Over winter break, being away from my accountability, I slipped up several times. At first, I was mad at myself for returning to my old ways. Then, one of my friends showed me that I was still growing and God had forgiven me.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“I was able to find the courage to talk to my parents about the problem. Bringing it up with them was one of the hardest things I have ever done, but also one of the most rewarding. Together, we decided that the Internet filter on my computer was not doing any good and decided to try Covenant Eyes. Now, knowing that my parents can see whatever I do online, resisting temptation is much easier.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)

“Before using Covenant Eyes, I did not think it was possible to have an open relationship with my parents. In the past, bringing up personal issues wasn’t easy. Now, I understand that they really do want the best that God has for me and don’t judge the decisions I make or condemn me when I mess up. Because I understand this now, it’s easy to come to them when I
have problems in other areas. I can ask for their advice and respect it because they’ve demonstrated that they’re willing to do whatever it takes to see me succeed.” (Luke Gilkerson, “Pornography Among Youth”, Covenant Eyes, 2012, file:///C:/Users/kim.riley/Downloads/pornography-among-youth.pdf)
HEARTBREAKING TRUE ACCOUNTS OF PERVERSIVE PORN

Many told to Josh McDowell

YOUTH

Recently I spoke at one of the top three Christian institutions for post-high school education – a school that is biblically-based, theologically-sound, spiritually-alive and mission-oriented (I believe it is one of the finest in the world).

I had just finished speaking on “Pornography & the Church” to 5,000 participants. The next hour was incredibly eye-opening and also a very disheartening experience. I was sitting at the autograph table, and almost every conversation with a student, whether male or female (18-25 years old), was reflected by this 22-year-old’s comments:

“Mr. McDowell, you will never know how your talk tonight impacted my life. Last night on my dorm floor, all the guys got together and I asked them, ‘How many of you are struggling with pornography?’

“Mr. McDowell, there was not one student on our entire floor who was not struggling. They had all watched pornography. Right after your talk, I sent a text to every person on my floor, ‘We must all get together… We have got to hold each other accountable and deal with porn.’”

The next student in line approached me crying in front of everyone and she said,

“Mr. McDowell, I’m twenty-one years old. I’ve never had a boyfriend, never been kissed and never held a boy’s hand. For thirteen years I’ve been struggling with pornography (started out at eight years old). It has destroyed my life.”
The next two girls said “Almost all of our friends are struggling with pornography.”

Recently, a couple came to me to encourage me in carrying out the Set Free Global Summit on Internet Porn and Sexual Addiction. I asked, “Why?” Their response was “Our 17-year-old son has always been a role model to follow. He has led his youth group and read many of your books. However, several months ago his life slowly began to change. He didn’t want to go to church or youth group. He quit reading his Bible and became critical. We tried so hard to encourage him, but nothing helped. He finally confessed to us that since he was eight years old, he has been addicted to porn. Now, he no longer believes, never prays, has become a loner and wants to spend all his time in his room.”

“One boy under the age of 15 told ChildLine that he was ‘always watching porn, and some of it is quite aggressive’. ‘I would like to get married in the future but I’m scared it might never happen if I carry on thinking about girls the way I do.’” (Patrick Howse, “Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

The University of Montreal was commissioned to study the implications of porn on 18 to 25-year-olds. They had to terminate the study after several months. They couldn’t establish a control group of students in Canada who hadn’t watched it. (Jonathan Liew, “All men watch porn, scientists find”, Telegraph, December 2, 2009, http://www.telegraph.co.uk/women/sex/6709646/All-men-watch-porn-scientists-find.html)

Another research scientist cancelled a study on porn and university students. “I could not find a control group who hadn’t seen porn.”
Worldview training seminars attract the finest youth from our churches. Recently, the director of one of the top three seminars told me that through their surveys, they discovered that 70% of guys and 40% of girls watch pornography. He was shocked because they are the top Christian kids.

After one of the above seminars, two teens came up and asked to talk with me.

“We need to talk with you. This afternoon there were twelve of us in our room. After we heard your comments on pornography, we asked the other ten kids in the room if they watched pornography. Eight of ten said ‘yes.’”

What worried these young people was that they didn't know what to say when all eight defended their viewing of pornography. They saw nothing wrong with it.

The director of a youth ministry on East Coast said, “Josh, I need your help. I took my top nine leaders on a leadership weekend. During our conversations the topic of pornography came up. I asked them, ‘How many of you watch porn?’ Josh, I was staggered when eight of the nine said ‘yes.’ What do I say to them?”

Yesterday I talked to three youth leaders of a church with 1,700 in their youth group. I admonished them to address the porn problem with their students. I shared the statistic that up to 75% watch porn on the Internet.

They interrupted me and said, “Oh no, it's more like 90%. It's hard to find a student who doesn't watch pornography.”
All the above 4 incidents happened in just three days.

---------

A representative of a large missionary organization which sends out about 400 short term missionaries (all university students) stated, “Josh, we have to reject 85% of our applicants because of pornography.”

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During a large youth convention in Mexico recently, I asked the director of the ministry if they talked to the kids about porn. He replied, “No, but we need to”. I asked why they didn’t and he replied, “We did a survey of all our youth groups and 90%+ of all the students watch porn.”

---------

Recently, when I called a potential presenter for the Set Free Summit, who is extremely accomplished in psychotherapy and the head of the department in a major East Coast university, he told me, “Josh, in our research we almost never come across a teenager who hasn’t watched porn. What we have discovered is that when they reach the first year in the university, their viewing of pornography rapidly increases. It is very difficult to do any scientific studies of university students’ involvement in porn because we can’t find a control group of men and women who don’t watch porn. Josh, porn is now at the level of a tsunami among our youth. I will be at the Set Free Summit … it is a deep calling in my life. I fear for our youth, our families and our churches.”

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Two parents just found out their 28-year-old son had been addicted to porn for years. His wife finally confronted him, but he wouldn’t stop and their divorce was just finalized. It all started when he was 11 years old. He confessed that every night he watched it in his room. It was why he adamantly told his mom and dad to always knock before entering his room.
This is from the associate pastor at the Lutheran Church of the Atonement in Barrington, IL:

“Well done Sir!!!!!! I have been sounding the trumpet on this topic for the past ten years. We hit it hard in our confirmation program (sixth through ninth grade). However, in recent years, I have been convicted that our efforts are coming too late. Despite the fact that all of our boys and at least half of our middle school girls report having seen porn, and I mean significantly disgusting porn, the parents are slow to appreciate the dangers. Parents look at me as though I have lobsters coming out of my ears when I call this the decisive battle of the century. (I have been a pastor for 27 years. I am used to that.)

Your address [Moody Talk] has vindicated our efforts, and we will pick up the challenge with greater clarity and zeal. I am sure that you will take heat for this address. God bless you! I also appreciate that you lifted up the relationship you have with your wife! Thank you, thank you, thank you. May God continue to nourish and sustain you!

Mark Rose, author of *The Noah Code*, recalls that time you visited his church and talked about pornography. The son of his secretary came to hear your talk. He had been long-struggling with his faith and nobody could figure out what was wrong with him. When he heard your talk on pornography, he realized that was the problem! This young man was able to get out of pornography and has recovered since then.

March 24, 2016. Testimonies sent to Christy Tiede from Nelu from Josh’s speaking in Romania:
The week after [the Josh] events, one of the Christian leaders came to one of our Cru staff and ask him to meet with his son. Because after Josh message at parent’s event he talked with his son and discover that his son is deeply involve in pornography. He started to do that at age of 7, and now he has 19 years old. After 2 days he was hospitalized in a psychiatric hospital. When one of his friends find out what happened with him he committed suicide because he had the same problem and he married hopping he will solve the problem but he couldn’t. When he saw that his friend was “discover” he decided to commit suicide. Because of that some churches decide to have meeting with teenagers and youth to discuss the subject. They invite one of our Cru staff to talk. He started to share about his life when he was young and about the temptations that he had. When our staff ask them if they have problem with pornography almost all of them say “yes”. At that meeting was more than 100 teenagers and youths. Most of them started to be consoler one on one.

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MISSION ORGANIZATIONS

A representative of four missionary-sending organizations said to me rather reluctantly that up to 90% of applicants have watched porn.

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An executive with a missions organization to students stated: “80% of our applicants watch porn.”

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A missionary from Asia was talking with me and related that recently when an American pastor arrived to speak to 500 missionaries and their families, he was asked to speak on another topic other than what he had prepared. “They said, “We would like for you to speak on pornography and sexual purity.” The visiting pastor asked “Why?” The missionary director of the
conference replied, “Our missionary families are being riddled with porn. It is destroying us.”

---------

I was just with a mission organization. Before I spoke to the staff children (ages 12 to 18), I singled out three of the staff kids. I said, “Look me in the eyes … I want to ask you a question. Do you watch porn on the Internet?” They replied, “No, absolutely not.” “Let me ask you another question. Are you lying to me?” “Well maybe I watch it a little.” Let me ask you another question, are you lying to me again?” “Well, ah, maybe I watch it a lot.” All three were similar conversations. They were between 13 to 16 years old. The sad thing is that I’m sure their missionary parents have absolutely no idea and would vigorously defend that their child would never look at pornography.

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We are a small missions organization … about 200 missionaries (about 100 families). We are being gutted by porn. Last month we had to bring home five families.”

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CHRISTIAN SCHOOLS

A mother called me quite upset regarding her 13-year-old son. A girl had approached him to say that a boy in their class wanted to date him. He replied, “I’m not into that … no.” Several days later it was posted on a website under the name of the school that he was gay. Everyone at his school saw it. In the locker room they kept trying to get him to look at porn. He kept saying “no.” They started calling him gay. About this time, the parents checked his phone and found porn. They asked him, “Why?” He replied, “I had to.” “Why?” the parents replied. He said he had to download pornography to convince the other boys he wasn’t gay.
At a Christian school in the Middle East, they took a survey of their 300 middle and high school students. The last two questions were critical. 1) “Do you watch porn on the internet?” “YES” was the answer by all 300. 2) “Do you want to stop…Need help?” The answer was an overwhelming “NO” by all 300.

Last night a grieving mother told me, “My daughter is 18 years old. She has always been a very spiritual girl. However, over the last two years she has lost all interest in spiritual things. She no longer reads her Bible and has lost all interest in church. So we just had a long talk about it. Afterward she came to me and shared that she is addicted to internet porn. It all started at 13 years old through a friend at their Christian school.”

While I was visiting in the home of a Christian leader in Alabama, his 15-year-old daughter asked if she could privately ask me a question.

We went into the kitchen where she asked me a very innocuous question. I responded, “What is really in your head?” She broke down crying, “I’m addicted to porn. It totally controls my life”.

She is a leader at her Christian school and feels like such a hypocrite. “Can you help me please? I can’t tell my parents…it would destroy them.” I asked for her email. She responded, “I can’t. If I even walk by a computer or iPad, I will look at porn.”

The story is having a beautiful ending…little by little a real joy is returning to her life and her parents have become a big part of it.
CHURCHES

Today, a pastor, 38 years old, painfully shared, “In our church we have seen so many lives ruined (by porn), and frankly I have felt stunted in my ability to provide real long-term help for the ones who want out.”

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I have been bombarded with comments like these from the experts (not novices) Christian, Secular, Mormon, etc. It is overwhelming.

The signs are present, and pastors don't seem to be seeing them. We must wake up the church and we don’t have much time.

The Set Free Summit can be a lightning bolt for the Christian community, and we must do all we can to get pastors to the event and train them in positive, practical, biblically-based, and culturally-relevant solutions.

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I was amazed to learn about this summit. The quote on the front page is powerful and speaks directly to our story: "Nothing erodes a person's faith faster than internet pornography".

I unknowingly married a Christian man with a full blown porn addiction. Half measures availed him nothing. Despite repeated attempts at getting help, the struggle continued. 20 years into vocational ministry as a pastor and 15 years into our marriage, he announced a crisis of faith. June 2012, he resigned as senior pastor at Redeemer Church in La Mirada, CA. During the resignation meeting, the elders assured the congregation "there was no moral failing".

My heart sank because the elders knew of his issues (I broke silence with the elders and their wives 2 years prior when his active addiction reared it's head). No one else seemed to connect his crisis of faith with his porn addiction. Our ties to Biola University made things all the more
complicated. Both of his parents teach at Talbot Seminary. Their conservative fundamental views and closeness to the situation elevated the crisis.

Our life began to unravel and a chasm started growing between us. I couldn't buy the story line or his plans to move on and launch a second career. Something was terribly wrong. I hit my rock bottom and entered recovery. God was faithful. He met me in the crash and directed me to S-Anon and a CSAT therapist for individual and group therapy.

I initiated a move back to TX summer 2013 to be near my family. We moved as a family of 6 (me, him, our 4 kids). Within a few months, it was clear I needed the safety of a separation. One year later, I filed for divorce. It was a battle to come to terms with the reality that he did not choose recovery. It's been a long, painful journey.

In April 2014, I had the opportunity to attend the IACSAS (International Association of Certified Sexual Addiction Specialists) annual conference. That is when I stepped into the professional world of sex addiction recovery. God has equipped and prepared me as a spokesperson, advocate, and social entrepreneur. My mission is to empower partners impacted by porn/sexual addiction and betrayal.

I am in process of launching a non-profit and platform from which to inspire courage, educate, and and connect partners to resources. The media department at my church, Austin Oaks Church, recently filmed a God Story about my journey. You can see it here: http://www.austinoakschurch.org/stories. SisterHub is being rebranded and morphing into something bigger and better.

Thank you for planning this Summit!!

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GENERAL

We have quite a challenge in front of us. Mark my words, within 3-4 years pornography, including child porn, will not only become culturally acceptable, but there will also be a crusade to legalize all pornography.

You can see right now the winds are blowing that way.

--------

Recently, I was at a hotel in Gilroy, CA. The porter was a sharp young man about 22 years old. I asked him, “Do you watch porn on the Internet?” He responded, “Of course…everyone does.” He went on to say, “Why should I quit? I’m not in a relationship.” When I shared the consequences for future relationships, he replied, “I will worry about it then.”

After asking the same question to a waiter in the same hotel, he replied, “Oh yeah…a whole lot…I don’t know anyone who doesn’t.”

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On a recent American Airlines flight there were two young flight attendants interacting with me. One of them, Crystal, 23 years old, listened carefully when I shared, “Be careful when you get married … Try to find out if he watches porn.” She sadly explained, “Sir, I don’t think I have ever met a man who doesn’t watch pornography.”

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While Dottie and I were having a great meal at Outback, our waitress was very friendly. She was 21 and came to Christ at a great church near our house. I said, “Amy, when you get serious about a guy, in a relaxed moment, ask him if he watches pornography …” Her head popped up and she exclaimed “I don’t think I know any guys in my church who don’t!”

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“The thing that struck me was that here are beautiful pictures of nature being posted and labeled ‘earth porn’ – as though the ‘porn’ moniker is a positive thing. That’s how mainstream, acceptable and ‘normalized’ the porn label has become. ‘Porn’ as a term used to be associated with filth, degradation, immorality, etc… Just an observation and another example of how timely Set Free is.”

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(E-mail from Josh McDowell – 08.26.15) Several days ago I sat in a coffee shop in Manitou Springs, CO. As I reviewed these stories and the three phone calls I had just received from Christian leadership who have been devastated by porn and lost their families, I began to cry. I couldn't stop. Couldn't figure out what was happening, but then I realized it was an answer to prayer. In my last year of seminary I had prayed, 'God, break my heart with the things that break your heart.' My heart is broken…"

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Just had dinner with an executive of large global youth movements. I asked, “How many of the kids you work with globally watch pornography?”. “Wow… I never like to say 100% in anything … so I will say 99.9%.”

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I have two sons that were dedicated to God as babies, raised in a Christian home and attended Christian schools into College (MBA). Zach 30yrs (oldest) told us he was gay last year. He had a short relationship with a male for 7 months and it is now over. We found out he was molested as a young child 2 yrs ago. He dated one girl in high school and she broke his heart. He has not dated another girl since. My son says he is a gay Christian. My (middle) son Jacob 27yrs old was married in 2012. He too was molested as a young child by the same person. Jake says he has battled porn since HS and had an affair in 2013-14. He ended the affair asked for forgiveness from his wife, her parents, us, and sought intense Christian counseling. He wants to restore his marriage. His wife won't
speak to him only to say God told her to divorce him (final March 11, 2015). My son is now angry with God. My son loves his wife, they grew up together and dated almost 11 yrs (high school sweethearts). They waited till their wedding night to be intimate. Both of these circumstances were happening at about the same time. My children have been deceived by Satan. My husband and I are deeply saddened by both of these situations. We continue to pray for God's will, grace and wisdom. We ask for prayer for my sons, my daughter-in-law (Giselle), her parents, us and for my daughter Sarah. She is struggling with this as well plus she misses her sister-in-law. Giselle refuses to talk with anyone of Jake's family. We are deeply saddened. Thank you for your prayers.

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Sunday, May 3 at 6:35 at night, I received a phone call from a desperate mom. She has an incredible marriage and an outstanding Christian family. She called and said, “Josh, I need your help. My son who is 13 years old [we’ll call him Bobby] was at school several days ago and a girl approached him representing one of his male classmates and said, “This boy wants to date you. He wants to go out with you.”

Her son, Bobby replied, “Well, I’m not into that. I’m not gay.”

The girl replied, “Well you must be gay because you’re not interested in girls.”

Bobby said, “No I’m not interested in girls. I’m 13 years old.”

The next day on an Instagram site identified with the school (but not an official school site) they had a picture of Bobby and the boy together as a couple and the entire school was exposed to it.

The parents went through his cell phone and they found pornography and were very concerned but they handled it right. They very calmly sat down with him and said, “Why do you have this pornography on your cell phone?”

He was very hesitant to reply, but finally said, “Because I had to.”
“What do you mean because you had to?”

“Well at school at school in the locker room [remember – this is 13 years old – 7th grade] all the guys watch pornography on their cell phones and I don’t watch it and so they told me that because I don’t watch pornography, then you must be gay. So mommy, I downloaded this pornography and I show it to the kids in the locker room to prove to them I’m not gay.”

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From the head of a large conservative denomination:

“Josh, we will be at the Set Free Summit. At our national men's meeting I asked how many of you are struggling with pornography? 90% raised their hands.”

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“Josh can you help me? My son left for university this year. At Christmas he told us he doesn't believe any more. ‘It's all a lie…a myth. None of it is true.’ It staggered us.”

I asked, “Does he watch porn?”

“Why do you ask?”

“Because it is so often the case in situations like this.”

**E673** “Yes he does, he left his computer open and we found layers of porn.”

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The pastor of a church (500-700 members), recently came to me and said, “Can you help…I don't know what to do about pornography. I don't know how to research it. I don't know how to talk to me people about it.”

His wife added, "Honey, tell him why we approached him.”
The pastor hesitated, looked around and then leaned in towards me, “Josh, my 22-year-old son, who is a youth pastor, just told me he is addicted to pornography. He can’t stop. I don’t know what to say. I don’t know how to talk about it to my people. Can you help me?”

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It was a long walk ... in only four minutes, five different young people at the church approached me and said, “I’m addicted to pornography. Help me...I can’t stop!”

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Then the father of a 10-year-old son said, “My son just told me he has been watching porn for 3 years (since 7 years old).”

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We live in Killeen, Texas and our family has been destroyed by Internet porn. Our teen daughter and I are hurting and there just aren't the needed resources in our area to help with healing. We have a Celebrate Recovery but that's about it. I am a school teacher and would've loved to attend the summit in April along with our daughter.

It would help her understand why her father refused all offers for help/recovery, abandoned our family, filed for divorce, moved out of state and continues to try and push for her to visit him out of state when she doesn't feel safe or comfortable around his porn use (sadly he exposed her to it and so now she knows he has this problem).

I appreciate what your ministry is doing to educate and combat this evil. Even attorneys, judges and others are very ill educated about porn as it has become so pervasive. You are a light in the darkness. Internet porn has become Satan's super weapon and you are correct that's churches aren't doing enough to combat this in the body of Christ.
I was married 23 years. This was my college sweetheart. I did what I could to get him help but he's had this since adolescence (which I learned before he filed for divorce) and he kept it secret. He's a Christian and was raised in church but not raised in Christ. My heart is hurting for our family and our daughter. I have depression and anxiety. I am reaching out for counseling but I'm finding a lack of therapists that understand my trauma. For years I tried to get help and no one even understood what I was up against. I just wanted to reach out and say please keep reaching out to churches and educating them. Families are falling and we need your ministry's work more than ever. Thanks and God bless you.

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**Story told by Josh. April 2016.** Had two evangelistic meetings with 13-17-year olds. 300+ trust Christ. Just received email from director (6 weeks later). "Josh, part of our follow up with each student we asked the question: 'What is your greatest barrier in becoming a follower of Christ?' Josh, every single student of the 300 said, 'pornography.' You were a prophet when you spoke here. Please send us material to deal with this."

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**Story told by Josh. April 2016.** I saw this beautiful little girl and said to Matt, "Look over your left shoulder...isn't that little girl beautiful. Makes me miss my grandkids."

We talked to the mother (who was about 35 and beautiful (like she had stepped out of a modeling magazine). We chatted a little bit. Then quietly is said, so her child could not hear, "Be careful about pornography ". Her head snapped up, seemed startled, then with tears said, "It has destroyed almost everything in my life....my husband and his three brothers all became addicted by 10 years old. He no longer desires me. He can't get aroused with me...only with his porn."

She paused and then continued, "I was exposed to porn by my older sister when I was 6 years old.....by 8 years old I was addicted. At 23 years I
sought professional counseling. She stared at me for the longest time, "You are the only person I’ve ever told about my marriage...thank you for listening."

As she walked away, I looked at my assistant. We both experience that sadness that comes from such a heartbreaking story.

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STORIES RECEIVED AFTER SET FREE SUMMIT

Do not give up. At the Global Set Free Summit, Josh McDowell urged the attendees to go out and make a difference in the battle against pornography. He said, “One person can make a difference. I would like to share the following testimony.

My wife and I were very “fired up” (we still are) after we returned to South Africa from the Set Free Global Summit. We knew we had to do something to bring the Set Free Message across South Africa and began planning a Set Free Mini Summit. We did not have the finances for a major event and started promoting the event through social media and local newspapers. We expected to be overwhelmed with many people attendance, but it was not to be.

We also wanted to present the event as affordable as possible. In fact, we wanted it to be free of charge, but it seemed impossible. We had limited financial resources so we approached a Bed and Breakfast lodge that had conference facilities. The lodge was located about 2 hours’ drive from our home in Pretoria, Gauteng Province in South Africa. The lodge could accommodate 30 people and we expected the group to be that big. We kept the price per person low ($35) which didn’t cover the full amount as we had to subsidize $15 for each person attending. This price included two nights and meals.

Although, we prayed many prayers to present the Set Free Mini Summit, God had other plans. There was very little response to the marketing. As
the day drew near, we began inviting close friends and family members. Even with that, the response was disappointing. My wife fell ill one week before the Set Free Mini Summit and we had to make a decision as to whether to hold the Summit or not. On the Sunday, one day before I had to inform the lodge about figures on how many people will be attending, God showed me not to cancel, but to facilitate the event at our home. All of the people interested in attending were from Pretoria and it would not cost those attending anything. It would be free of charge.

Everything was arranged and put in place to present the Set Free Mini Summit. The numbers were not great, 9 people in total and that included my wife and I. Six hours before the event, 2 people called and cancelled and the reason was “Personal problems”. I was devastated and asked God, “What now Lord? You need to speak to me, I need a clear indication on what to do?” At that moment a dear friend of mine sent me a text wishing us well and informing us that he and his wife were praying for us. I texted him and told him of my disappointment of the people cancelling and that I do not think it is work continuing. He just replied, “Oh no!!!” and then called me encouraging me not to cancel, but to continue. It was then that I remembered Josh McDowell’s words “One person can make a difference.” I told my friend that no matter what we will continue and present the Set Free Mini Summit. Two hours before the start of the Summit, I received a text from the two people that cancelled informing me that they will be joining us. I was informed that the problem had been lack of money for fuel, but God had provided them with the money.

The Set Free Mini Summit went very well and the real testimony unfolded later. The one person who wanted to cancel called me this past week and told me the Set Free Mini Summit changed his and his family’s lives completely. He testified: “The Mini Summit saved my marriage and restored my family. We have installed Covenant Eyes on all our devices and hold each other accountable. My porn days are over and we want to be more involved in fighting this battle with others and bring purity and promote Godly relationships.”
There is more to come. A Christian Radio station “Radio Pulpit” which broadcasts all over South Africa, called me last week and my wife and I shared our story in a 30 minute broadcast on God’s redeeming work in our lives. I could share my story on How God freed me from porn addiction and Corinna, my wife, shared her story: similar to Vicky Tiede’s story at the Global Set Free Summit.

God is great. To Him all the glory.

MORE STORIES

Please prayerfully read the following situations...unfortunately, they are not unique nor isolated incidents. They are common occurrences in the Church.

1. In an Eastern European country, I spoke to 2,300 high school and college students (ages 16-24). During this talk, 373 indicated they trusted Christ as Savior and Lord. At the follow-up appointment, CRU staff asked each student: “What is the greatest barrier or obstacle for you to follow Jesus?”

Their answer came back to me in an email I received on March 24, 2016:

Josh, you will find this hard to believe: Out of all 373 students, every one of them said, “I have a problem with pornography and I need help”.

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2. In a Middle East country, at one of the most prestigious, elite Christian schools, there are 331 students 13- to 15- years old. After I spoke on sex and love, the school designed a survey. Incorporated into the survey were two critical questions:

   a) Do you watch porn on the internet?

   b) If you do, do you want help/counseling to stop?
An email was sent to me stating:

*Josh, your stats on our students and pornography staggered us. We didn’t think they could be true of our school. So we took a survey. Josh, every one of our Christian students (331), answered “yes” to “Do you watch porn on the internet?” and “no” to “Do you want help/counseling?”*

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3. Three CRU country leaders from Middle Eastern countries approached me at the Set Free Summit:

*Josh, these two days have been eye-openers for us. We now realize that the greatest enemy to our ministry is not ISIS…it is pornography. ISIS can kill our bodies, but porn will destroy our soul and the effectiveness of our ministry.*

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4. In an Eastern European country, at a CRU meeting for pastors and church leaders, one leader came to me and said:

*Josh, you really shook up our church leaders. They all questioned the prevalence of porn in their families and church. The top leader in the country went home to his 19-year-old son. He was shocked and deeply hurt when his son confided that he is addicted to porn…and it all started when he was seven years old. Needless to say, the pastor is shaken up and so sad.*

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5. Three weeks ago, a lady contacted me pleading for help (a very dear friend to Dottie and me). She wrote:

*This young boy is only seven, and he accidentally saw porn on a cell phone. He confessed this to me as a safe person to talk*
to (don’t know if parents know how bothered he is) that he is obsessed with wanting to see naked bodies.

He also saw some family adults (not completely dressed) when even younger and the images stuck in his mind. The parents are Christian parents and friends of mine. Thank Josh hugely for me. I need to respect the child’s trust, but need to give his parents HELP!

Then later she emailed:

I deeply appreciate this help and Josh’s recommendations. I don’t know of a family who hasn’t battled this. Even S’s (her daughter) family, as isolated as they are, deals with this threat. It just hit me hard as I was spending time with this child. He slowly and cautiously brought the subject up, then confessed his obsession. He has talked with his mom, and she of course totally restricted the internet, but I’m sure she doesn’t know what to do with the damage that has turned into this obsession. He told me he thinks about it all the time, at 7 years old!

What an enemy we face. So proud and thankful for Josh’s crusade against it.

(Josh email)

MY JOURNEY FROM ADDICTION, by Brett Butcher with Hope Forrester

I saw hard-core pornography for the first time around first or second grade. The effects in my life were similar to those of abuse. I was reintroduced to porn at a bookstore as a middle-schooler. Those were low years for me, and porn felt like life, something good in the midst of something bad. I got hooked.
I came to Christ at a young age and grew up in church, but there was always this dark side to me. I started to feel guilty in high school, but I learned it was better not to talk about it. I thought I needed to figure it out on my own, just Jesus and me.

Maybe you’ve fought a similar battle. Maybe you’re fighting one now, or know someone who is. You’re not alone.

When I was 21, I attended Bible school in Austria and later entered fulltime Christian ministry. I brought my pornography addiction with me. I lived two lives, and my shame started to grow.

I didn’t understand why I was powerless over this sexual darkness, so I hid this life at whatever cost. I took a year away from ministry to focus on restoration. It was a great year, but it didn’t help with my addiction. I attended counseling, but it didn’t help either.

I believed that Jesus wanted to transform me, but why wouldn’t He heal this area? I concluded that I was broken beyond repair, or that maybe God wasn’t real. I was in despair, completely hopeless. I had tried everything and stopped believing I could be free.

A chance encounter with Ted Roberts, founder of Pure Desire Ministries, resulted in my wife and me beginning his counseling and recovery program. I had finally met a Christian man who could make sense of what was happening in my life. Ted and his wife navigated us through sexual addiction counseling wrapped in a biblical worldview.

I learned that at the core of sexual bondage, there’s often an intimacy wound. Now when I struggle, I understand why and have resources to help. My intimacy wounds are healing, and I’m learning how to trust my wife and the Lord with all of me.

I can now say I’ve had three years of solid sobriety with no acting out. I’m taking what I learned from Ted and teaching others. People are desperate to hear. What’s the solution?
Everyone wants a book, and there are some good books. But you can’t read or pray your way out of this. You were likely wounded in relationships, and what’s where you’ll find healing. In the context of safe community groups, you must focus on four areas:

**First, you must confront denial.** You can go to a group and talk about struggles with work or alcohol, but when you say you struggle with sexual issues, it kind of clears the room. There’s so much shame around this topic. We feel the need to hide our sexual struggles, so we learn to hide from and deceive even ourselves. Commit to honesty at all costs.

**You also must understand the nature of your battle.** There’s more knowledge on how the brain works now than ever before. Sexual addiction isn’t just a moral problem; it’s also a brain problem. We’re not merely making a poor moral choice when we choose to indulge in sexual sin. A powerful chemical neurotransmitter called dopamine, or the “gotta have it” molecule, is released in our brains when we view porn or act out sexually. We may develop a brain problem with moral implications that can’t be healed by moral solutions alone.

We can’t read our Bibles more, pray more or attend more small groups. We must be transformed by the renewing of our minds and we must find healing for our wounds. But where is healing found?

**By accessing the wound that drives your need to return to things you know are unhealthy.** We live in a broken, fallen world. You can grow up in a perfect family with tons of support and still get hurt. Some people can process their pain relationally with others, but many of us can’t do that. We don’t know how. We find ways to numb our pain, and that can become addiction, whether sexual or to something else.

Ultimately, you must go on the exploratory journey of your own life and ask, *Where have I been wounded, and how do those wounds affect me today?* Abuse, divorce, high school? If we don’t identify these wounds, we’ll end up treating the symptoms rather than the root problems. You must go on the journey of your own story with safe people. Discover where you’ve been
wounded, and allow yourself to process that pain. Then you can find healing.

**Finally, you must practice preventative accountability.** If you don’t know how to do accountability well, you’ll find yourself in relapse over and over again. You fail, you confess and pray. You fail, you confess and pray. Eventually, you stop being so transparent because it’s simply not helping. Begin to look at the circumstances around you and identify stressors, such as marriage, work or finances. Look for the triggers, and then choose to stay in the pain and process it with others rather than trying to numb it with porn or something else.

Be watchful when you are hungry, angry, lonely or tied (think, H.A.L.T.). Start talking with your accountability group about what you desire when you are in these states. Process together ways you can respond better. Be relational with your pain. The biblical idea of “weeping with those who weep” and “rejoicing with those who rejoice” is a learned skill for many of us. Let others into your pain, celebrations, joy – living life in color with close friends rather than just keeping things on the surface.

There is hope. You can find lasting freedom. But you won’t find it alone, just you and Jesus. Breaking isolation and learning to ask for help – that’s where trust is built and freedom is found. This journey is difficult, but I’m now walking with integrity and purity, and you can, too.

(Brett Butcher with Hope Forrester, “Purifying Desires”, Worldwide Challenge, May 21, 2015, [http://worldwidechallenge.org/content/purifying-desires](http://worldwidechallenge.org/content/purifying-desires))

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A mother called me, she was desperate:

‘Josh, my 7-year-old son accidently saw a few seconds of porn at my brother’s house. Last night, I went into his room. He was sitting up in bed with his head between his knees crying. I immediately ask him ‘what’s wrong?’ He saidly replied, ‘I can’t get the pictures out of my mind.’ Josh he is only 7 years old.”
AND YOU THINK YOUR CHILDREN OR GRANDCHILDREN WON’T SEE IT?

“Wake up!”

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“In China, a church of 25,000 has 4,000 active participants in their 24-34-year-old group. During my visit, the two coordinators of this group came to me and were troubled. They said, “Almost 100% of our young adults watch porn on the internet...we can hardly ever find a young adult in our church who does not watch porn.” Have you told the pastor? “Yes, but he doesn’t believe us and says ‘we don’t have that problem...you are not to talk about it.’” (J1CA-Porn Research, “China Porn Question Letter”)

“Let me read you one woman’s story about how harmless this is:”

“My husband began using porn as a teenager. What was once an adolescent hobby became the ‘other woman’ in our marriage. At first it was our intimacy that suffered. Then, his pastime grew into an addiction which then started to include more serious forms like strip bars. He was often late coming home, with poor excuses. I noticed our money disappearing and never suspected he was spending hundreds of dollars a month to feed his addiction.”

“Me? I felt responsible, ugly, ashamed, alone and hopeless. Why would he look at another woman unless I wasn’t pretty or sexy enough? Friends rejected my idea that his porn use was ruining our relationship. They told me to be sexier, more sexually responsive and available so that he wouldn’t look elsewhere. I tried all these things only to find they didn’t work. I ended up feeling like a failure, as a wife and a lover. Now I know, it wasn’t me.”

“When we got help I found out his pornography use began before our marriage, as far back as his youth. Not only was it not my fault -- it had nothing to do with me at all. After much counseling, we both understand
that he entered our marriage thinking I would cure all his sex problems. No wonder he was so disappointed and angry.”

“We’re still together. ‘We are living proof that a pornography or sex addiction does not have to mean the end of your relationship.’” (Ken Ritz, “Overcoming Pornography”, Sermon Central, December 30, 2005, https://www.sermoncentral.com/sermons/overcoming-pornography-ken-ritz-sermon-on-sin-bondage-to-86849?page=3)

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“Like Middleton, David also struggled with an alcohol addiction and other internalized battles. When he decided it was time to get off porn, he had to quit the booze if he was going to commit. But porn proved to be a harder habit to kick. ‘I’ve been sober in all of this time, but the porn site has been a lot of struggle,’ he said. ‘It’s completely different than alcoholism … [with it] being a substance … but porn, all the images, the videos, everything, they’re still in my head.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“David started his recovery in January 2012. A few months earlier, he saw the movie ‘Shame,’ about a sex addict, and while David wasn’t sexually active, he felt strangely connected with the main character. It hit him one day when he was driving home on the highway, at 60-70 mph, searching his phone browser to get videos ready to watch when he got home. ‘I could see myself, at the affliction of how obsessed I have become that I don’t care about my own life, anybody’s life, all I want is to have...these videos open the moment I open my door,’ he said. ‘That I would say was a painful moment—the moment of painful realization of how much powerlessness I have. It was just compulsion beyond my comprehension.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“He started seeing a therapist and began 12-step programs in the city for alcoholism and porn addiction. During the therapy process, he discovered that he was sexually abused as a child. Although a gay man, he didn’t
watch gay porn—it was usually with men and women, but moreover, it was an escape. ‘Maybe in a way, I was trying to hide from everybody, and the moment I found porn, I found the one thing which will keep me isolated,’ David said. ‘I was really afraid of people, and I thought that if I can keep everybody away I am safe.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Today, David doesn’t have Internet access at home. He uses security apps and works with his provider to help foolproof his phone, blocking any pornographic images from the server end. He has friends, goes on dates and has made a commitment to go dancing once a month. He said he feels like a teenager. ‘Most refreshing is I think I may be an extrovert,’ he said. ‘I do like people’s company. ... I am this social being who just never exploded.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“About six weeks ago, a small group from Middleton’s church went over to his house for what he thought was Bible study. By the end of the night, he was in an intervention for his drug and alcohol abuse. That week, he started an intensive outpatient rehab program at a Hazelden Betty Ford Foundation clinic. He goes four days a week for three hours in the evenings. On Facebook, he came across Fight the New Drug, a nonprofit whose mission is to raise awareness of the ‘harmful effects of pornography.’ He said it’s really opened his eyes to get sober. While the values the anonymity of addiction programs, he chooses to be open with friends and family. ‘Every time I take a stand to grab more control over my life and let people in, I feel less shame, and more confidence.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“For Kevin, help was at nofap.com, which has a following on Reddit of more than 160,000 ‘fapstronauts’ (followers). The site refers to recovery from porn addiction as “rebooting” and challenges users to refrain from porn, masturbation and maybe even sex altogether for a period of time. Kevin
started April 7, and already he feels like a different person. He feels more confident, procrastinates less and feels like he has more testosterone. He said he thinks his ED has gone away and described random erections in the middle of the night. However, there have been struggles in his recovery. The hardest part: ‘Dealing with the anger of not finding it before while I was still with the person I really wanted to be with.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Hussey said it’s important for anyone with an addiction to work with an individual psychotherapist. ‘They need to get to the underlying causes of why they ended up addicted in the first place,’ he said. He also recommends support groups, such as Sex and Love Addicts Anonymous, which, he said, takes on ‘healthier attitudes toward sex in general.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘You don’t have to be isolated anymore,’ David said. ‘You are a social being, and you deserve a full social life. Come out, ask for help. ... There is help out there. Just opening the door is all it takes.’” (HEATHER SCHROERING, “THE PORN PROBLEM,” CHICAGO TRIBUNE, JULY 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“I had a dad bring his 12-year-old in to see me. The boy had been looking at pornography. I asked when was the first time you saw pornography? ‘Fourth grade.’ Okay. Do you remember what you saw? ‘Yes.’ Do you remember where you were? ‘Yes, I was on the computer.’ Do you remember what it felt like? ‘Yeah, it felt like kind of gross, kinda good.’”

“Then I asked him this question: What if Jesus came into your room the day you saw pornography, the very first time? What do you think he would do? And he said: ‘Oh my gosh, I don’t even want to think about that.’ No, really, what would he say? ‘Well, he would tell me how bad it is for me. He would tell me how disappointed he is in me. He would tell me that I should know better than that.’”
“He’s parroting all the things he’s heard. And then he said, ‘It’s just like I’m taking the nails and nailing them into Jesus’ hands. I’m hurting Jesus.’ And I looked at this boy and said: You were a kid! You’re just a kid. Jesus says whoever causes one of these little ones to sin; it would be better for them if a millstone were put around their neck and be thrown into the sea. Our Lord would come in the room and he would probably be angry but he would be angry at pornography, not at you.”

-Father Sean Kilcawley

(Source: Father Sean Kilcawley, Set Free Global Summit speaker, Greensboro, NC, April 4-7, 2016)

“A few years ago a friend of mine told me of a small men’s retreat he attended in Idaho. When the men were challenged in the area of sexual purity, the biggest, toughest looking guy in the room stood up and said ‘I’m struggling with porn and I know some of you guys are too, so stand up if you are and let’s deal with this!”

“Half of the forty men in the room came to their feet.” -Mike Genung


“The findings of the report hit particularly close to home for me. By his own account, my husband of 13 years and high-school sweetheart, was first exposed to pornography around age ten. He viewed it regularly during high school and college — and, although he tried hard to stop, continued to do so throughout the course of our marriage. For the past few years he had taken to sleeping in the basement, distancing himself from me, emotionally and physically. Recently he began to reject my sexual advances outright, claiming he just didn't ‘feel love’ for me like he used to, and lamenting that

“Then one morning around 2AM he called, intoxicated, from his office to announce that he had ‘developed feelings’ for someone new. The woman he became involved with was an unemployed alcoholic with all the physical qualities of a porn star — bleached blond hair, heavy makeup, provocative clothing, and large breasts. After the revelation, my husband tried to break off his relationship with this woman. But his remorse was short-lived. Within a few months he had moved permanently out of the home he shared with me and our five young children. In retrospect, I believe he succumbed to the allure of the secret fantasy life he had been indulging since his adolescence.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“My husband is not alone. According to Dr. Victor Cline, a nationally renowned clinical psychologist who specializes in sexual addiction, pornography addiction is a process that undergoes four phases. First, addiction, resulting from early and repeated exposure accompanied by masturbation. Second, escalation, during which the addict requires more frequent porn exposure to achieve the same ‘highs’ and may learn to prefer porn to sexual intercourse. Third, desensitization, during which the addict views as normal what was once considered repulsive or immoral. And finally, the acting-out phase, during which the addict runs an increased risk of making the leap from screen to real life.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“I started watching porn at 10 years old. This continued past my childhood into my teenage years, of course with the help of a smartphone later on.”

“I felt horrible every time I watched porn.”

“At 20 I started dating my now wife and hid the fact that I watched it from her. She eventually caught me watching it after we got married and she
was pregnant with our son. It broke her heart. She felt like I was choosing porn over her, and I was.”

“So I stopped watching porn. I got rid of my smartphone, it was my #1 trigger. And haven’t watched porn in 1 year and 7 months.”

“I am so much happier and my relationship with my wife is so much stronger.”

(A recovery testimony you need to hear-CRU Mail-This is a personal testimony submitted to NCOSE to be shared, 6.28.2017)

• Lyn – “Pornography is so harmful. It destroyed my husband. He took his life 3 years ago because it had so overtaken his life and mind.”

• Joyce – Married for 59 years. Husband has been involved in pornography since before their marriage, but he denies he has a problem.

• Nita – Porn has ruined her family. She has depression and anxiety. Her husband filed for divorce, refused all offers of help, exposed their daughter to porn. Now he can’t understand why his daughter doesn’t want to visit him.

• Marco – He is desperate to be delivered from porn addiction; unable to find determination to overcome. Feels utterly hopeless and wife doesn’t know.

• Daniel – “My addiction to pornography destroyed my life. I used to be a music and education minister in a Baptist church, but that is gone now. My wife refuses to forgive me, filing for separation. My daughter, who said that she forgave me, has suddenly broken off all contact with me. I am 62 years old trying to desperately to rebuild some kind of life.”
“These are real people sharing real issues about the devastation consequences of pornography.”

(Dave & Diane Bottorff, “April Newsletter” quotes, From Email, April, 2016)

“Always on: Therapist Hugh Martin believes the internet has made pornography much more problematic than it was in the past.”

“Andrew was only eight years old when he first saw online pornography, but even then he knew there was no going back.”

"I was sort of shocked – but I was fascinated by it as well," the 23-year-old (who did not want his surname published) recalls of the hardcore film he watched on a computer at a friend's house."

"It just seemed so real. I'd never really seen people naked before and here they were naked and doing things to each other ... I knew I could never tell my parents, but once I first saw it I knew there was no going back."

“By the time Andrew was 14 watching porn had become his favourite past-time, constantly searching for something new on the internet which would give him a bigger high.”

“He gave up playing footy and stopped seeing his mates, preferring to stay up all night watching pornography instead. To make the porn feel more real he would seek out women on chat sites to act out scenarios with him.”

"I couldn't get up in the morning, and couldn't concentrate in school," Andrew explains. "All I was thinking about was getting back into a chatroom or something like that."

“Andrew's parents grew so worried about their lethargic son that they took him to the doctor for blood tests, convinced he had glandular fever. They still have no idea what was really affecting him.”

“Andrew's pornography habit became so bad in his late teens that it started to damage his ability to have relationships with girls in real life. "I used to
ask girls to do things and get off on that, rather than enjoying the pleasure of sex." Eventually he couldn't get aroused by girls anymore.”

“Therapist Hugh Martin, who specialises in helping men break their pornography habit, said Andrew's story was typical of many of his clients. A recovering pornography addict himself, Martin said most users had low self-esteem, were highly critical of themselves and lacked an emotional connection to their parents.”

“He believes the internet has made pornography much more problematic than it was in the past, and far more addictive than drugs or alcohol. "It makes it very real, very available, and very affordable. You get very physically and mentally engaged with the content." He said extreme practices like bestiality and gang rape had become mainstream thanks to the internet.”

“Experts are growing increasingly concerned that the widespread use of online pornography among adolescents is skewing expectations about sex and relationships, especially as it does not depict any concept of consent. They say users find it hard to distinguish between what they see in pornography and what happens in real life.”

"When you're dealing with children looking at it, highly vulnerable people without any understanding or guidance, it becomes very dangerous," Martin said. Boys aged 14-17 are the most frequent underage consumers of pornographic material.”

“In therapy sessions Martin helps clients understand their pornography use is a symptom of a deeper problem. They then work to resolve the "real" problem in their lives, and identify what they seek from porn such as stress relief, a self-esteem boost or reducing their anxiety. Martin helps his clients understand their porn triggers, and find healthy alternatives that give them better highs, like playing sport.”

“Andrew says he suffers from low self-esteem, depression and anxiety, and that watching porn gave him a sense of power. "I've always felt pretty
powerless because of being bullied pretty badly." Yet the guilt and shame he felt about his porn use ultimately made him feel even worse."

"In the moment I did feel nice but it was afterwards that I felt bad about myself. The feeling of feeling bad only seemed to get worse which is one of the reasons I wanted help."

“It is only through therapy that Andrew has been able to break his addiction in the last year, and focus instead on his relationship with his girlfriend. He is now studying to be a youth worker."

"Once I started to deal with things like my low self-esteem, anxiety and self-loathing I could start to work towards what I really wanted for myself," he says. "I had nothing to lose and I feel like I gained my self back."


“I’ve always been a church girl. Most of my earliest memories are tied to the people and the small churches my dad pastored in San Diego, California. I remember feeling the pressure to be the perfect pastor’s kid who knew all the right answers to Bible trivia questions. I recall the heavy pressure to be a model for other people and especially the pressure not to embarrass or cause shame to my parents by exposing our family flaws.”


“Many of my experiences are probably common to others who grew up in a Pastor’s home, but a few incidents weren’t related to my dad’s job, and they marked me in ways that have taken me years to overcome. I was molested by the son of the church janitor when I was four or five. I remember not telling my parents because it was ‘bad’ and because as a young child I didn’t have the language to express what had happened.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)
“The deepest place of confusion and internal struggle for me as a teenager was finding pornography at the home of neighbors where I babysat. I was both fascinated and repelled by this forbidden material. It was clearly taboo for a Christian young woman who sincerely wanted to live a pure and holy life for Jesus, but somehow one night I picked it up and looked at it. Instant self-loathing, guilt, and remorse. *How can I look at pornography? I love Jesus! I want to be a missionary! I'll never look at it again,* I told myself. And I didn’t. Until the next time I babysat. And the time after that. And the time after that. And before long, I was hooked. The good girl who loved Jesus with all her heart had a secret fascination with pornography, and the shame about killed me. I couldn’t reconcile my temptations and my faith; I was torn apart on the inside. Worst of all, I couldn’t tell anyone about it.”


“Love and marriage”

“I continued in this state of internal conflict and failure, all the while knowing I was in deep trouble. I wanted out but didn’t have a clue how to change. Then I met Rick Warren when I was 17 at a training to be part of a summer youth evangelism team that would travel to Baptist churches in the cities and towns of California. We reconnected a year later as freshmen at California Baptist College, a small liberal arts college in Riverside, California, and became casual friends.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“He asked me out to Farrell’s Ice Cream Parlour in the fall of 1973, and I grudgingly went. A week later – eight days to be precise – he accompanied me to a revival. When we got back to campus, we prayed together to close out the evening. Sitting in the dark, I heard him say, ‘Will you marry me?’ I recall instantly praying and asking the Lord what I should do. I heard God respond, *Say yes. I'll bring the feelings.* And so with my 19-year-old understanding of life, romance, God, his will, faith, and my desire to be obedient to him, I said yes. Kay Lewis and Rick Warren got engaged.” (Kay
“Not ‘the perfect couple’”

“As I walked down the aisle and stared into the shining eyes of the earnest, kind young man who had asked me to marry him, I knew I was loved. The way he looked at me on our wedding day became an anchor I would hold on to during the darker times when I wasn’t sure we were going to survive the mess our marriage had become.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“Our brand-new marriage took an instant nosedive. We didn’t even make it to the end of our two-week honeymoon to British Columbia before we knew our relationship was in serious trouble. We had been warned about five areas of potential conflict all couples have to deal with, and we immediately jumped into all five of them: sex, communication, money, children, and in-laws. We were so young – barely 21- and inexperienced, and when sex didn’t work and we argued about sex, and then argued about our arguments and began to layer resentment on top of resentment, it was a perfect setup for misery and disenchantment.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“What made it worse was that everyone considered us the perfect couple. When we returned from the honeymoon, already miserable and shocked at the depth of our unhappiness, we felt like we had nowhere to go with our wretched pain and marital failures. I had told Rick about being molested as a little girl—he was the first person I ever told—but because I was so unemotional about it, he figured it wasn’t that significant an incident to me and basically forgot about it. I kept my occasional ventures into pornography a complete secret. Between the effects of the unaddressed molestation, the resulting brokenness in my sexuality, and the off-and-on pornography fascination, it shouldn’t have been a surprise that sex didn’t

“The weight of misery”

“Rick and I managed to limp our way through our first year of marriage, all the while he was a youth pastor to a vibrant group of kids who filled our small apartment at all hours of the day and night. We were young enough and naïve enough—and thoroughly conditioned by our strict upbringing—to not recognize the damage we were causing to ourselves by hiding and pretending everything was okay.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“On our second wedding anniversary, we moved for Rick to pursue a master’s degree in theology so that he could become a senior pastor. We still had massive problems with sex, communication, and money, and we were in marital hell. The common understanding of the day was if you love Jesus enough, your marriage will be happy. What was so confusing was that we loved Jesus with all our hearts and were committed to the local church. How could things be so bad?” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“The fact that we were miserable weighed on both of us like a giant boulder, but we didn’t see any way out. I think we hoped that one morning we would just wake up and find it was all a bad dream and that somehow all our problems would simply vanish. We wanted to honor the sacred wedding vows we had made before God and our loved ones, so divorce wasn’t on our radar. But neither could we visualize living in such pain for the rest of our lives. We just didn’t know what to do or how to create a healthy marriage out of the shattered pieces of conflict, disappointment, dysfunction, and resentment.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)
“Sticking it out”

“Over time, as we both grew as individuals and as we sought counseling together, we began to experience healing in our marriage. Yes, we faced many rough patches over the decades of our marriage, but I’m so glad we stuck it out through our painful first few years. God has worked in our life together—and he’s used our marriage struggles and failures to draw us closer to him and to each other.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“Through my decades of ministry, I’ve talked to hundreds of women and couples who were in lonely, unfulfilling marriages—marriages in which their dreams had turned to dust. Where the passion had long since been buried under the daily grind of careers, children, pressure, stress, and unfulfilled longings. Some of these marriages ended with a loud bang as anger and bitterness corroded any sense of decency and humanity and compassion for the other. Some ended with shock, soul-shattering pain, and disillusionment as betrayal made a mockery of the vows of faithfulness. Some ended with a quiet whisper—silence—as boredom, illness, financial struggles, or any other of myriad issues made even dry, brown grass on the other side of the fence look so much greener than the barren wasteland on their side of the fence.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“From the trenches”

“I don’t approach this subject from the Hallmark-card version of marriage but from the blood, sweat, and tears of the trenches where our marriage was forged and is sustained. I know what it’s like to choose to build our relationship; to seek marriage counseling again and again; to allow our small group and our family into the struggle; to determine one more time to say, “Let’s start over” and “Please forgive me, I was wrong” and “I forgive you.” I know what it’s like to admit that my way isn’t the only way to see the world and to try to imagine what it’s like to be on the other side of me; to
choose to focus on what is good and right and honorable in my husband instead of what drives me crazy; to turn attraction to another man into attraction to my husband.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“I know what it’s like to have vastly opposing opinions on how to handle and cope with a mentally ill child; to have fear and anxiety and panic threaten to swallow up normal life; to become consumed with the needs of one member of the family. I know what it’s like to be cracked open by catastrophic grief and to share it with your spouse when you’re so different; to figure out how to grieve and mourn together when your mentally ill child takes his life in a violent way and your grief is public because you’re in ministry and your glass-house, fishbowl existence is fodder for scrolling headlines on CNN.” (Kay Warren, Christianity Today, June 2017, “Kay Warren: ‘We Were In Marital Hell’”, https://www.christianitytoday.com/women/2017/june/sacred-privilege-kay-rick-warren-we-were-in-marital-hell.html)

“We’ve beaten the odds that divorce would be the outcome of our ill-advised union. We’ve weathered my breast cancer and melanoma. We’ve survived the mental illness and suicide of our son Matthew. And now we know. We know we are the best thing that has ever happened to each other. I am in love with the man God brought into my life so many years ago. Each of us is not who the other was looking for, but each of us is who the other desperately needed to become the person we each are today. Yet, it’s also been the very best thing that has ever happened to either of us. We wouldn’t be who we are today without each other. I’m a better Christian, a better woman, a better mother, a better friend, and a better minister because of Rick. He says he’s a better Christian, a better man, a better father, a better friend, and a better minister because of me. The shrieks of iron sharpening iron have often sounded like gears grinding on bare metal, but the result has been profound personal growth in both of us.”

(Kay Warren is the cofounder of Saddleback Church with her husband Rick Warren and the author of Sacred Privilege: Your Life and Ministry as a Pastor’s Wife. She is a Bible teacher and an advocate for those infected and affected by HIV and AIDS, as well as orphaned and vulnerable children. Adapted from Sacred Privilege © Kay Warren, 2017. Published by Revell, a division of Baker Publishing Group. Used by permission.) (Kay Warren, Christianity Today, June
KAY WARREN TALKS ‘VERY CONSERVATIVE’ UPBRINGING, MOLESTATION AND PORN MAGAZINES

“Evangelist Kay Warren, an author and co-founder of Saddleback Church in Lake Forest, California, has said that her very conservative upbringing, combined with being molested as a little girl and being exposed to pornographic magazines, led to a good deal of sexual confusion in her youth.”

“Warren, who is promoting her book, Sacred Privilege, opened up in an interview with Christian Today about some of the dark experiences she had growing up.”

“I was molested as a little girl. I can’t hide behind that and I am the one that has to take responsibility,’ said Warren, who joined the #MeToo conversation in October, when many other Christian women shared their stories of sexual assault and abuse on social media.”

“She said that she learned resilience, however, and the ability to ‘hold on in the harder times,’ as it ‘allows me to be a much more effective minister for Christ when I am spiritually healthy. Ministry is hard and if we are going to last we have to look in the mirror and take responsibility for growing close to Jesus.”

“Warren, who is the wife of megachurch pastor Rick Warren, talked about growing up with ‘very conservative’ parents.”

“Conservative in every way that was possible in the U.S. in the 1960s and 70s to the place of if a Christian family came to our church and wanted to join, if they came from another denomination, they had to be re-baptized…Just a very, very narrow definition of everything,’ she described.”
“But on the positive side they loved Jesus and they lived out their faith in front of me. They made God winsome, they made God attractive. I wanted a relationship with God in spite of all the rules and no dancing and not two-piece swim suits and so on.”

“At the age of 12 or 13, she found pornographic magazines at the homes of family friends she was babysitting for, which she said led to both ‘repulsion and fascination’ with sex.”

“It is impossible to overestimate the effect of discovering pornographic magazines in a neighbor’s home when I was babysitting, partially because we didn’t talk about sex in our conservative home, plus the expectations to be perfect, not to stumble in any way…it all came together in a very toxic way that left me divided, two different people: there was the good girl who loved Jesus and wanted to be a missionary, and the girl who was a complete and utter embarrassment to Jesus…there was a fear of being disqualified from serving Jesus or even being a Christian,’ Warren said.”

“The Christian author said that the lowest point in her life was the death of her son, Matthew, who committed suicide in April 2013 after battling mental illness.”

“This was one of the things that led her to question whether God is really good or not.”

“The real struggle for me is around God’s goodness,’ she said.”

“It is a much more painful struggle for me than questioning His existence. It feels like there have been many opportunities, many circumstances in my life that bring me back to that question: ‘God, are you good, and if you’re not, why would I want to trust you, and if you are how do I trust you when it feels like what happened is too painful to endure?’ Warren wondered.”

“The evangelist has become a strong advocate for mental health support in the church, and argued that unlike what some Christians believe, going
through depression or anxiety does not mean that one doesn’t love Jesus, or that they aren’t praying enough.”

“There has been a misbelief over the years that any emotional pain is somehow demonic: just the opposite is true. Science is catching up with what the Bible has said, that we are complex people – and the brain is part of our body,’ she added.”

“It’s a misunderstanding of what mental illness is. Even though I think there’s progress I do see it today.”


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SLAYING PORN THROUGH CHRIST: A TESTIMONY OF HOPE

“When a dear friend asked me to write an article about my journey to sustained victory over pornography, I must admit I didn’t want to do it. Excuses filled my head. What will people think about me? What would I say about such a complicated issue? But at the forefront of my mind was simply this thought: Am I even victorious enough to write such an article? My so-called victory, after all, has been sloppy. Desires didn’t magically disappear. The temptation to succumb has, at times, felt inordinate. But I can honestly look back and bear witness that God’s grace is training me to renounce ungodliness and worldly passions (Titus 2:11-12).”

“When I think about my journey, the path has been marked by months of prayer, meditation, conversations with God and others, and some despair along the way. If you’re currently struggling between the desire to please God or to please self, take it from someone who has been in your shoes: God is faithful to forgive and to give grace to help you. As I look back, here are two threads of thinking that run through the entire process.”
REMEMBER THE GOSPEL

“The first thread comes at the risk of sounding cliché, but I couldn’t be more serious: remember the breadth and magnitude of the gospel. For years my struggle with pornography was merely an annoying habit I wanted to fix, like biting my nails or saying “um” when speaking. But it kept me from being an effective leader in the church, and it kept me from being normal. I needed a fresh vision of what I was actually doing: I was grieving the Holy Spirit and participating in the very things that stored up wrath against me before I was in Christ (Eph. 4:30; Rom. 2:5). When the Lord brought a season of gospel renewal to my life, I came to understand that my sin was far more serious than I knew.”

“Thankfully, when the Lord brings gospel renewal he doesn’t just show us how bad we are—he shows us how incredible he is. His mercies, his attributes, and his gospel became to me far sweeter than I’d ever imagined. Hour by hour I reminded myself that just as Christ’s death called me to die, his resurrection called me to new life. I often stumbled and clawed my way back to these deep pools of water. When I sat down to pray, I felt like a child just learning to utter his first words. But I didn’t give up. If you’re struggling with pornography, fight to remember the life-changing truth of the gospel. Let that truth drive you moment by moment to confession and repentance. Practice it often. Don’t be like the rich young ruler who wanted an easy formula for eternal life. Be instead like the woman who wept at Jesus’ feet because she knew her sin was great but knew her Savior was better.”

REMEMBER COMMON GRACE

“The second thread of thinking flows from the first: remember the common grace gifts God has given us to fight pornography. Without the first thread, the second would be legalism; without the second, however, the first would be impractical. In order for gospel fruit to grow, I had to put myself in an environment where the fruit wouldn’t be scorched before it could blossom. That meant I had to flee temptation by cutting off access to it. I had to use
computer software, accountability partners, and daily reminders that I’d disqualify myself from ministry if I persisted in this sin. Even more, I had to visualize my wife’s face each time I confessed it wasn’t going well.”

“Because of our necessary and helpful focus on heart idolatry, we can be afraid of putting “eye-gouging” measures into our lives to fight sin. Computer software can’t change my heart, we think. And that’s true. But we should recognize these practical safeguards as common grace gifts from God to help us in our fight against our heart’s idols. The path to sustained victory in my life is filled with earthly motivations. I didn’t want to hurt anyone by derailing my life with pornography. I urge you to think about the same things. If the look of brokenness on your wife’s face or an uncomfortable conversation with an accountability partner motivates you to resist porn, rejoice. Then, remember the gospel.”

“There are many helpful materials available on the subject of lust and pornography. You can read about the effects pornography has on the brain, or you can read about the “sin behind the sin” of control or ungodly pleasure. All of this information is vital to digest and understand. But let’s never forget the most important thing to consult when thinking about these issues—God’s own words:"

“Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. For sin will have no dominion over you, since you are not under law but under grace.” (Rom. 6:12-14)

“May the grace of God remind us of who we are and who he is in our fight against sin—and may that grace also empower to obey in moments of intense temptation. He is faithful.”

FAMED LIBERAL NOVELIST VISITED PORN SETS – WHAT HE SAW LEFT HIM IN DISBELIEF

“Pornography, the famed British novelist Martin Amis told his interviewer, was going to ‘change human nature.’”

“…will change the nature of sexuality from here on. … Pornography is ‘widening the chasm between sex and love,’ … ‘Pornography must set itself against significance in sex.’”

“…the average age of first exposure is now nine—and it is serving as their sex education. … pornography will often determine the nature of their sexual interactions…”

“Gonzo, ten years later, is now mainstream porn—and as one porn producer put it: ‘The future of American porn is pain.’ Amis met this ugly reality face to face. ‘Some girls are used in nine months or a year,’ one producer told him. ‘An 18-year-old, sweet young thing, signs with an agency, makes five films in her first week. Five directors, five actors, five times five: she gets phone calls. A hundred movies in four months. She’s not a fresh face any more. He price slips and she stops getting phone calls. Then it’s, ‘Okay, will you do anal? Will you do gangbangs?’ Then they’re used up. They can’t even get a phone call. The market forces of this industry use them up.’”

“‘I got the S*** kicked out of me,’ she said. ‘I was told before the video—and they said this very proudly, mind you—that in this line of work most of the girls start crying because they’re hurting so bad…I couldn’t breathe. I was being hit and choked. I was really upset, and they didn’t stop. They kept filming. You can hear me say, ‘Turn the…camera off,’ and they kept going.’”
“Porn, as Dr. Gail Dines often says, is the destroyer of culture.”

“It is also a destroyer of porn stars. ‘I have herpes,’ Amis records one girl telling him. ‘After you’ve been in the business for awhile, you have herpes. Everyone has herpes.’ It’s a little-known fact that condoms do nothing to prevent herpes, and often, don’t even prevent HIV. Amis notes that one male actor infected six girls before he was caught. He was barely punished. They got a life sentence.”

“I would say that it’s an attack on love and on significance in relationships, significance in sex. Years and years ago, someone defined pornography as a hatred of significance in sex. That’s what pornography does. There’s not more talk about love in pornography than there is about having babies, is there? It doesn’t come up. It’s as if you made babies some other way, like sneezing at each other or something, but certainly not with sex; that has nothing to do with it at all. And I think that’s a big disconnection for human beings. It wouldn’t have occurred to anyone 30 years ago that sex wasn’t connected with reproduction. But now, the chasm between the two is huge.”

“Pornography has normalized virtually every sex act, …, and groomed women for sexual violence…”


“One of the greatest speakers of our day, I remember a phone call from his wife. He was suicidal because he had moved on into child pornography and bestiality and there, on a child porn site, was an FBI label and it said this has been monitored; you will be contacted and you will be prosecuted. He wanted to kill himself because of the public shame that was coming. Wife called me. He came to our workshop, Every Man’s Battle.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

“We asked them, and they said on that day they were installing the queen. Well, we didn’t know that Canada had a queen and installation or anything
like that. And we discovered they were standing in front of a wax museum, and they were installing a wax queen in the wax museum that day. Well, Dave and I were kind of curious. Why is it that there is even an industry that exists turning people into candles? We didn’t understand how that could even work. We didn’t know.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

“And so we did a little research, and we discovered why people will pay to go see the fake thing, the exact replica, the counterfeit. It turns out that every person wants to be close to something more powerful or bigger than themselves. And for most people, that isn’t possible. And in absence of the real thing, a person will seek out the exact replica, the perfect counterfeit, and they will find some satisfaction in being near that exact replica, even though it isn’t the real thing.” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

“That is what pornography does to sex. Rather than experience the real thing, it’s the counterfeit. It provides some satisfaction for a while. But people miss what God has intended. That, perhaps, is the biggest corrosion in the Christian faith that couples no longer come together. The interest in sex is dying. Marriages are dead because of the erosion due to pornography. Also, there is nothing that causes an erosion of a system of right and wrong more than pornography. People that constantly view pornography tend to think that all things are okay. One person asked me, what do you think is the next big problem that’s coming down the pike?” (Steve Arterburn, Josh McDowell Ministry Set Free Summit 2016 Transcript)

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“Back in the 1950s, two researchers named Tinbergen and Magnus played a trick on butterflies. After figuring out which marks on female butterfly wings were most eye-catching to males, the researchers created their own cardboard butterfly models. They exaggerated the patterns on the wings to make them brighter and flashier than would ever be found in nature. Essentially, they created the world’s first butterfly supermodels.”
“And the male butterflies fell for it. They went straight for the cardboard mock-ups and tried to mate with them. Ignoring the real female butterflies that were right there in plain sight, the males gave all their attention to the exaggerated pictures.”

“Sound familiar?”

“Like the duped butterflies, porn consumers can get so obsessed chasing flashy fantasies that they miss out on real life and real relationships. Call it the first great lie of porn.”


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MTAC SAVES DRUG DEALER

“As an innocent 12-year-old boy in 1994, the Russian government placed Dmitry in an orphanage because his parents were severe alcoholics. At 13, he began drinking. At 14, Dmitry got in trouble for stealing supplies to buy vodka and cigarettes. He then began a 10 year “career” in and out of prison. At 24, he was homeless, an alcoholic and relying on crime as a way of life. Dmitry entered a church based alcohol and drug rehab and vocational training center where God began to change his life! He learned about the love and forgiveness of Jesus Christ. Now, Dmitry is married and pastors a small church in Kondrovo, Russia, the only church in this town!”
“Dmitry shared that in 1995 Americans from Josh McDowell Ministry visited his orphanage, played with him, brought gifts and shared the message of Jesus. And Dmitry remembers that this day planted a seed in his young heart. In 2008, Dmitry was in rehab again, Americans from Josh McDowell Ministry came and ministered to him just as he was going through his journey to become sober and find Christ!”

“Natasha, Dmitry’s wife, is a former drug addict. She found a book by Josh McDowell in a drug dealer’s apartment in St. Petersburg. (This book had been distributed by one of our mission teams). Pages from this book were being torn out and used to crush pills to make crystal meth. Natasha began to read the pages while she made drugs. She became intrigued about Jesus and read the rest of the book. She then found a Bible and gave her life to Christ!”

“Dmitry and Natasha lives were changed by Christ and now God is using them as pastors in Russia to help change more lives!”

(From a letter from Stas and Christy)

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THE PORN INDUSTRY’S DARK SECRETS

“Would you support a business if you knew that they abused some (but not all) of their female employees? Pornographers don’t want you to think about it, but even if some of the humiliation, degradation, and sexual violence you see in porn is consensual, some is not.”

“I got the &*%$ kicked out of me …. Most of the girls start crying because they’re hurting so bad …. I couldn’t breathe. I was being hit and choked. I was really upset and they didn’t stop. They kept filming. [I asked them to turn the camera off] and they kept going.”

“In the spring of 2004, during the American occupation of Iraq, the world was shocked to learn that US soldiers were abusing prisoners in Abu Ghraib. Hundreds of leaked photos showed Iraqi prisoners being made to
crawl on the floor wearing leashes, wear panties on their heads, masturbate for the camera, touch other men’s naked bodies, and even more degrading behaviors that we are not comfortable mentioning here. What horrified the public was not only the human rights violations themselves, but the fact that the soldiers recorded the abuse with obvious glee. In many of the photos, soldiers grinned and flashed a ‘thumbs up’ to the camera as they stood over their victims. After an investigation, several soldiers were dishonorably discharged from the military and others served time in prison for what they had done at Abu Ghraib.”

“That same year, pornographers video-recorded and photographed thousands of women enduring nearly identical treatment and worse. Those images were published on the internet and viewed by millions of porn consumers. There was no public outcry.”

“Comparing porn to what happened in Abu Ghraib will ruffle some people’s feathers. A knee-jerk reaction is to say, ‘Those are totally different! In porn, women give their consent!’”

“There is a tendency to believe that ‘human trafficking’ refers to a Third World problem: forced prostitution or child pornography rings in some far-off, developing country. The truth is, sex trafficking is officially defined as a ‘modern-day form of slavery in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act is under the age of 18 years.’ That means any instance in which the individual on screen was forced, tricked, or pressured. By that definition, human trafficking is everywhere”


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DR. JAYSON GRAVES

http://healingforthesoul.org/

“For me, the main source of pain were my relationship with parents and peers. My parents loved me and I knew that, however, they were limited in what they could give me and sometimes what they gave me was harmful. My perception of my dad was that he was a bit relationally stunted and passive: he was very fun and likeable but unable to connect on a heart-to-heart level with me or show me how that was done as a male. My mother, also fun-loving and caring, had an anger issue and would sometimes get controlling and violent. My peers were merciless from 6th grade through 10th when I was bullied and called names that were terribly emasculating and confusing.”

“The net effect was that I had a love-hate relationship with men, looking for them to rescue me, while waning in my ability to respect them. When it came to women, I was subconsciously not interested in anything other than friendships because that felt like healing and not something that would consume or violate me. And as far as peers were concerned, I’ve had to work through trust issues and take risks to be ‘fully-know and fully accepted’ (the definition of healthy intimacy).”

“Furthermore, the confusing attractions towards men came from my need to be affirmed in my own masculinity and have a sense of mastery over life – something that good looks, bug muscles, a sense of freedom and adventure and all the other things I was attracted to in males was trying to give me in a false or counterfeit way.”
“Part of this root came also by way of comparison/contrast in my relationship with peers and being a ‘late-bloomer.’ Puberty came later than normal for me and this, coupled with having to shower after gym class every day in 7th and 8th grade, created a sense of inferiority, jealousy and strife around things sexual and anatomical. The mix of this psychological deficit and the regular practice of masturbation with the images of the other, more developed boys, made for a very powerful longing for that which I didn’t seem to have and an attachment to what they appeared to possess.”

“The Trauma Factor”

“The third most common type of sexual addiction is called Trauma-Induced and is the result of sexual trauma. Sexual trauma means ‘any event that alters or damages a person’s self-perception or understanding of healthy sexuality.’ This can range from normal childhood experiences like ‘playing doctor’ or exploring to actual acts of rape, incest or molestation.”

“Something can become traumatic when there is either a power differential or emotional distress in the experience: either someone else initiated it, they were bigger or stronger or older or simply more experienced than you or you felt scared, guilty or shameful during or as a result. The addiction lies in the compulsion to repeat the trauma so if you can look at your ‘acting-out’ behaviors and see patterns that are similar to sexual or quasi-sexual experiences in your younger, more impressionable years (often into early adulthood), there may be some trauma to address.”

“I can see this in my own story in that not only was I molested by a male scout leader and a female babysitter around 8-10 years old but I began being sexual with boys and girls in the neighborhood shortly thereafter on a daily basis until I was about 15 or 16. This tapered down in late high school and early college but while the behaviors became more sporadic, I was still trying to recreate the same things from childhood as an adult in an attempt to feel like I was in control or to give me the illusion of power, affirmation and value.”

“About Jayson”
“Jayson Graves, M.MFT, husband of Susan and father to Selah Rae & Asabella, is a Christian Psychotherapist specializing in sexual addictions recovery and unwanted same-sex attractions. He enjoys helping his clients from both a clinical and personal frame as a person in recovery himself.”

“He is the founder and director of international counseling ministry ‘healing for the Soul Counseling & Coaching’ (www.healingforthesould.org) offering telephone therapy and his first original idea: Teleconference Recovery Groups for men and for wives in recovery worldwide.”

“Jayson has served as a speaker for Focus of the Family’s Love Won Our conferences and the New Life Ministry’s Every Man’s Battle intensive workshops, as the founder and host of The Blazing Grace Show radio program, and hosted the PurePassion TV show. He designed and teaches the ‘Biblical Sexuality in the 21st Century’ course for Christian Life School of Theology online (www.clstglobal.org) and live worldwide.”

(info@helaingforthesoul.org, Phone: 719.590.7685, PO Box 25314, Colorado Springs, Colorado 80936)

“A message from HFTS founder Jayson Graves:

“You’ve landed. You’ve arrived at a site dedicated to Sexual Addiction Recovery and help for Unwanted Same Sex Attraction.”

“You’ve probably go a sick feeling in your stomach. Or you may be scared, lonely, and ashamed, feeling sure no one can help. Maybe you’ve hit rock bottom and you feel no one can understand.”

“From the pain in your heart and mind you may be screaming, ‘Can anybody help me? Is there a way out?’”

“Yes there is. There is hope.”

“There is hope for recovery. There is hope for growth. God can redeem your past and you can live a life a victory in the midst of and beyond your struggles. God can help you change your life and we’re here to help you with that.”
“How do I know? Because I’ve been there. I’ve felt your pain. But I’ve seen God do amazing things in my life. I’ve seen God do amazing things in the life of many others. If any of these categories apply to your situation, I invite you to give us a call or send an email & consider having us partner with you on your healing journey.”

“Thanks again for finding us! We specialize in two main issues: sexual addictions and unwanted same sex attractions. My team and I serve a local, national, and international clientele using an innovative, faith-based approach that can involve individual, couples, and/or group therapy, all over the telephone or private teleconference. We would be honored to serve you and hope to hear from you soon!”

Sincerely,
Jayson Graves, M.MFT, Sexual Addiction Specialist

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MARK LAASER TESTIMONY

https://faithfulandtrue.com/

“Mark Laaser, author of Faithful & True: Sexual Integrity in a Fallen World, has been a friend of the NACR since it’s inception. He understands sexual addiction from both personal experience and from working with sex addicts in several treatment programs. In his books and seminars Mark has offered hope and healing to thousands of co-strugglers. We interviewed him recently by phone from his home near Minneapolis, Minnesota.”

“Offenders are only 1 percent or less of the people who struggle with sexual addiction.”

“There have been a couple of studies that have suggested that among incarcerated sexual offenders, people in jail for their actions, only about 50% are sexual addicts.”
“I worked with a man recently whose family owns one of the largest production companies for pornographic movies in the country. He has been involved in the production of every kind of film imaginable and consequently has been involved in every kind of sexual activity you might dream of. After 20 years of this kind of life he said that what he is really longing for now is a committed, normal relationship with one woman. He would trade all of his experiences to be able to find the simple joys of faithful, heterosexual monogamy. Like all of us who struggle with sexual addiction, he did not look back over his years of addiction with fondness. They are lost years. Years of emptiness and pain.”

“Sexual addiction does not discriminate with respect to gender. It’s an equal opportunity addiction.”

“I think that there is a general attitude in the Christian community that addicts have a moral problem – an unwillingness to really repent and turn your life over to God. Unfortunately, this really misses the pint. Most importantly it misses how desperately most addicts have sought salvation, have tried to repent, have tried diligently what their pastors have told them to do but still found their lives to be unmanageable. Most Christian sex addicts have repented sincerely – usually many times. They have turned their lives over to God – usually many times. But the problem remains.”

“81% of all sex addicts were sexually abused as children.” It is not just a spiritual problem. Sex addicts are often dealing with traumatic memories.”

“My own story illustrates that. When I came into recovery I was a minister. I’d been saved since I was a child and I felt like I had surrendered my life to God. But as I look back on it, some of the spiritual stuff that I was doing was an attempt to try to manipulate God. One of the things I desperately wanted God to do was to remove all my lust. I wanted God to take away the problem completely so that I’d never have to struggle with it again. And I became angry with God that he wouldn’t do that. That’s part of the nature of the spiritual problem. Many addicts when they come to the Lord have an
agenda for what they want the Lord to do. That’s why the first step is to admit that I have no control over my life, or over God or over my addiction.”

“STEPS: What kind of advise would you give to someone who knows that something about their sexual life is not working? Suppose someone is anxious about their sexual behaviors, they have heard about the concept of sexual addiction and they want to figure out if that is the problem.”

“Mark: I would say ideally what you would like to do is to get a very thorough assessment of your situation by a Christian counselor competent enough to be able to do this. I would not try to just read about it or to take my own inventory. I’d try to find someone who could help me figure out what’s going on.”

“STEPS: It’s a serious problem but not sexual addiction. What are the features which help you to distinguish between an addiction and other problems?”

“Mark: Well, the classic features which apply to any addiction would also apply to sexual addiction. First, addictions are ‘unmanageable.’ This means that there have been numerous attempts to stop in a variety of ways that have been unsuccessful. This implies a repetitive behavior over time – usually over several years. If you look at pornography just once or twice – that may be a problem but it’s not sexual addiction. If you have an ongoing relationship with pornography, have tried to stop and been unable to – then we’re getting into the territory of sexual addictions. Now, the repetition doesn’t have to be every day or every week or every month. Some addicts have a binge type use where they are out-of-control for a day or two or a week and then they stop for a while and then come back to it. So repetitive doesn’t mean that you have a daily habit, it means that over time you have repeatedly come back to it.”

“Another feature of addictions is that it is destructive over time. There are consequences. Since all addiction are attempts to medicate some unwanted emotional realities, the first consequence is often an emotional
numbness. But the consequences cover a huge range – from shame to physical diseases. If it’s an addiction, there will be negative consequences.”

“A third feature is an increase in the severity of the activity over time. For example, if you masturbate once every couple of months, over time you may see that increase to once a week and then every day and then some people I see in treatment re up to multiple times a day. The progressive nature of the problem doesn’t necessarily mean that you will graduate to new activities or to more serious activities. It might involve that, but it might also mean that you stay with a certain activity, like using pornography, but that you need more and more of it, using it more frequently or spending more money on it.”

“And then a final feature is that we know that an addict is trying somehow to medicate or escape unwanted feelings. Because sex addicts can’t tolerate painful feelings, they seek to escape the feelings through sexual activity. Research has shown that sexual activity and sexual fantasy can alter brain chemistry and produce profound feelings of pleasure. This can be a beautiful experience between two committed people. Sex addicts, however, are in the business of altering their brain chemistry, and thereby their mood, all the time. They use sex like a drug to produce a high. As the disease progresses, the sex addict cares less and less who the sexual partner is. The main pursuit is the high. Sometimes the danger inherent in promiscuous sexual activity will produce adrenaline that can also be addicting. Sex addicts may pursue dangerous sexual liaisons, such as men who have sex with married women when her husband is due home shortly. They get a high from the sex, from a new partner, and from the danger. In their excitement, they temporarily forget their anxieties, fears, sadness, loneliness or anger.”

“STEPS: So sexual addiction has a lot in common with substance addiction. It must be really common for people to be cross addicted – to be addicted to both alcohol and sex for example.”
“Mark: Yes. The research we’ve seen suggests that half of all alcoholic’s struggle with sexual behaviors and many of them are sexual addicts. The percentages are higher for some other drugs. For example, there have been two studies with inpatient cocaine addicts and roughly 80% of them have been shown to have sexual addiction. So that’s a huge correlation. If you look at the neurochemistry of cocaine it effects the same centers in the brain that are involved in sexual pleasure. So, it’s not too surprising in that sense. There are a lot of other cross addiction as well. Eating disorders are, for example, very common among sex addicts.”

“STEPS: I remember in your book that you mention Pat Carnes’ comparison of eating disorders and sexual addiction.”

“Mark: The comparison is basically that there are two opposite extremes with addiction. One is …well Pat’s newest book that just came out recently is called Sexual Anorexia. He talks about he fact that there are people who in an attempt to control their sexuality often turn their sexuality off completely. That’s no different than the food addict who is desperately trying to control something by not eating. At the other side of the spectrum is the overeater who just can’t stop eating. Just like the sexual addict who is unable to stop engaging in sexual behaviors. A special case of this extreme would be the food addict who after acting out does something to get rid of the food – purging. This is just like the sex addict who acts out sexually and then does something either to punish themselves or, more commonly in the Christian community and I was in this category, I would do ten wonderfully Christian things to try to make up to the acting out. Addiction is about extremes. Normal healthy eating and normal healthy sexuality lies in the middle somewhere between these extreme options.”

“STEPS: Talk to us more about the progressiveness of sexual addiction. The image on the cover of this issue of STEPS is of a man climbing a ladder and he’s broken every rung so far but he still keeps climbing.”

“Mark: I think there are a lot of dimensions to the progression. The climbing up image captures the need for more and more to cause the same effect as
well as the futility of the process. And the unmanageability of it all – continuing the same behaviors thinking that the results will be different. But you could also have a climbing down image which captures the spiral down into more degradation and hopelessness. Both are powerful images. Once you have sinned it becomes easier to do it again. That’s one element of the progression. Once you’ve crossed a certain barrier it’s easier to cross others. Once you’ve broken a taboo it becomes easier to break. The other factor is that there is an excitement that sexual activity produces. Just like your first kiss may have totally exhilarated you and then later on you need to kiss for a little longer to get the same effect. That’s the same kind of entrapment that sexual addicts experience in a magnified way. We need more and more and more to just get the same ‘hit.’ Addicts have a very deep connection to ‘if some is good more must be better.’ The neurochemistry of sexuality accounts in part for this because the brain adapts. Just like in alcoholism there is a tolerance factor because the body adapts to exposure.”

“Sometimes the progressive nature of the problem expresses itself in strange ways. One man I worked with recently started out picking up people for anonymous sex in relatively tame bars. But the got dull and boring after a while. Gradually he moved from bars in the west part of town to bars in the downtown area that were a little more dangerous. By the time he got into recovery he was going to bars in the middle of a most dangerous part of town. He was still basically into one-night stands but you could see the progressive nature of the illness and even graph it out on a local street map. He needed increasingly more dangerous situations to get the stimulation he needed.”

“STEPS: You’ve made the point that progression doesn’t always mean changing behaviors but isn’t it true that many sex addicts also find themselves moving along a path that leads from fantasy to pornography to affairs?”

“Mark: For most sex addicts there are some basic themes. I think that fantasy is basic for all sex addicts. As a result, one of the central tasks in
therapy for sex addicts if to ask what the roots of these fantasies are. What do they point to? Where did they start? What are the basic themes of these fantasies and what do they mean about the emotional and spiritual health of the person. But fantasy is always a cornerstone or main building block of sexual addiction. Masturbation is closely connected to fantasy. And pornography is a common element as well for most sex addicts.”

“In the workshops I’m doing now with the American Family Association this is what we’re mostly seeing. Some people ‘graduate’ to prostitution or being a prostitute or having multiple affairs or on up the ladder of behaviors. Usually there are other underlying problems with people who move on to exhibitionism or what Pat Carnes calls ‘Level 2’ behaviors. Many people never move beyond the basics of fantasy, pornography and masturbation.”

“STEPS: The level of harm done by those basics can be quite staggering though.”

“Mark: Absolutely. All these basic elements of sexual addiction are what keep people from facing the underlying problems in their emotional and spiritual life. They are part of a process of not feeling. And the numbness can be devastating emotionally, spiritually and relationally.”

“STEPS: I know a lot of people when they start to educate themselves about sexual addiction feel a kind of heaviness or hopelessness about these kinds of problems so I want to talk about reasons for hope. There really is help available, isn’t there? This is not a hopeless kind of problem, is it?”

“Mark: Absolutely not. We have learned a lot over the last 20 years about sexual addiction and how to deal with it. Treatment for sexual addiction really began in the late 1970’s. We really didn’t have much to offer sexual addicts before that. So we’re really only 20 or so years into developing helpful strategies but a lot has emerged. Today there are a variety of 12 Step fellowships available, there are a number of high quality inpatient treatment programs, there are a number of organizations that do outpatient
intensive workshop programs and there are also many more therapists qualified to work in this area than has been the case in the past. When I went into treatment there was really only one facility available in the nation, Golden Valley Treatment Center in Minneapolis. It has since closed but that place trained many different clinicians that have fanned out across the country to start new programs.”

“STEPS: Any advice on how to find a counselor who understands these issues?”

“Mark: Yeah, I’d first call the National Council on Sexual Addiction. They maintain a list of therapists around the country [770-989-9754]. Also the Outreach Division of the American Family Association has a list of Christian counselors that might be helpful. (601-844-5128).

“STEPS: There are also a number of 12 step fellowships available for sex addicts. Any advice about finding a support group or about the differences between the kinds of support groups which are out there?”

“Mark: “The main distinction between any of these groups is in the specifics of how they define sobriety. Remember that the definition of sobriety for sexual addiction is more complicated than it is for alcohol addiction. You can abstain from alcohol for the rest of your life, but it’s not necessarily the goal for sex addicts to abstain from sex for the rest of their life. This is another way in which sexual addiction is like food addiction. Food addicts can’t stop eating forever, but they can learn to eat when their body is hungry to nourish themselves. Married sex addicts, likewise, will learn that sex with their spouse is appropriate and beautiful when, instead of being a way to avoid intimacy or escape negative feelings, it expresses the intimacy of the marriage.”

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SURVIVOR OF PORN INDUSTRY ON MISSION TO WARN OTHERS ABOUT THE DANGERS

“Denver (CBS4) – The pornography industry is worth billions of dollars yearly. CBS4’s Jennifer Brice took a rare look into the world of porn and human trafficking happening in Denver. She met a woman who used to be in the sex trade and now speaks out against it.”

“Jessica Neely is a survivor of the porn industry. Her life, however, started on a very different path from the world of pornography.”

“I didn’t know anything else but my relationship with God,’ said the now 35-year old woman who grew up a pastor’s daughter between Cedaredge and Colorado Springs.”

“Neely also became a woman of the cloth herself, following in the family footsteps. When she was a 22-year-old, and still a virgin, Neely was living in Estes Park. It’s there that she was working as a youth minister when her life turned upside down.”

“I was going out to my car to warm it up when my head was slammed against my car,’ she said. ‘I fell on to the ground.’”

“Neely was raped by a stranger.”

“I wasn’t angry at the person; I was angry at God.’”

“That’s when Neely’s life changed, radically.”

“I am going to choose who I have sex with,’ Neely recalled about her mindset. ‘I am going to choose to get up, put my clothes on and walk away.’”

“Promiscuous, she said, became a sex addiction. Sex graduated to professional porn. Porn then fueled prostitution.”

“Her insights to the porn industry is eye opening. She said when a person consumes a scene they are watching the woman and men of that industry
self-destruct. Neely said many people in that industry are victims of some kind of abuse. She also said porn is a breeding ground for the human trafficking world.”

“‘Every single person in pornography escorts. It is human trafficking.’”

“To keep her escorting rate competitive, Neely said, she would sign up for as many porn scenes as possible.”

“And before she knew it, the Pastor’s daughter would eventually become a madam with a brothel out of the Denver Tech Center.”

“I was a madam based on what I learned in pornography.”

“According to Neely, social media sites are ripe with women of all ages that she would turn into escorts. She targeted women ranging from 18-35 years old. She said those women were everything from college students, models, and single mom. Neely would ‘groom’ them the same way, appealing to their needs, weaknesses and financial woes.”

“Her pitch: ‘You’re already having sex for free,’ Neely recited. ‘Why don’t you join me?’”

“Neely says she would zone in on the girls posting provocative pictures on social media sites. She said she knew by the way they portrayed themselves online that they needed attention for a reason.”

“The quest for attention is what Neely preyed upon.”

“I’m not going for modest girls because I don’t need to go through their morals.’”

“Neely said she didn’t have time for anyone’s morals.”

“It would take less than three days to groom a girl,’ Neely said.”

“She would take the women escort prospects to expensive dinners at Shanahan’s and Elway’s.”
“‘When I toted this lifestyle in front of them, seduction was so easy,’ admitted Neely. ‘To go after their college debt, I’m like, ‘I can cure that in less than a month.’”

“Neely said she would even set the girls up with various plastic surgery appointments within weeks of bringing them onboard.”

“The women, Neely said, were more challenging to get onboard, but ‘clinets’ were in abundance.”

“They were your politicians, your sports teams, any gentleman with some extra dollars.”

“At best, Neely made 10,000 a day between porn and human trafficking, but money was the only thing she had.”

“I didn’t have my frineds; I didn’t have my dreams.”

“It took 10 years for Neely to get out of the sex trade. She is now an advocate who speaks out against the pitfalls of porn. She travels to schools and churches across the country and tells parents and students how porn kills love.”

“The night CBS4’s Brice met Neely she was speaking at a conference called ‘Not for Sale’ across Colorado. At Roca Fuerte High School Brice watched her preach aobut he porn to a group of teenage boys. She told them they would never be satidfied with the path of porn, ‘Or with the woman God gives you if you are entangled in porn.’”

“After the conference Brice spoke with several teenage boys who attended. Christian Salcedo, a junior, said that the conference made him realize how much porn is a problem in our community.”

“Society has normalized it,’ said Salcedo. ‘But just because it’s normalized doesn’t make it okay.’”
“Jeriel Jimnez said that on his Facebook and Snapchat accounts, even his friends are provocative I how they portrait themselves.”

“‘They post very sexual posts and it’s become a norm,’ Jimnez said.”

“Neely says technology now gives porn addictions a place to form, right in the palms of our hands. The addiction, she said, is starting very young. Her advice to people about porn is simple but sobering.”

“‘One scene is one too many and a thousand is never enough,’ said Neely. ‘This is something that can never ever be satisfied.’”

“To learn more about the effects of pornography, please visit the following links: Fight The New Drug/PornKills Love | Refuge For Women


(Jennifer Brice is a reporter with CBS4 focusing on crime and courts. Follow her on Facebook or on Twitter @CBS4Jenn.)

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STORY OF A PORN ACTRESS

Excerpts from, ‘Truth Behind the Fantasy of Porn,’ by Shelley Lubben

“Sex-packed porn films featuring freshly-dyed blondes whose evocative eyes say “I want you” are quite possibly one of the greatest deceptions of all time. Trust me, I know. I did it all the time and I did it for the lust of power and the love of money. I never liked sex. I never wanted sex and in fact I was more apt to spend time with Jack Daniels than some of the studs I was paid to “fake it” with. That’s right none of us freshly-dyed blondes like doing porn. In fact, we hate it. We hate being touched by strangers who care nothing about us. We hate being degraded with their foul smells and sweaty bodies. Some
women hate it so much you can hear them vomiting in the bathroom between scenes. Others can be found outside smoking an endless chain of Marlboro lights…”

“But the porn industry wants YOU to think we porn actresses love sex. They want you to think we enjoy being degraded by all kinds of repulsive acts. The truth, porn actresses have showed up on the set not knowing about certain requirements and were told by porn producers to do it or leave without being paid. Work or never work again. Yes, we made the choice. Some of us needed the money. But we were manipulated and coerced and even threatened. Some of us caught HIV from that coercion. I personally caught Herpes, a non-curable sexually transmitted disease. Another porn actress went home after a long night of numbing her pain and put a pistol to her head and pulled the trigger. Now she’s dead.”

“It’s safe to say most women who turn to porn acting as a money-making enterprise, probably didn’t grow up in healthy childhoods either. Indeed, many actresses admit they’ve experienced sexual abuse, physical abuse, verbal abuse and neglect by parents. Some were raped by relatives and molested by neighbors. When we were little girls we wanted to play with dollies and be mommies, not have big scary men get on top of us. So we were taught at a young age that sex made us valuable. The same horrible violations we experienced then, we relive through as we perform our tricks for you in front of the camera. And we hate every minute of it. We’re traumatized little girls living on anti-depressants, drugs and alcohol acting out our pain in front of YOU who continue to abuse us.”

“As we continue to traumatize ourselves by making more adult films, we use more and more drugs and alcohol. We live in constant fear of catching AIDS and sexually transmitted diseases. Every time there’s an HIV scare we race to the nearest clinic for an emergency checkup. Pornographers insist giving viewers the fantasy sex they demand all the while sacrificing the very ones who make it happen. In other words, no condoms allowed. Herpes, gonorrhea, syphilis, chlamydia, and other diseases are the normal anxieties we walk around with daily. We get tested monthly but we know testing isn’t
prevention. Besides worrying about catching diseases from porn sex, there are other harmful activities we engage in that are also very dangerous. Some of us have had physical tearing and damage to internal body parts.”

“When porn actresses call it a day and head home we attempt to have normal healthy relationships but some of our boyfriends get jealous and physically abuse us. So instead we marry our porn directors while others of us prefer lesbian relationships. It’s a real memory making moment when our daughter accidentally walks out and sees mommy kissing another girl. My daughter will vouch for that one.”

“On our days off we walk around like zombies with a beer in one hand and a shot of whiskey in the other. We aren’t up to cleaning so we live in filth most of the time or we hire a sweet foreign lady to come in and clean up our mess. Porn Actresses aren’t the best cooks either. Ordering food in is normal for us and most of the time we throw up after we eat because we’re bulimic.”

“For porn actresses who have children, we are the world’s WORST mothers. We yell and scream and hit our kids for no reason. Most of the time we are intoxicated or high and our four year olds are the ones picking us up off the floor. When clients come over for sex, we lock our children in their rooms and tell them to be quiet. I use to give my daughter a beeper and tell her to wait at the park until I was finished.”

“The truth is there IS NO fantasy in porn. It’s all a lie. A closer look into the scenes of a porn star’s life will show you a movie porn doesn’t want you to see. The real truth is we porn actresses want to end the shame and trauma of our lives but we can’t do it alone. We need you men to fight for our freedom and give us back our honor. We need you to hold us in your strong arms while we sob tears over our deep wounds and begin to heal. We want you throw out our movies and help piece together the shattered fragments of our lives. We need you to pray for us the next fifteen years so God will hear and repair our ruined lives.”

“So don’t believe the lie anymore. Porn is nothing more than fake sex and lies on videotape. Trust me, I know.”
“Dedicated to all the porn actresses who caught HIV, died from drug overdose and committed suicide.”

“Poof, He’s Here!”

Chapter Fourteen

“I was so bored. I had no car. I couldn’t drive anywhere and I was sick of asking sugar daddies to drive me around. They couldn’t keep their hands off of me. I was so sick of men.”

“During my ‘off’ time I pulled out my New Age books and practiced my psychic techniques. I figured God was trying to talk to me so I should try to go to the other side. At least that’s what the ‘voice’ told me.”

“I believed in Jesus and God and remembered when Jesus told me I was special. I was only six years old but I never forgot the vision I saw of me preaching to a crowd of thousands of people. Maybe there was still a chance? I mean, He did just save my life from a near fatal car accident.”

“I got really good at my powers. I practiced them all day long where I sat on the floor surrounded by white candles. I loved candles. Of course, I did, I was a creature of the dark!”

“At first the voice seemed friendly and I was sure the Holy Spirit was talking to me. Even the Ouija Board told me my spirit guide was Jesus Christ. It also told me I was a Chosen One and had been given great healing powers. Of course, my ego loved to hear how special I was.”

“From mind over matter to energy manipulation, I used my powers for everything. If I wanted the phone to ring, poof it rang. If I wanted a curtain to move, poof it moved. I was moving and manipulating things left and right. In fact, I even poofed my four-year-old daughter who fell over on the other side of the room! Everything in the psychic world came so easy to me. Of course, I was already a master manipulator.”
“After about six weeks of being locked up in a New Age world, I finally got my car back and wanted to mess with peo-ples’ minds. I was also low on cash and needed to pull a few deals. I ended up at a bar in Covina where a couple of bands were playing.”

“Minding my own business at the bar someone tapped my shoulder. I turned around to a tall American apple pie looking guy who asked me if I wanted to play pool.”

“I coolly replied, ‘For drinks, sure.’”

“I knew I could beat him. He obviously didn’t know who he was messing with. He was just a little boy to me. He looked no older than 23.”

“Probably lived with his parents, I thought.”

“When he popped a quarter in and racked the balls tightly within a minute, I started to worry. This guy was no stranger to the pool table. The hustler in me quickly rose up. I didn’t lose well and I certainly wasn’t about to lose to this guy. That’s when I started poofing.”

“POOF! I said while I aimed my hands at his pool stick. He looked at me like I was crazy, laughed and then made the shot perfectly. This guy wasn’t even bothered by any of my poofs. I downed a shot of Bacardi and resorted to other means of manipulation: I pulled my top down. That’s when he missed the shot.”

“We ended up downing Kamikaze shots – on him, of course. That’s when he asked me to play darts. Okay, darts was for nerds. But I was bored, he offered me free drinks and besides he was a nice guy. He didn’t once talk to my boobs.”

“That was different.”

“As he was sharing his personal information, which I didn’t listen to any of it, I noticed out of the corner of my eye that he was hitting the bull’s-eye almost every time! This guy was a hustler or something. He intrigued me.
But of course, I wasn’t interested in love or anything. I was interested in his skills and especially his wallet. Maybe behind this smart guy was a rich guy. A diseased prostitute could only dream.”

“Tall, blonde and not very handsome, he was only 22 years old and worked at a box plant. Okay, he doesn’t have money. Forget it, I told myself.”

“‘Hey what’s your number?’ he asked me.”

“‘Um, I don’t date for free. I’m a stripper. Cash only.’ My eyes zeroed in on his pocket. He realized I was all about the money and so he lied and said he needed a stripper for a bachelor’s party.”

“‘Right,’ I told him. This little boy would probably pee his pants if he ever saw a naked woman, I snickered. I handed him my card just in case he really needed a stripper.”

“‘Three hundred an hour, babe. See ya,’ and I walked out of his life forever.”

“A week later the phone rang.”

“God, I hope it’s not someone from the porn industry, I worried.”

“I answered the phone in a fake English accent, ‘E-lio’?”

“‘Hey um, Giovanni, you wanna play pool tonight?’”

“‘Who is this?’ I asked in an irritated English accent.”

“This is Gary. We met at the bar a couple weeks ago.’”

“Okay, I had to think about this one. Everywhere I went I met guys. I paused a second to try and remember. Okay, I gave up.”

“No, I don’t remember you.’ I went back to my regular voice.”

“I’m the guy you played pool with at Boar’s Head and shot dart with.”
“‘Ohhh, okay I think I remember you. Um, well, it’s Friday night. I have to work tonight.’”

“I have to work too,’ he said. ‘I just thought we could hang out a few hours before I go to work at ten.’”

“No, not tonight, but thanks.’ I hung up the phone. I didn’t have time for little boys. I need to make some money.”

“But the guy kept calling me! Over the next month I told him, ‘no thanks’ repeatedly and that I needed to work. I mean, he could have offered me money. I hinted enough.”

“Finally on another Friday night he called me again. This time I was sitting home alone tired of trying to figure out if I was officially back in prostitution or not. I hated stripping. I hated prostitution. Maybe this guy called me on the right night.”

“Okay, I’ll play pool with you but you buy the drinks,’ I told him bluntly. I figured I would at least get something out of it. Not to mention, maybe make some ‘deals’ at the bar. I could pull a trick anywhere.”

“Sure, see you soon!’ He sounded like a giddy school boy.”

“What have I gotten myself into, I thought.”

“We met at the bar and the guy totally surprised me that night. Not only did he drive like a speed demon but at one of the bars we stopped off at, he walked right up to the pool table and lined it with speed.”

“‘Holy shit!’ I exclaimed. ‘Where the hell did you get all of that meth?’ I looked up at apple pie guy in shock.”

“I always have it. You like to fly?”

“Well, of course I like to fly, I thought. I missed my speed. The porn industry was my main drug supplier so it had been a little while.”
“Wow, I thought. This could be the beginning of a beautiful long lasting relationship.”

“If only I had known.”

“Gary started coming over with his meth. We snorted. WE talked. WE stayed up all night and laughed. He was really a nice guy. He never tried to make a single move on me.”

“A burned out prostitute could get used to this, I thought.”

“One night he brought over checkers.”

“‘Um, what are the checkers for?’ I said with a funny look.”

“‘They’re to play with, silly.’”

“‘Um, I don’t play checkers.’ He laughed and set the game up. When he said he could beat me at any game, that’s when he pushed the right button. I was extremely competitive not to mention a major control freak. No one dared me to a game and won. No one!”

“The creep beat me. I hated him. Of course, I wanted to play again and again and again. No way could I let this guy win.”

“We played Gin Rummy, 5 Card Stud Poker, Texas Hold’em, and more. We just played games. It had been years since I played games with anyone.”

“I still hadn’t told Gary my past or even my horrible present. I was hoping we could just stay ‘game’ friends for a while. But one night he came to my house and saw me signing an autographed picture for the security guards.”

“‘What is that?’ he asked.”

“‘Well, um, I was a porn star.’”
“‘Oh, okay,’ He just walked into the house and set up checkers. That was weird.”

“I marched right into the house and blurted out, ‘Don’t you know what kind of woman I am? I’m a hooker, a prostitute, a stripper and I worked in porno movies!’”

“Unaffected he asked me, ‘How did you get into stripping?’ I couldn’t believe it. Most men would have asked me to have sex by now. Not Gary. He really wanted to know what happened to me. So, I told him how I got kicked out the house at 18 and ended up on the streets of the San Fernando Valley. I told him a pimp lured me in and offered me money when I was homeless. He was shocked, even appalled by my tragic story. His whole face changed and he reached his out to hold mine.”

“‘Shelley, that’s terrible what happened to you.’ I thought I was going to throw up.”

“Oh shit, I thought. This guy actually cares about me. I ripped my hand back.”

“Nervous, I quickly changed the subject and asked him how he got into drugs.”

“Dad and Mom were pastors.”

“What? I thought. Gary is a Pastor’s kid?”

“‘Yeah, my dad cheated on my mom with the church secret-ary when I was 17. Our home was never the same. My dad became a sailor mouthed alcoholic and it drove my family apart. I started doing drugs when I was 20 years old.’”

“‘You’ve only been doing drugs for two years?’”

“‘Yep.’”
“Oh wow, I thought. This guy is ripe. I wondered if he still lived with Mommy and Daddy.”

“‘Where do you live?’ I asked.”

“I live with my parents in Chino.”

“Oh shit, I was right, I thought. He lives with his parents.”

“I couldn’t believe I let some innocent pastor boy into my life. How did I not see this? How did this get past me? I started to freak. The demons in me were not happy.”

“‘Shelley, do you believe in God?’”

“Dang, he wants to talk about God. I had a terrible feeling I was being set up.”

“‘Of course I believe in God. I was raised in Sunday School when I was a little girl.’ Something inside of me lit up because I spent the next fifteen minutes going on and on about God. It was probably the speed.”

“‘And then I was in a church play called, ‘Pilgrim’s Progress’ and I played Faithful, the pilgrim who is Christian’s friend from the City of Destruction.’”

“‘Wow, I know that story. You played Faithful?’ he asked.”

“‘Yeah, and I even memorized the alphabet backwards when I sang the Z to A song. In fact, God told me when I was nine years old that he guy I would marry someday would be able to say the alphabet backwards as fast as I could.’”

“Without hesitation he said: ‘ZYXWVUTSRQPONMLKJIHGFEDCBA.’”

“We both just stared at each other.”

“Furious, I stood up and told him to get out.”
“I never wanted to see him again. I ran upstairs to my bed-room and frantically stared into my reflection in the mirror for some answers.”

“Come on, Shelley, use your psychic abilities.”

“POOF, HE’S HERE!”


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SHELLEY AND GARRET’S 19TH VALENTINE’S DAY WEDDING ANNIVERSARY

“‘Shelley, it’s just me, it’s Gary. I don’t want to hurt you. Please…’”

“‘No, back off.’ I scowled and threw my cigarette on the ground and stepped on it. I ran upstairs to my bedroom and locked the door and hid beneath the bed sheets.”

“Shaking and frightened by the intense pain, I cried out to God, ‘God, take it away. Please God, take it away,’ The voices started yelling at me:

    “Stupid whore. No one will ever love you. He will use you and hurt you just like everyone else did. Get away from him!”

“Another Voice interrupted, ‘Shelley, be still and know Me. Gary has been sent by Me to help you. It’s time.’”

“‘Time? For what?’ I asked the Voice. I waited for an answer but it was silent. Even the other voices were gone now.”

“I sat up and stared in the mirror at the ugly woman looking back at me. Blonde hair extensions sticking out of my dark roots with dark circles under my eyes, I was a horrible wreck. How could Gary even want to be near such a mess?”
“He would leave me, I just knew it. I had to protect myself. I put on my false front face and acted like I didn’t care. I went downstairs to end the whole thing.”

“Gary, I…”

“He turned around with the most angelic smile and a perfect shiny kitchen behind him.”

“Yes?”

“I was speechless. My heart melted and the evil within me recoiled. He walked toward me, touched my face and kissed me softly. A spongy warm sluggish kiss, I wanted to eat his lips. I hadn’t been softly kissed by a man in years.”

“Our beautiful kiss ended and I buried my head in his chest and wept bitterly. Huge tears of shattered years gushed out of my eyes and the forceful pain of Rejection, Rage and Hatred rose up from deep within. I violently pushed him away and pulled out my hair.”

“I hate you!!! I hate them!!!’ I grabbed the phone and threw it. I threw the trash can. I punched the couch. I spit. I hit. I kicked. I hated them!”

“I hate them! I hate men! I hate all of you! Go to hell f -kin' losers!” I threw my seashell across the room. Gary was shocked but held his ground.”

“Stay the f – k away from me! F – you!’ I screamed vio-lently at him. The evil inside of me was so fuming mad and all hell broke loose inside of me.”

“F-k you, loser. You liar. I hate you. Get away from me!”

“I grabbed a knife in the kitchen and fiercely aimed it at him. Pointing at him full of rage, I told him to get the hell out and stay out forever.”

“Get the hell away from me, NOW!’ Wild strands of bleached hair in my face, I panted like a ferocious animal.”
“‘Shelley, I love you. I love you. I love you. I’m not giving up on you.’”

“The knife slipped out of my hand.”

“My body felt o the floor and I wept.”

“His overwhelming love crucified me. It shredded the very core of every deception I held dear and id the unthinkable: it gave me hope. For the first time in over seventeen years I felt hope in my heart.”

“A massive wreck on the floor, Gary held me close in his arms and wholeheartedly prayed.”

“‘Lord, I ask you to heal Shelley; to heal every wound from the top of her head to the soles of her feet. I know you can do it, Jesus. In your name I pray, amen.’”

“It was the prayer that changed my life forever.”

“The one that God heard and all listened to.”

“And the war for my life began.”


UPDATED JANUARY 2019

Porn Addict Says 'Wrong Click Changed My Life' as a Teen, Exposing Her to Abusive, Animal-Like Sex G1 7.10.18

“"What I saw shocked me, but I couldn't bring myself to click away from the site because of how the images made me feel. I started going back to it again and again and it quickly started to twist my perception of what was supposed to be love. The images were burned into my mind and I couldn't get them out.""
“The woman says that she was only 15 years old at the time and became scared of herself.”

"I felt nothing; I felt like I couldn't fully care for people, for my body, for my mind, or for my heart. I just felt numb and hollow all the time. I viewed everyone around me, including myself, as objects. Nobody really mattered except for what I saw in porn," she says.


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The Lonely Life of a Teen Struggling with Shame

This is a comment from a Christian teenager on a blog post:

“Your article is really…really helpful. I am teenager and a Christian. I’ve been stuck with this addiction for about 8 years or so. I just feel so tired and disgusted with myself. There was this one time I told my parents and my dad scolded me. That was when I was really young.

I was just so tempted by the lust I felt while watching people making out and stuff that I turned to porn for good. I don’t wanna tell my parents again cause I’m afraid they will not only scold me but just feel so let down by me and so disappointed. I don’t want scolding–I just want help.

There are so many times where I try and stop, but I try doing it all by myself and I know that’s useless because without God I can’t overcome this addiction. But it’s just so hard. I have to use my iPad for piano and studying sometimes and so I keep my iPad with me. But then I read books about stuff. And I feel the lust and then I go watch porn. Sometimes it’s just [be]cause I’m bored!
I feel as though God is so disappointed at me. I don’t wanna keep living like this. I feel so ashamed of myself. Sometimes I even try and comfort myself by telling myself that other teens do it all the time. But I don’t wanna become like that. I wanna be God’s child, but why can’t I stop. I try and read the word more and pray more too, but it’s like come to the point where I just don’t care anymore, I have no more guilt. But I still have this glimmer of hope and I don’t wanna lose it, I’m just so scared.”

The lies from our enemy are all over this young man’s words. This teen even had the courage to tell his parents, which is so rare, only to have the hammer of disappointment come crashing down. Ironically, that same disappointment will likely only fuel this young man’s desires to look at porn, because in the moment, the dopamine rush of porn is far better than the heavy feelings of parental disappointment. And, then afterwards, fueling more shame, leading to more porn. It’s a downward cycle.

But, it doesn’t have to be this way. To the teenager who reads this post and says, “That’s exactly how I feel. Afraid. Dirty. Unworthy. Unloved. Far from God.” I have a few words for you!


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**Porn in the church – a story**

I was at an outdoor Christian festival, and the closing band was *For King and Country*. Half way into the show the lead singer gave his typical sermonette, and you know how they go. You say something encouraging, the crowd cheers. He started by talking about the inner beauty of women. Everyone cheers. He moves to mention sex trafficking, and that as a church we can be a voice against that. Everyone cheers. Like clockwork. At
this point, I had a hunch where he was going He said that it was an issue of supply and demand, and sadly, men are the demand.

He masterfully led it all up to a very pointed statement. He said that one of the greatest things our men can do is to keep our eyes from looking at pornography. I was there in the back of the mosh pit and instead of cheering it was silent. For about 2 seconds the crowd didn’t know how to respond. Some people started to clap and it turned into a rather week applause.

I’ve never encountered the grip of pornography on the church as much as that moment. And it wasn’t just me; my mom was there too and she felt the exact same thing. The show continued, but I couldn’t get it out of my head. I’m sure many others felt the same thing. In fact, I’m somewhat grateful it happened that way. If everyone cheered then we would be fooling ourselves, and those struggling would feel even more alone. Maybe now we can finally start talking about it.

(Story to Josh via email date June 14, 2018, Subject: Re: Porn in the church – A Story, from Luke Smallbone, Rebecca S. James’ brother)

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My 14-Year-Old Daughter Watched Porn And It Changed Our Lives In Ways I Never Imagined.

“I sat up quietly. “OK. What’s up?” I asked her as evenly as possible.”

“Instead of answering me, she handed me her iPhone. That act alone spoke to the severity of the situation — normally she barely let me look at her phone, let alone lay my paws on it. I braced myself for the awful bullying text or threats or even naked photos I worried were awaiting my eyes, but instead, I found myself looking down at a webpage with some formal-sounding legalese scrolling across it. Confusion completely swallowed my fear.”

“What is this?” I asked.”
“Looking everywhere but at me, she replied, “I’ve been watching porn and the FBI has tracked me.”

“There is almost nothing that could have shocked me more. As the mother of a girl, I had imagined so many of the difficult conversations and situations I would have with my daughter as she grew to womanhood. Since she was 14, I assumed we had already had all the “big” conversations: periods, sex, online safety, respecting her body, drugs and alcohol, helping friends.”

“Those chats had, for the most part, all gone well — so much so that I really thought I had this parenting thing in the bag. I knew it wasn’t enough to speak to your kids about these potentially tricky subjects only once and that parents should work to establish an ongoing dialogue with their kids about them whenever possible.”

“And much to my kids’ chagrin, I was committed to open and honest communication with them. In fact, my approach has always been that if I hear or read anything pertaining to “growing up” topics or experiences, I will bring them up with my kids — no matter how awkward or difficult those topics or experiences might be.”

“But porn? I never even considered that I would have to have this discussion with any of my kids until my son, who is almost 5 years younger than his sister, hit puberty. Unfortunately — and perhaps naively — having to discuss adult content with my daughter had never even appeared on my Mom Radar.”

“As the mother of a girl, I had imagined so many of the difficult conversations and situations I would have with my daughter as she grew to womanhood. ... But porn? I never even considered that I would have to have this discussion.”

“But the changes weren’t just in my daughter’s life — the experience woke me up, too. I realized that my 14-year-old was so curious about sex that she had turned to porn for answers.”
“I like to think I would have taught her about these issues anyway, but would I have understood the importance of having these conversations with her when she was only 14 and not even dating yet? I don’t know. I might have waited or I might not have approached the topics with such urgency and clarity, and she might have faced some unthinkably high cost because of it.”

[Amelia M. Miller, My 14-Year-Old Daughter Watched Porn and It Changed Our Lives In Ways I Never Imagined, Huffpost, April 18, 2018, (https://www.huffingtonpost.com/entry/daughter-watched-porn_us_5ad62856e4b077c89ced3787)]
BEN BENNETT BIO

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

- IGen for Jesus
- Overcoming Sin & Setbacks
- You, Me, We
- Wholeness In A Sex Saturated World
- Relevant, Reliable, Relational: The Bible?
WHO'S TALKING ABOUT BEN?

"Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way."

- Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

"While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben's that renews hope, gives a roadmap to healing, and inspires next steps. I've personally benefited greatly from what Ben has to share and I think many people in all walks of life will too."

- Karl Armentrout // Cru National Conference and Events Director

"My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben's session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben's personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben."

- Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:
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JAKE KISSACK BIO

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakeable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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ALEX McCLELLAN BIO

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McLellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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JOSH McDOWELL BIO

Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey Self Image | Sexual Integrity | Truth in Today’s Culture
WHO'S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women's Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh's message was a deep examination of God's truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

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The Porn Phenomenon Study...Barna Research
“Porn in the Digital Age: New Research Reveals 10 Truths”
Excerpts from The Porn Phenomenon

“The word ‘pornography’ is a combination of two Greek words: pornē, meaning ‘prostitutes,’ and graphein, ‘to write about.’ In ancient times, pornography was not images but words.”

“Important element is the function of the content – that is, the purpose intended by the creator, adopted by the user, or both.

What is Porn?

“How do Americans define pornography? While nearly everyone agrees that ‘an image of sexual intercourse’ is definitely porn, the issue of function seems to be at the center of most people’s thinking. If you use it for masturbation or personal arousal, it’s porn. Simple as that.”

“Most of us have probably been to an art museum or taken an art history class in which we saw fully nude statue or painting. You probably didn’t consider that pornography, and most Americans agree with you. Less than one-quarter of adults over age 25 (24%) consider a fully nude image to be objectively pornographic.”

“But if it that fully nude image is sexually arousing, that’s a different story. Half of adults over age 25 (53%) say that ‘a fully nude image that is sexually arousing’ is definitely pornography. It is the second-highest defining factor in the younger age groups, with nearly seven in10 young adults (69%) and eight in 10 teenagers (78%) agreeing.”

“When asked what is ‘definitely porn,’ teenagers and young adults are more likely than older adults to consider any of the options to be pornography. This may come as a surprise. One might assume that, having grown up in a hypersexualized culture where nude images and sexual situations are part of everyday life, younger Americans might have become sexually desensitized. But it seems such desensitization takes time – curiosity and the ‘forbidden’ nature of sex may play a role in teens and young adults feeling as if more content is risquē.”
“For many people, it’s not just the user’s intent that defines something as pornographic, but also the producer’s intent. More than eight out of 10 adults 25 and older indicate an image is porn if it is comprised of ‘sex scenes that make up most or all of a video, with very little story’ (84%); two-thirds consider a ‘still picture of sexual acts’ to be pornography (66%); and six in 10 consider ‘close-up still pictures of genitals’ to be porn (61%). Teens and young adults report similar views, but are again somewhat more likely to put many of the options in the porn category.”

“The context of a sex scene also matters a great deal to people’s perceptions. A lack of narrative seems to indicate to most teens and adults that the primary purpose of the scene is to arouse the viewer - and therefore, is porn. On the other hand, ‘sex scenes that are a short part of a broader story’ are considered pornographic by just two in five adults (22%) and three in 10 teens and young adults (31%). If a sex scene is integral to a story, most Americans do not consider it pornography.”

“The genesis of pornography - the written word – still counts as porn for some Americans. Three in 10 adults (30%) and four in 10 teens and young adults (41%) consider sex scenes described in a written story to definitely be porn. The massive popularity of the 50 Shades of Grey novels lends credibility to this idea.”

“Teens & Young Adults Who Have Sent a Nude Image (%among U.S. teens and young adults).

- Sent a nude image: 41%
- Sent the nude image to: 75% to a boyfriend or girlfriend

Talking About Porn

“As any parent or youth pastor can tell you, the teen and young-adult years are characterized by sexual discovery and identity formation – and much of that work is done in the company of peers. It is therefore unsurprising to find that more than one-quarter of 13- to 24 – year-olds talk to their friends about porn, either often or occasionally (28%). Young adults (34%) talk about porn more often than their teenage counterparts (18%). Heading off
to college and breaking away from parental supervision may create conditions for greater freedom to discuss and explore sexual topics. (The fact that half of young adults estimate that ‘all’ or ‘most’ of their friends regularly look at porn, compared to only one-third of teens, supports this case.) Peer evaluation, guidance and approval are a more prominent part of life in young adulthood. As such, discussions about porn may more easily become part of everyday interactions.”

“Predictably, young men (36%) report talking about porn with their friends more often than young women (20%). This may be because men look at porn more often than women – at least that seems to be the general assumption among teens and young adults. (It’s also true). Twenty-two percent say men vie porn most often; 42 percent say ‘mostly men and few women’ consume pornography; and about one-third say porn consumption is split evenly between the sexes (33%).

“Among those who talk with friends often, occasionally or seldom about pornography, most do so in a way that is either accepting (36%) or neutral (42%). An additional 16 percent talk with their friends about porn in a positive or lighthearted way, with no one expressing shame for having viewed it. Teens and young adults generally assume that most people look at porn at least on occasion, and the morality of porn is rarely discussed or even considered. Just one in 10 teens and one in 20 young adults report talking with their friends about porn in a disapproving way.”

“Porn’s prevalence among their friends: Half of young adults (49%) and one-third of teens (32%) say all or most of their friends regularly view porn.”

“To measure frequency of porn use in the United States, Barna asked a nationally representative panel ages 13 and older 1) how often they ‘come across’ porn, even if they are not seeking it out, and 2) how often they ‘actively seek out’ porn.”

“Of men 25+, 65 percent come across porn at least once or twice a month, with 25 percent less often than that. Forty-seven percent of these men seek
it out at least once or twice a month with another 19 percent seeking it out less often. Only 10 percent of men 25+ say they never seek out porn.”

“Among women 25+, 34 percent come across porn at least once or twice a month, with 42 percent less often than that. Twelve percent of these women seek it out at least once or twice a month with another 16 percent seeking it out less often. Seventy-three percent of women 25+ say they never seek it out.”

“The ‘pornification’ of pop culture is, at least in some ways, the byproduct of a broader cultural shift against authority and objectivity, particularly in youth culture, that manifests in self-expression, subjectivity and experimentation. The normalization of porn is creating a hypersexualized culture in which younger generations are now coming of age. They, in turn, tend to be more open to sexual experimentation and self-expression – leading to further social acceptance of sexually explicit content. It’s unclear where (or if) this self-perpetuating feedback loop will end.”

Why People Use Porn

“How often do people view porn? is an important question. Even more important, however, is why they view it. As discussed in the previous chapter, function takes precedence over form. Without recognizing the reasons that compel people to use pornography – regardless of how often they use it – it’s impossible to know what spiritual, relational or emotional needs lie at the root of their compulsion.”

“With this in mind, let’s examine the reasons people say they use porn, and look at some of the differences between groups.”

The most common reason among both teens and adults is personal arousal (62%). Other top reason include ‘curiosity’ (31%), ‘it’s just fun’ (29%), ‘to get tips or ideas for my own sex life’ (28%), ‘boredom’ (25%) and ‘to set the mood with a spouse/girlfriend/boyfriend/partner’ (24%). (There are significant generational differences that we’ll explore, as well.)”
“Among those who view porn for personal arousal, 13 percent actively seek it out on a daily basis, 29 percent do so weekly, 33 percent once or twice a month and 26 percent less often. The majority searches for porn weekly or monthly (62%).

“There is a high correlation between frequent use an doing so for personal arousal. Among those who seek out porn on a daily basis, 76 percent do so for personal arousal. Among those who search weekly, 72 percent do so for personal arousal. And among those who seek it out once or twice a month, 71 percent do so for personal arousal.”

“Those who search for porn because ‘it’s just fun’ are more likely to view porn on a daily basis (54%). Somewhat similarly, ‘to express my sexuality’ is most common among those who use porn daily (24%) or weekly (20%), but less so among those who do so once or twice a month (5%) or less often (6%).

“Most of our cultural forebears looked to a higher being as the ultimate source of moral knowledge and the final moral authority. But recent Barna research shows that today’s Americans are more prone to turn inward for such knowledge. Half of all U.S. adults believe that ‘ethics and morals are based on what seems right to a person based on their own judgment and ideas’ (53%). Nine out of 10 believe ‘people should not criticize someone else’s life choices’ (89%) and eight out of 10 say ‘people can believe whatever they want, as long as those beliefs don’t affect society’ (79%). This inward-oriented search for truth or purpose also leads nine out of 10 adults to agree ‘the best way to find yourself is by looking within yourself’ (91%) and 86 percent to say ‘to be fulfilled in life, you should pursue the things you desire the most.’ When it comes to the sexual expression of that desire, nearly nine out of 10 Americans believe ‘each person has to decide his or her own sexual boundaries’ (88%).”

“In other words, the only moral code most people agree on is that each person is the sole moral authority for himself. Each individual must decide for himself what is right and wrong, taking into account his needs, desires,
hopes and dreams. In their book *Good Faith*, David Kinnaman and Gabe Lyons call this the *morality of self-fulfillment*.18

“Because self-fulfillment is the final word on morality in today’s culture.”

“Keeping in mind the underlying assumption that self-fulfillment is a moral nonnegotiable.”

“Older adults seem to retain a greater vestige of Judeo-Christian morality than younger Americans. For example, ‘overeating’ (58%) and ‘wanting something that belongs to someone else’ (57%) are both sins according to Christian tradition: gluttony and covetousness. Nearly six in 10 adults 25 and older say these actions are immoral, compared to just half of teens and young adults who say overeating is wrong (48%) and one-third who believe coveting is wrong (32%).”

“The moral code of self-fulfillment is alive and well in both age groups. ‘Thinking negatively about someone with a different point of view’ is perceived to be always or usually wrong by more than half of teens and young adults (55%) and adults 25 and older (55%). The highest moral good is not figuring out what is right, but accepting each person’s view as ‘right for them.’”

“For most teens and young adults, using porn seems to fall into this category. Only one-third believes viewing pornographic images is always or usually wrong (32%), compared to more than half of older adults (54%). About one-quarter says reading erotic content (27%) or watching sexually explicit TV or movie scenes (24%) is immoral.”

“There appears to be a momentous generational shift underway in how pornography is perceived, morally speaking, within our culture – at least when it comes to each person choosing for himself whether to use porn. Yet when it comes to assessing porn’s impact on society more broadly, people are more apt to hold a negative view.”

“Which present an interesting paradox of belief: Porn is fine for individuals but bad for society.”
“Porn use by any church leader is a problem, but senior pastors’ responses are cause for particular concern. Senior leaders are more likely than their youth leader counterparts to say that their job makes it easy to use porn in secret and that neither their spouse nor even a trusted friend is aware of their struggle. There also seems to be a tendency among senior leaders to underestimate or downplay the impact of porn use both on their ministry and on their relationships. And although a majority says they feel guilt or shame related to their porn use, senior pastors are less likely than youth leaders to say so.”

What We Are Doing for Pastors

“Barna asked self-identified Christians 25 and older what they think should be done if a church finds out its pastor is using porn. Two out of five (41%) think the pastor should be fired or asked to resign. Three in 10 say he should take a leave of absence until he stops (29%). Combined, that’s seven out of 10 Christians who say a pastor should leave ministry, at least for the time being, if he is found to be using porn.”

“Rev. Marlene Soffera is a minister ordained by the Church of God (Anderson). She has served local congregations as an associate pastor and as a lead pastor, and serves the wider church as a speaker at retreats and conferences. Marlene co-facilitates a weekly LIFE Ministries support group for wives of sex addicts, and leads workshop for clergy and lay leaders on the topic of pornography addiction. Marlene and her husband of 42 years, Greg, live in California.”

Q: “You co-lead a support group for wives of sex addicts. In your experience, what are the most common relational effects of porn use? What do you hear from women about the effects of their husband’s sex addiction?”

A: “The breakdown of trust is the number-one issue reported by wives of sex addicts. This is true no matter the form in which their husband’s addiction manifests itself, all the way from ‘simple’ use of pornography to extramarital affairs (often with the wife’s friends or relatives), prostitutes, rape, pedophilia, etc. Every one of these activities is shrouded in secrecy
and layers of lies and broken promises. When the lies finally come to light, usually in a dramatic discovery, the wife’s trust in her husband is almost completely shattered. It is a very long and difficult process to rebuild trust.”

“Second, a husband’s addiction often creates huge self-esteem problems for his wife. A woman tends to compare herself unfavorably to the virtual women in her husband’s life. She instinctively feels that she does not measure up. She is not enough in and of herself to satisfy her spouse, so her self-esteem takes a nosedive. On top of that, many a sex-addicted husband tells his wife about the many ways in which she is inadequate, actually blaming her for his addiction: ‘I wouldn’t need pornography if only you...had bigger boobs/was thinner/ wore your hair differently/were more aggressive sexually/were more passive sexually/wore this costume.’ The wife is left feeling worthless, guilty and shameful. Wives age, and simply cannot compete with enhanced pornographic females who are perpetually in their teens and early twenties.”

“A third damaging issue is a lack of intimacy, both emotionally and (often) physically. At its core, sexual addiction is an intimacy disorder. The addict often struggles to achieve a genuine emotional intimacy with his wife, often because of childhood wounds. He finds it much easier to bond with a virtual wife/sex partner because there is no need for relational give and take. There’s just take. Perhaps surprisingly, sex addicts also often struggle with physical intimacy. A husband can’t control the outcome a sexual encounter with his wife in the same way he can when ‘engaging’ just with himself. Many addicts deprive their wives of sexual encounters because: 1) They have difficulty achieving an erection or otherwise ‘performing’ without the constant visual stimulation pornography provides, and 2) they have already ‘spent’ themselves (sometimes several times a day) with their pornographic ‘partners.’ There is simply nothing left to give to their wives. Because of this emotional physical distance, wives of sex addicts often feel very alone.”

“These three issues contribute to anger and depression in the wife, and often lead to separation and divorce. This goes on to affect generations of children and grandchildren. Pornography use and abuse is not a victimless crime. It is a crime against the whole family.”
Q: “Only about one in 11 churches has a program specifically designed to help people who are struggling with porn use. When about one-third of practicing Christian men and teen boys report seeking porn at least once a month, any ideas about why so few churches offer support with in the worshiping community? What would you tell leaders who want to offer something but aren’t sure where to start?”

A: “A number of Christian-based recovery groups for pornography/sex addicts are designed to be led by recovering addicts. They are not programs that ‘just anyone’ can effectively lead. Church boards don’t imply decide to start such a ministry like they might vote to start a food pantry or bus ministry. It’s like Alcoholics Anonymous. It requires a leader to be transparent enough to say, ‘I’m a recovered sex addict, and I want to start a chapter affiliated with such-and-such ministry.’ That kind of vulnerability can come at a huge cost. Will the church leadership throw the guy off the board if he admits to that kind of sinful past or ongoing struggle? Will they ‘de-Christianize’ him? If that man starts the group and promotes it to the congregation, will the laity shun him for his less-than-holy thoughts and actions? If that man is the pastor, will the church fire him for being a sex addict? Sex and sex addiction is a touchy subject in the church, shrouded in mystery, misunderstanding and a great deal of shame. Offering support within the worshiping community requires a very brave, committed and recovering leader who is willing to suffer negative consequences in order to provide healing and hope to others. Many congregations simply do not have a person who is sufficiently recovered to lead, or sufficiently brave to be that vulnerable.”

“If church leadership feels led to address the issue but doesn’t have a qualified leader at hand, they can still find a path to ministry. That path begins with research. A simple Internet search for Christian sex addict recovery groups will yield several options to explore, such as L.I.F.E. Ministries, Covenant Eyes, etc. These groups have lots of resources, and can often direct people to a recovery group in their community or a nearby city. The pastor could inquire at the city’s ministerial association to see if some other congregation already has such a support group in place. These
groups are usually very willing to accept ‘outsiders’ into their group. It is not unusual for one denomination to start and host a support group that ends up with participants from many different denominations. Each separate church can promote and support the work of the church that started the ministry. (It’s called being the Church!)”

Q: “Looking at the Barna findings, what (if anything) stands out to you as encouraging, and why? What (if anything) do you find discouraging, and why?”

A: “Encouraging: the fact that more and more people are approaching their pastor or youth pastor for help with their pornography issues.

Discouraging:
• Porn use is considered amoral or is increasingly accepted.
• A significant minority of respondents do not consider non-consensual sex acts to be ‘always wrong.’
• Women’s use of pornography is on the rise.

“Increasing acceptance of pornography use will lead to increasing levels of actual sex addiction. Any, even slight, trend in the direction of normalizing non-consensual sex acts contributes to a worsening of our current rape culture. And women’s increasing use of pornography will lead them into addiction just as it does for men, and the consequences will be equally devastating. The effects of a woman’s addiction on her husband are just as devastating as a husband’s addiction on his wife. All of the issues of trust, self-esteem, intimacy, anger, depression and so on are the same when the tables are turned.”

Q: “In your experience, how does life stage play a role in someone’s motivations for porn use? How, if at all, does that change your approach to, say, teens and young adults from your approach to married, older adults?
A: “The Barna research shows that people across the age spectrum use porn ‘for personal arousal’ along with boredom, curiosity, fun, etc. The reality for the addict – differentiated from a more casual user – is that porn is their drug of choice to medicate the pain of past wounds (often these are
‘father wounds,’ and that’s why I recommend therapy to get to the core of the problem. Few middle-aged people who don’t already drink, do drugs or use pornography suddenly decide to start using. Rather, people usually choose how to deal with pain at a young age. While alcohol and drugs are most common, pornography is rising rapidly — and most young people do not even realize it is ‘medication.’ Curious teens or twentysomethings (or even children) are hooked long before they know the ‘why’ of their woundedness. We need to address the issue with teenagers and point them in the direction of healing before that happens. Unfortunately, the challenge is how to do that with the awareness, full acceptance and consent of their parents.”

“For married, older adults, we’re not dealing with new users, but people who have ingrained behaviors and corresponding issues. My approach is as I mentioned above: recovery groups, individual counseling and marriage counseling. It is extremely rare to hear of a miraculous prayer cure for an addict.”

(A Barna report produced in partnership with Josh McDowell Ministry, “Excerpts From The Porn Phenomenon – pact of Pornography in the Digital Age”)
“The Porn Phenomenon” (from Facts and Stats About Pornography)

“Today, our team had the privilege of launching a new nationwide study about pornography. It is a massive research project examining teenagers, young adults, and Americans in general as well as pastors and youth pastors – more than 3,000 interviews in total across a range of questions.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VrvEurlK70)

“Porn: What Is It and Why Use It?”


   - “Younger adults and teens are more likely than older adults to use porn for boredom, curiosity and fun.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VrvEurlK70)
   - “‘Being less risky than actual sex’ is higher motivation among both teens and older adults—for different reasons, presumably.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VrvEurlK70)
“The Morality of Porn”

   - “Porn is a much more readily ‘researchable’ topic than it was two decades ago. It’s a subject that does not have the same social taboo that it once did. When respondents were allowed to ‘opt-out’ of questions of a personal nature, more than 90% continued through the survey questions, indicating data reliability.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrveUlK70)


   - “Teens are most likely age segment to experience feelings of guilt, although it’s still a minority of teenagers.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrveUlK70)
   - “Practicing Christians are twice as likely as others to experience guilt.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrveUlK70)

   - “When they talk about porn with friends, 89% of teens, and 95% of young adults say they do so in a neutral, accepting, or encouraging way. That is, only one in 20 young adults and one in 10 teens say their friends think viewing pornography is a bad thing.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrveUlK70)
   - “32% say viewing porn is ‘usually or always wrong’ compared to 56% who say not recycling is ‘usually or always wrong.’” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#VvrEuIrlK70)

   - “Example: 71% of adults, 85% of teens and young adults who have viewed pornography did so using online videos” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#VvrEuIrlK70)
   - “Magazines, graphic novels, on-demand videos and cable or rented/purchased DVDs are a very small part of the ‘market.’” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#VvrEuIrlK70)

9. “Not only is porn more accessible in the digital context, but unsolicited porn has increased substantially as well.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#VvrEuIrlK70)
   - “Nearly half of young adults say they come across porn at least once a week—even when they aren’t seeking it out.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#VvrEuIrlK70)
   - “Nearly three-quarters of young adults (71%) and half of teens (50%) come across what they consider to be porn at least once a month, whether they are seeking it or not.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#VvrEuIrlK70)

10. “While porn has typically been a man’s domain, its usage among young women seems to have become more common, perhaps due to digital access.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#VvrEuIrlK70)
“Teenage girls and young women are significantly more likely to actively seek out porn than women over age 25, which is similar to men.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“However, more than half of women 25 and under ever seek out porn (56% versus 27% among women 25-plus) and one-third seek it out at least monthly (33% versus just 12% among older men).” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“In contrast, among teen and young adult men, 81% ever seek it out and 67% at least monthly. Among men ages 25-plus, the comps are 65% and 47.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)


“62% of teens and young adults have received a sexually explicit image and 41% have sent one (usually from/to their boy/girlfriend or friend).” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)

“Porn and Pastors”

12. “Most pastors (57%) and youth pastors (64%) admit they have struggled with porn, either currently or in the past.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)


“About 12% of youth pastors and 5% of pastors say they are addicted to porn” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEuIrK70)


• “The vast majority of faith leaders who struggle with porn say this has significantly affected their ministry in a negative manner. It is not clear why, but youth pastors are twice as likely as pastors to report this kind of unfavorable impact.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)


• “Only 8% of pastors think that a pastor should resign his/her position if s/he is struggling with porn. Most pastors think s/he should deal with the struggle through counseling or accountability.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

• “In contrast, 41% of adult Christians think that pastors should be fired or asked to resign if they are found to be using porn. Younger Christians are more likely to take a grace-filled approach.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

14. “The vast majority of the faith community, including leaders and laity, believe pornography is a bigger problem in the Church than it was two decades ago. But many do not know what to do about it.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

• “93% of pastors and 94% of youth pastors say it is a much bigger or somewhat bigger problem than it was in the past.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)

• “More than half of youth pastors have had at least one teen come to them for help in dealing with porn in the past 12 months.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70)
• “Although teens seeking help are mainly teen boys, there is still a significant amount of teen girls seeking help from youth pastors.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvEuK70)

• “Men of all ages and stages, but especially married men, are coming to pastors for help with pornography struggles.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvEuK70)

• “Despite the awareness of the problem, most churches do not have programs specifically designed to assist those struggling with porn use.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvEuK70)

These are some sobering statistics. As I mentioned, our team is currently analyzing the research and working on our final report. Check back in April for more.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvEuK70)

“You can also join us for the official, full-scale release of the study at the Set Free Summit in early April. Our team will be presenting the full study in person there!” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvEuK70)

“Until then, as a Christian community, what can we do to take action on research like this? We would do well to consider and pray for the very personal stories and struggles that form these numbers. In what ways can you address the challenges of the phenomenon of porn in your context today?” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrEvEuK70)

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“Porn doesn’t have a demographic…it goes across all demographics.”

-Paul Fishbein, founder of Adult Video News


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“PARENT TIPS: THE POWER OF PORN”

CULTURAL OBSERVATIONS


• “Scholar Robert Jensen claims these realities present us with a moral paradox: What does it say about a “civilized” society that accepts and promotes a mass media genre that is overtly cruel to women and explicitly racist?” (Robert Jensen, PhD, “Is Pornography Immoral?” Gender Studies Lecture at St. John’s University, February 4, 2013. https://www.youtube.com/watch?v=FyXcSXMBtE&feature=youtu.be (accessed January 2016)) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the


“The proliferation [self-pornification] of digital tools has blurred the lines between porn producers, distributors and consumers. Barriers to entry and transaction costs—such as the affordability of video equipment, for example, or the abundance of user-friendly online platforms and services—have fallen and “enabled consumers to produce and distribute their own pornography.” (Johannes Grenzfurthner, Gunther Friesinger and Daniel Fabry, Pronnovation: Pornography and Technological Innovation (San Francisco: Re Search, 2008), p 49.) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)


“The majority of teens and young adults (63%) report receiving a nude image from someone else via text, email, social media or app. (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“Self-pornification is a result of teens and young adults coming of age in an increasingly pornified American culture that ‘encourages and rewards
“The fact that half of young adults estimate that ‘all’ or ‘most’ of their friends regularly look at porn, compared to only one-third of teens, supports this case.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)


“Half of young adults (49%) and one-third of teens (32%) say all or most of their friends regularly view porn.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“Short of total isolation, the American society you live in today is going to influence how your children make moral choices in one way or another. Stop and think about it. What are the voices of society telling your children about the choices they are about to make? What is the central theme that today’s culture emphasizes over and over again? If you were to reduce it to a single sentence, it might look like this: You have the right to choose for yourself what is right for you and what is wrong for you – and no one should judge that choice.” (Josh D. & Sean McDowell, The Beauty of Intolerance, p185) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

“In 2015 you uploaded a video that draws a straight line between porn and human trafficking, pointing out the irony that Millennials fight sex trafficking more than any other generation—and they also consume more porn.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)


4. “This inward-oriented search for truth or purpose also leads nine out of 10 adults to agree ‘the best way to find yourself is by looking within yourself’ (91%).” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)


  o “Just two out of five say porn use is a major (3%) or significant (35%) problem.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

- "Whether porn is a bigger problem for the Church now than in the past, it's clear that a practicing Christian faith has a profound influence on a person's porn habits. Among every age group and gender, practicing Christians seek porn less often than those who do not practice Christianity." (David Kinnaman & Roxanne Stone, "The Porn Phenomenon – The Impact of Pornography in the Digital Age", Barna Group, April 4, 2016, http://barna-resources.myshopify.com/products/porn-phenomenon)

"When I'm in class, I'll wish I was playing World of Warcraft. When I'm with a girl, I'll wish I was watching pornography, because I'll never get rejected,' he explained. The brains of young men are actually becoming 'digitally rewired' by these new pastimes.” ("Porn and video game addicts risk 'masculinity crisis', says Stanford Professor", RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)
“Porn in the Digital Age: New Research Reveals 10 Trends”

“Pornography is not new, but the digital age has made it more ubiquitous and accessible than ever before. The technological realities of smartphones and high-speed internet have fundamentally changed the landscape of pornography, and ushered it into the cultural mainstream where it enjoys increasingly widespread acceptance.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

“In Barna’s landmark study, The Porn Phenomenon (now available to purchase online), commissioned by Josh McDowell Ministry, we interviewed thousands of American teens, young adults and older adults about their views on and use of pornography. Here are ten of the most compelling findings:” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

1. “There is Moral Ambiguity Toward Porn, Particularly Among Younger Americans”

“Perhaps the most sobering finding from the study is the reality of how accepted viewing porn has become in our culture today, particularly among teens and young adults. Around half of adults 25 and older say viewing porn is wrong (54%), and among teens and young adults 13-24, only a third say viewing porn is wrong (32%). This posture toward porn among younger Americans is confirmed by how they talk about porn with their friends: the vast majority reports that conversations with their friends about porn are neutral, accepting or even encouraging. They generally assume most people look at porn at least on occasion, and the morality of porn is rarely discussed or even considered. Just one in 10 teens and one in 20 young adults report talking with their friends about porn in a disapproving way.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
2. “There are Varied Opinions About What Constitutes Porn”

“I know it when I see it,’ said Supreme Court Justice Potter Stewart famously when he was asked to define pornography. His statement demonstrates a perennial problem: It is notoriously difficult to define pornography. What counts as sexually explicit material is both highly
subjective and highly contested, and this was true of Barna’s study. When teens, young adults, and adults are asked an open-ended question about what makes something ‘cross the line’ into porn, the responses are varied, and cover both form (content) and function (intention for use). The top four indicators are all within a two percent range, with the most popular being something sexually explicit (17%). Just as common is when something displays a sexual act (16%), or sexual intercourse (16%), followed closely by whether something intends to arouse the viewer (15%) or contains full nudity (11%).” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
3. “1 in 3 Americans Seek out Porn at Least Once a Month”
“Measuring porn usage can be difficult, because living in a hyper-sexualized and pornified media culture means catching sight of explicit images with little or no effort. People often come across images they never intended to see through multiple inputs. That’s why it was important to distinguish between those who ‘view’ porn, and those who ‘seek it out.’ In other words, intention matters a lot. When we look at it this way, focusing exclusively on intentional viewing, we find that between 6 and 12 percent of people aged 13 and older view porn daily; 14 to 21 percent view porn weekly; 13 to 19 percent view it once or twice a month; and 18 to 32 percent view it less often. Half (49%) say they

4. “Age, Gender and Faith Practice are the Three Biggest Factors in Frequent Porn Use”

“When looking closely at frequent porn users (those who seek out porn daily, weekly and monthly), we begin to see patterns emerge according to age, gender and faith practice. To begin with, men use porn more frequently than women by a wide margin. Twice as many male teens and young adults use porn than female teens and young adults (67% compared to 33%), and four times as many male adults 25+ use porn than female adults (47% compared to 12%). Practicing Christians are more than three times less likely to use porn than other teens and adults (13% compared to 42%), and young adults (57%) are much more likely than both teens (37%) or adults 25+ (29%) to be a frequent porn user.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
AGE, GENDER AND FAITH PRACTICE ARE THE THREE BIGGEST FACTORS IN FREQUENT PORN USE

Males, not practicing Christians 13–24
- 72%

Males, practicing Christians 13–24
- 41%

Males, practicing Christians 25+
- 23%

Females, not practicing Christians 13–24
- 55%

Females, not practicing Christians 25+
- 36%

Females, practicing Christians 25+
- 17%

Females, practicing Christians 25+
- 5%

It’s important for Christian leaders — especially youth and young adult pastors — to notice that the people who are third most likely to use porn are teen/youth adult males in the Church. While they are still well below their peers who are not practicing Christians in frequency of porn use, four in 10 of them are actively seeking it out at least once or twice a month.

n=2,001 (1,188 age 25+, 813 age 13–24) | July–August 2015 | barna.org | © Josh McDowell Ministry
5. “Young Adults Use More Porn—and are Less Likely to Say It’s Bad for Society”

“Among each of the generational groups, young adults 18-24 are the most frequent porn users. Almost six in 10 young adults (57%) seek out porn either daily, weekly or monthly. This is compared to a little over one-third of teens (37%), and almost 3 in 10 adults 25+ (29%). They are also the least likely to say that porn is very bad for society (14%). The next closest are Gen-Xers at 24 percent, but the largest gap is a 23 percent differential between young adults and Boomers (37% compared to 14%). Like teens (16%), young adults (17%) are also the least likely to say porn is ‘somewhat bad’ for society.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
6. “Teens and Young Adults Rank not Recycling As More Immoral Than Viewing Porn”

“When asked to rank a series of action statements (lying, over-eating, stealing, etc.) according to a five-point scale: ‘always OK,’ ‘usually OK,’ ‘neither wrong nor OK,’ ‘usually wrong,’ and ‘always wrong,’ teens and young adults rank ‘not recycling’ as more immoral than viewing pornographic images. Combining the percentages of those who chose always and usually wrong for each statement, theft (taking something that belongs to someone else) ranked #1 at almost nine in 10 (88%). Not recycling ranked #4 at 56 percent, and porn was all the way down at #9 with only a third (32%) of teens and young adults ranking it as morally wrong.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
7. “Most Porn Users Say it Doesn’t Bother Them to Use Porn

“When asked their feelings about porn use, a majority of adults (54%) say it doesn’t really bother them. Interestingly, Gen-Xers and Boomers (both 54%) are the most unbothered by their porn usage. Young adults (51%) and teens (50%) follow closely, with elders appearing the most uncomfortable with their use (47%).” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
8. “Very Few Adults Feel a Sense of Guilt When They Use Porn”

“Sociopaths aside, human beings tend to feel a sense of guilt when they do something they believe is wrong. When asked about how comfortable they feel about their porn use, only about 1 in five adults overall (18%) report feeling much guilt. Generationally, teens are the most likely age segment to experience feelings of guilt (38%), along with young adults (21%). These are followed by Elders (17%), Boomers (15%), and Gen-Xers (14%). Interestingly, minorities (24% non-white compared to 11% white), practicing Christians (29% compared with 12% of non-practicing Christians), and conservatives (25% compared to 13% of liberals) are significantly more likely to experience a sense of guilt compared to others.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
9. “Most Porn Users are ok With how Much Porn They Use—But Practicing Christians are Divided”

“Predictably, practicing Christians who seek out porn at least on occasion are much less comfortable than the general population with their porn use. About two in five say they are comfortable (39%), compared to nearly seven in 10 among all teens and adults (68%). They are also about twice as likely to say they’d like to stop (40%) than to say they’d like to use less (21%). Among the general population of teens and adults, 14 percent say they want to use porn less, and 18 percent would rather not use it at all.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
10. “Few Adults are Actively Trying to Stop Using Porn”

“There are a number of effective approaches to combating porn use (accountability groups, counseling, filtering software, etc), but very few adults have either tried to break their habit in the past, or are actively fighting to break their habit now. When the general population are asked whether they have tried to stop using porn, but have been unable to (or started again), only nine percent say so. The rate is almost double among practicing Christians (16%), but still remains fairly low overall. When asked whether they are currently trying to stop using porn, nine percent of the general population agree, while a much larger 19 percent of practicing Christians say they are currently working to kick their habit.”

“What the Research Means”

“One of the primary themes we saw emerging in our research are these generational differences,’ says Roxanne Stone, editor in chief at Barna Group and one of the lead analysts on the study. ‘There are wide gaps between how younger and older generations not only behave toward...

“‘Much of these changing views and behaviors are likely the result of context,’ continues Stone. ‘Teens and young adults are living in an environment where porn is more acceptable—and more ubiquitous than ever before. As access to pornography has increased, the stigma toward it has seemingly decreased. There is just a general assumption that people are using porn—especially among teens and young adults. And this assumption is not a negative one. When it comes to watching pornography, teens and young adults aren’t getting accountability from their friends—they are getting peer pressure.’” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

“‘While it may seem crazy that younger generations see not recycling as a greater evil than watching pornography, it’s also true that not recycling—as well as most of the other activities ranked above pornography—has a societal impact,’ points out Stone. ‘Watching pornography, on the other hand, is perceived by many as simply an individual choice. Affecting no one but me. Yet when it comes to assessing porn’s impact on society more broadly, people are more apt to hold a negative view. Which presents an interesting paradox of belief: Porn is fine for individuals but bad for society.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

“‘Today, pornography enjoys a great deal of moral ambiguity,’ Stone continues. ‘But there is hope that the cultural tide will shift and that the dangers and consequences of pornography will re-stigmatize both its consumption and production. For now, porn is everywhere and is likely to stay that way, particularly considering its widespread acceptance and demand. This presents a significant challenge to the Church, and we must respond.’” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
“‘However, culture-warring ‘moral panic’ has done almost nothing to curb the use of porn or change people’s perceptions of it,’ Stone concludes. ‘We require a new model of social engagement, one marked by joy, grace, and hope. The porn phenomenon is not a time for apocalyptic and hysterical rhetoric, but an opportunity to advance the life-giving messages of the gospel.’” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

“Comment on this research and follow our work:”
“Twitter: @davidkinnaman | @roxyleestone | @barnagroup”
“Facebook: Barna Group”

“About the Research”

“Barna conducted four online surveys in July and August 2015 for the study, with a total sample of 2,771 participants. These quantitative studies were preceded by qualitative research in the form of an open-ended online survey with 32 adults and 20 pastors on the topics of pornography and sex addiction. This qualitative research served to inform the development of subsequent survey tools and to provide context for interpreting the findings in the final data.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)


“In a survey among U.S. teens and young adults, 813 participants between the ages of 13 and 24 were recruited and surveyed through a national consumer panel. The panel is nationally representative by age, gender,
region and socioeconomic grade. The sample error on this survey is plus or minus 3.4 percentage points at the 95-percent confidence level.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

“In a general U.S. population survey, 1,188 adults 25 years and older were recruited and surveyed separately through a national consumer panel. The panel is nationally representative by age, gender, region and socioeconomic grade. The sample error on this survey is plus or minus 2.8 percentage points at the 95-percent confidence level.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

“In a survey of U.S. clergy, 338 Christian youth pastors and 432 Christian senior pastors were recruited and surveyed through publicly available lists and email invitations. The data was weighted to be nationally representative of churches by denomination, church size and region. The sample error on the youth pastor survey is plus or minus 5.2 percentage points at the 95-percent confidence level. The sample error on the senior pastor survey is plus or minus 4.7 percentage points at the 95-percent confidence level.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)

“In a separate survey on views about sex and women, a total of 1,000 interviews were conducted among U.S. adults 18 years and older. The panel is nationally representative by age, gender, region and socioeconomic grade. Minimal statistical weighting was used to calibrate the sample to known population percentages in relation to demographic variables. The sample error in this survey is plus or minus 3.0 percentage points at the 95-percent confidence level.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
“About Barna Group”

“Barna Group is a private, non-partisan, for-profit organization under the umbrella of the Issachar Companies. Located in Ventura, California, Barna Group has been conducting and analyzing primary research to understand cultural trends related to values, beliefs, attitudes and behaviors since 1984.” (David Kinnaman & Roxanne Stone, “Porn in the Digital Age: New Research Reveals 10 Trends”, Barna Group, April 6, 2016, https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/)
Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

* iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, relatable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:
- Living Free
- FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:
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972-907-1000 ext 135

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Jake Kissack

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than thirty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

- When God Talks | Empowered to Live Life Fully Alive | Connections that Count
- Wholeness in a Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant. Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information and to book Jake please contact:

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Alex McClellan

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

For more information and to book Alex please contact:

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey
Self Image | Sexual Integrity | Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and
minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling
us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for
your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international
speaker. He has written or co-written more than 150 books—some
in over 100 languages—and has spoken to approximately 35 million
people in 140 countries.

Josh and his wife
Dottie have been
married 46 years.
They have four
children and ten
grandchildren.

For more information and to
book Josh please contact:

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Why Do I Continue to Struggle?!?
19 Possible Motive-Triggers for Pornography
By: Brad Hambrick

Brad Hambrick serves as the Pastor of Counseling at The Summit Church in Durham, NC. He also serves as Instructor of Biblical Counseling at Southeastern Baptist Theological Seminary, a council member of the Biblical Counseling Coalition, and has authored several books including Do Ask, Do Tell, Let’s Talk: Why and How Christians Should Have Gay Friends and God’s Attributes: Rest for Life’s Struggles. www.BradHambrick.com

“Why? Why? Why?! This is a vexing question. As soon as you say ‘because…’ you run the risk of blame-shifting. But in the absence of a ‘because…’ it sounds like you should just be able to ‘Stop it!’”

“Part of this confusion begins with how we commonly view people. It is popular to think of ourselves as basically good people who apart from outside interference would not do bad things: act selfishly, betray, sacrifice more important things for less important things, or otherwise be foolish.”

“The power of all temptation is the prospect that it will make me happier. No one sins out of a sense of duty (p. 334).”

John Piper in Future Grace

“We are born twisted, broken, and out of order. We are born with a bent towards self and we experience life self-centeredly (trapped within our bodies; literally only seeing the world through our own eyes and interpreting it through our own experiences and desires). This does not mean that we cannot love. It does mean we must be both commanded and enabled to love God and love others because our sin-nature causes us to innately center on self.”
“Some would take this to mean that personal history (i.e.: experiences of abuse, rejection, failure, or neglect) is inconsequential to sexual sin. But this draws an unnecessary distinction between our sin nature and personal history. While we sin because we are sinners, our appetite for and bondage to particular sins have histories. Understanding these histories can enhance our ability to cooperate with or apply God’s power to change.”

“There are two truths you must keep in balance as you work through this material or you will fall into shame/despair or blame shifting. First, sin reveals our heart so we are responsible for our sin and change will require dying to self. Second, our heart has a history and God wants to do more than eliminate a sin; God wants to redeem your history by replacing lies with truth, despair with hope, and self with Him.”

“With that said, let’s begin to consider the relationship between motives (why we do what we do) and triggers (when we do what we do). Too often triggers and motives are treated as two distinct things, and there are differences. But those differences are more akin to two sides of the same coin than apples and oranges. In this article you will examine the things that trigger your sexual sin and the motives attached to those triggers.”

“As you identify the trigger-motive for your sexual sin, we also want you to begin to see how you are treating your sin like a friend, ally, refuge, etc…. These insights are essential for repentance to make sense as a central part of change. Unless we see how our sin seeks to replace God in our life, then our need to be made right with God comes across as if God is unduly hung up about our sexuality.”

“Your struggle with sexual addiction doesn’t start with your behavior. It begins with what you want, what you live for (p. 6).” David Powlison in Sexual Addiction
1. “Boredom (Sin as My Joy)”
When boredom is our trigger to sexual sin, then sin has become our joy. When there is a moment to be filled with something of our choosing, we pursue sin to fill the void rather than God or any of His legitimate pleasures. We begin to lose our appetite for godly pleasure like the child who eats sweets and stops wanting healthy food. Even as they feel sluggish from the ups and downs of sugary ‘treats’ they fail to connect this to their diet but go instead for another sugar high as the ‘obvious’ solution.

“Sex is not ultimate… Idols begin as good things to which we give too much importance, and few things slide over into idolatry with greater frequency or greater power than sex. We allow a good gift of God to supersede the God who gave it. Sex is good, even great, but it’s not ultimate (p. 61).” -- Tim Challies in Sexual Detox

“Read Nehemiah 8:9-12: God is a God of great joys and pleasure. Too often we view God as so serious that we believe ‘fun’ must be in His opposite direction. When God called Israel to repentance through Nehemiah and Ezra, He asked them to express their repentance in celebration. If the motive of boredom leads you to sin, then allow this passage to challenge your view of God.”

2. “Loneliness (Sin as My Friend)”
When loneliness is our trigger to sexual sin, then sin becomes our ‘friend.’ Sexual sin is always relational whether the relationship is fictional or physical, so it fits loneliness well. It is as if our sin (a person, a chat room, or a video) calls to us, ‘Tell me your troubles.’ We are glad to pull up a chair and unload. As we do, talking to a real person or one who is not part of our sin becomes too risky. We now fear being judged or known by anyone but our ‘friend.’

“It’s a perfect world that I can create. Things always go exactly my way. People do exactly what I want. I’m always on top. Fantasy is a great ego-feeder (p. 19).” Anonymous testimony in David Powlison’s
Pornography: Slaying the Dragon.

“Read Proverbs 27:6: During sexual sin we write this proverb backwards. We believe, ‘Faithful are the kisses of any enemy; profuse are the wounds of a friend.’ When sin reverses the roles of friend and enemy, it has trapped us until we return the right labels to the people in our lives. If the motive of loneliness leads you to sexual sin, then prayerfully examine who or what you are calling ‘friend.’”

3. “Stress (Sin as My Comforter)”
“When stress is our trigger to sexual sin, then sin becomes our comforter. We run to it, her, or him. Sin or our adultery partner makes things better (at least as long as it, she, or he remains hidden and keeps us to themselves). Yet the comfort takes on an addictive quality. The stress from which we are relieved is multiplied by the stress it, she, or he creates. This keeps us in a cycle of stress and returning to a primary source of stress for relief.”

“We crave intimacy at a relational level. We feel lonely. But we also fear intimacy. We’re not sure we can attain it or be vulnerable enough to handle it (p. 47).” Tim Chester in Closing the Window

“Read John 14:25-31: Jesus describes the Holy Spirit as ‘the Helper’ or ‘the Comforter’ (v. 26) and as the source of peace that is distinct from the world’s peace which always returns us to fear (v. 27). If a source of comfort does not allow you to be more real with more people, then it is not true comfort. It is a drug that numbs you before it makes you sick. If the motive of stress leads you to sexual sin, then examine whether your ‘comfort’ is real or a form of relational self-medication.”

4. “Frustration (Sin as My Peace)”
“When frustration is our trigger to sexual sin, then sin becomes our source of peace. Sin is treated as an ‘oasis.’ When this happens we label sin as our ‘safe place’ as compared to the parts of life that are upsetting. This
makes sin our friend and anyone or anything that opposes or interferes with our sin our enemy.”

“Read Romans 16:17-20 and I Thessalonians 5:22-24: Notice that each of the passages refer to knowing the God of peace as the alternative to falling into temptations based upon deceitful desires. Where you turn for peace from what frustrates you is the determining variable of their character. Once you declare something or someone as the source of your peace, you will be loyal to and obey it.”

5. “Fatigue (Sin as My Source of Life)”
“When fatigue is our trigger to sexual sin, then sin becomes our source of life. We turn to sin as our boost to get through the day. The thought of our sin keeps us going when we feel like giving up. The adrenaline of sexual satisfaction (physical or romantic) becomes a drug that we use to artificially stimulate ourselves and one that we begin to wonder whether we could live without.”

“Read 2 Corinthians 4:7-18: This passage uses many words that can be synonyms for fatigue: afflicted (v. 8), perplexed (v. 8), persecuted (v. 9), struck down (v. 9), and wasting away (v. 16). Fatigue can make you feel alone and sexual sin becomes your life giving companion. Paul says that it is only Christ who can be the life in us that counters the fatiguing death around us (v. 10-12). To doubt this truth reveals that we are believing (or at least listening attentively to) lies.”

6. “Hurt (Sin as My Refuge)”
“When hurt is our trigger for sexual sin, then sin becomes our refuge. In our moments of sinful escape we feel protected from life and a growing allegiance develops towards our sin. In actuality our sexual sin provides as much protection as a child pulling the covers over his/her head, but in our moment of hurt we are appreciative for even the pseudo-refuge of sin compared to the perceived absence of any other refuge.”
“Read Psalm 31: This Psalm alternates between a cry for help and a song of confidence. In this the Psalm reveals the realness with which Scripture speaks to life. Sexual sin is a pseudo-refuge on demand. Even when we cannot have the sin, we can fantasize about his/her presence. However, the real refuge of God is available through the same type of prayerful-meditative exercise as our fantasy, but is able to actually deliver us through the guidance of Scripture, the presence of His Spirit, and the involvement of His people.”

7. “Betrayal (Sin as My Revenge)”
“When betrayal is our trigger for sexual sin, then sin becomes our revenge. We know how powerful betrayal is (especially sexual betrayal), so we decide to use its power for our purposes to avenge those who have hurt us. Blinded by pain we try to use pain to conquer pain but it only multiplies pain. We continue this potentially infinite domino train that pummels us with alternating experiences of betrayal’s pain and betraying’s shame in spite of knowing how it perpetuates pain.”

“Read Romans 12:17-21: It is so tempting to read this passage as God ‘holding you back’ from sweet relief and satisfaction. But, in reality, it is God ‘holding you back’ from turning another’s betrayal into self-destruction. God is not removing vengeance. God is simply saying He is the only one who can handle its power without being overcome by it. Sin can never conquer sin, any more than oil can remove a stain from your clothes. It is foolish to believe that your sexual sin could do what only Christ’s death on the cross could do – bring justice to injustice.”

8. “Bitterness (Sin as My Justice)”
“When bitterness is our trigger for sexual sin, then sin becomes our justice. If sin as revenge is fast and hot, then sin as justice is slow and cold. No longer are we seeking to hurt another by our actions; now we are merely nursing our wound. If we tried to explain our sin in words, we would have to say we believed our sin had some healing power. But because that seems foolish, we are more prone to just excuse our sin by the sin done to us.”
“Read Hebrews 12:15-17: In this passage a ‘root of bitterness’ is directly linked to sexual sin (v. 16). When bitterness distorts our perspective we will trade things of great value (our integrity and/or family unity) for things of little value (a sexual release or fantasy briefly brought to life) like Esau who sold his birthright for a bowl of soup.”

9. “Opportunity (Sin as My Pleasure)”
“When opportunity is our trigger for sexual sin, then sin becomes our pleasure. Often sexual sin requires no more trigger than time alone with a computer, a free moment to text, or an available member of the opposite sex to ‘talk’ (i.e.: flirt or allow to carry my burdens). When this is the case, sexual sin has become our default recreation; our preferred hobby. The more our sexual sin seeps into the common parts of life the more pervasive the lifestyle and heart changes necessary to root it out.”

“The reality is that often we dislike the shame and consequences of sin, but we still like the sin itself… That’s because porn is pleasurable. Let’s be honest about that. If we pretend otherwise, we’ll never fight it successfully. People like watching porn—otherwise they wouldn’t watch. The Bible talks about the pleasures of sin. They’re temporary. They’re dangerous. They’re empty pleasures, compared with the glory of God. But they are pleasures, nonetheless (p. 15).”
Tim Chester in Closing the Window

“Read Philippians 3:17-21: Paul is addressing those whose ‘god is their belly’ (v. 19). These are people whose basic appetites, the mundane parts of their life, were at odds with God. Paul wept at the thought of people in this condition (v. 18). Chances are they had become so comfortable serving their appetites that it would seem odd that Paul was crying for them and ‘radical’ to change. If mere opportunity has become a primary trigger for you sin, let this passage shock you awake!”
10. “Rejection (Sin as My Comfort)”
“When rejection is our trigger for sexual sin, then sin becomes our comfort. Our culture has made things done from a ‘fear of rejection’ seem neutral; as if the defensive motive negated the badness of sin; as if we become the victim of our own sin when we fear rejection. The problem with a fear of rejection is that it makes us foolish. Only the fear of the Lord can make us wise (Prov. 1:7). When we react from a fear of rejection, we naturally seek the comfort of people rather than the comfort of God.”

“Once we understand that the primary goal of sexually addictive behavior is to avoid relational pain—essentially, to control life—we can begin to uncover the core problem (20)… Several tiers below the surface is a pervasive, integral force that demands the right to avoid pain and experience self-fulfillment. This self-centered energy is the very essence of what the Bible calls ‘sin’ (p. 24).” Harry Schaumburg in False Intimacy

“Read Proverbs 29:25: Scripture calls the ‘fear of rejection’ the ‘fear of man.’ It is not innocent because it replaces God as the One for whose approval we live. It is the values, character, and preferences of the one we fear that influence our decisions, emotions, morality, and instinctive responses. If rejection is your primary motive for sexual sin, allow this passage to challenge the orientation of your life.”

11. “Failure (Sin as My Success)”
“When failure is our trigger for sexual sin, then sin becomes our success. In the fantasy world of sexual sin (porn, romance media, or adultery), you always win. You get the girl. You are the beauty who is rescued. No part of real life can compete with the early success rate of sin. Sin pays up front and costs in the back. Real success costs up front and pays in the back. In healthy marriages sacrifice is a primary part of the joy. As you give into sexual sin as a form of success it will drive you to desire the kinds of successes that destroy a family. Even if the adultery relationship is made permanent, it will then become ‘real’ enough that it will no longer play by
your preferred rules of success.”

“Read Matthew 21:28-32: Why would the second son say, ‘I go, sir’ and not do the assigned task (v. 30)? One potential reason is the fear of failure. Doubtless he would then view his father as upset with him and feel closer to someone who only asked of him what he wanted to do (i.e., porn, romantic media, or adultery partner). Using sexual sin as cheap success results in harming real relationships, lying, defensiveness towards being ‘judged,’ and retreating to unhealthy or fictitious relationships. Rather than grading others by how they make you feel, repent of your fear of failure.”

12. “Success (Sin as My Reward)”

“When success is our trigger for sexual sin, then sin becomes our reward. Has your sexual sin become what you do when you need a break or what you have ‘earned’ after completing something difficult? Has your sexual sin become the carrot you dangle in front of yourself in order to maintain motivation? When sin becomes our reward we feel cheated by repentance. God and anyone who speaks on His behalf becomes a kill-joy.”

“Read Hebrews 11:23-28: Moses was faced with a choice between which reward he believed would be most satisfying: the treasure of Egypt or the privilege of being God’s servant (v. 26). Sexual sin gives us a similar reward choice: easy treasure or humble servant. Unless Christ is our hero and God our admired Father, then the choice seems like a no-brainer in the direction of destruction.”

13. “Entitlement (Sin as My Deserved)”

“When entitlement is our trigger for sexual sin, then sin becomes what we deserve. When you are confronted with your sexual sin, do you think or say, ‘How else am I going to get what I need… deserve… earned?’ Can you see how sexual sin has become your measure for a ‘good day’ and whether someone is ‘for’ or ‘against’ you? Are you willing to allow anyone other than Christ who died for the sin you are trying to squeeze life out of to
be the measure of ‘good’ in your life?”

“**Read Jeremiah 6:15 and 8:12:** The people of God had lost their ability to blush at sin. Why? One possible explanation (that can explain our inability to blush even if it doesn’t apply to them), is they believed they deserved their sin. When this happens, we believe we know better than God. We believe the unique features of our life trump the timeless truths of God’s created order. Our confidence to debate robs us of the humility necessary to blush.”

14. “**Desire to Please (Sin as My Affirmation)**”

“When the desire to please is our trigger for sexual sin, then sin becomes our affirmation. It is easy to please a porn star or an adultery partner. They have a vested interest in being pleased. The entire relationship is based upon commerce (‘the customer is always right’) or convenience (‘if I am not pleasing to you, you have somewhere else to return’) rather than commitment (‘I choose you unconditionally and faithfully in good times and in bad’). Too often sexual sin becomes a place of escape when we don’t feel like we can make everyone/anyone happy.”

“**Read Ephesians 4:25-32:** Notice that the type of relational interaction described in these verses is incompatible with an overly strong desire to please others. We cannot live the life God called us to (regardless of whether we are sinning sexually or not) if our driving desire is the affirmation of others. Our conversation must be gracious and good for building up (v. 29), but that assumes that we are willing to speak into areas of weakness with those we love.”

15. “**Time of Day (Sin as Pacifier)**”

“When time of day is our trigger for sexual sin, then sin becomes our pacifier. Do you use your sexual sin to help you sleep, get the day started, serve as a pick-me-up, fight boredom, or kill dead time? What are the common times of day or week when you struggle with sexual sin? When has your sexual sin become routine?”
“Read I Timothy 4:7-10: When you use sin as a pacifier you are training yourself for ungodliness (contra. v. 7). Often, because these occurrences happen during down times or transitions of our day, we view these occurrences of sin as less bad. We view them more like a child who is still sucking his/her fingers rather than a child who is defying a parent’s direct instruction. If disciplining ourselves for godliness means anything, it must be relevant when we feel undisciplined.”

16. “Location (Sin as My Escape)”
“When location is our trigger for sexual sin, then sin becomes our escape. The fantasy nature of all sexual sin makes it a perfect escape from an unpleasant location. We can ‘be there’ and ‘not be there’ at the same time. We get credit for attendance (or at least avoid the discredit of absence) without having to attend. We can mentally be with our lover while enduring the boring meeting, stressful kids, uninteresting spouse, lonely apartment, or other unpleasant setting.”

“Read Psalm 32: Notice that the Psalm begins talking about an unpleasant place or time (v. 1-5). But rather than escaping, David ran to God (v. 7) and found the joy you are seeking (v. 10-11). When we escape through sexual fantasy we are using our fantasy as a substitute God. We are, in effect, praying to and meditating on our sin during a time of hardship seeking deliverance.”

17. “Negative Self-Thoughts (Sin as My Silencer)”
“When negative self-thoughts are our trigger for sin, then sin becomes our silencer. In sexual fantasy (porn, romance media, or adultery partner), we are always desired and see ourselves through the eyes of the one desiring us. We give ourselves to them not just physically but also imaginatively. Because we know the relationship is short-lived we are willing to do this. If the relationship were permanent the power of silencing-effect would be diluted over the expanse of time and contradicted by our growing number of failures in his/her presence.”
“Read Psalm 103: Sin will never do (or even a healthy human relationship) what only God can do. The ultimate ‘Peace, be still’ to our negative self-thoughts is Christ’s death on the cross – affirming that we were as bad as we thought, but replacing our deficiency with His righteousness. Sexual sin provides fantasy righteousness. It provides the kind of covering mocked in the classic children’s book *The Emperor’s New Clothes*.”

18. “Public (Sin as My Carnival)”
“ When public is our trigger to sexual sin, then sin becomes our carnival.”

“We walk through life like a kid at an amusement park: gawking at every person we see like a new ride or romantic adventure, making a clownish sexual innuendo out of every comment, or treating everything present as if it existed to entertain us and stimulate us sexually. Our private thoughts of fantasy become fueled by a hyper-sexualized interpretation of our surroundings.”

“The act of looking at porn is itself part of the succor it purports to offer. I can search for women who are available to me. I can choose between them like some sovereign being. It offers a sense of control (p. 50).” Tim Chester in *Closing the Window*

“Read Romans 1:24-25: Can you hear in the description of sex as carnival what it means to have ‘exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator (v. 25)?’ God will give us over to this kind of lustful heart (v. 24). This is why a radical amputation of sin is a necessary and wise response to prevent sexual sin from becoming our carnival (Matt 5:27-30).”

19. “Weakness (Sin as My Power)”
“ When weakness is our trigger to sexual sin, then sin becomes our power. The stimulation (both the physical and chemical changes associated with arousal) of sexual sin gives a façade of strength. Having another person
delight in you also provides a veneer of significance. As with most of these motives/triggers, sex becomes a means to an end. Sex is no longer an expression of love but an attempt to gain something. That is always a recipe for dysfunctional, unsatisfying sex.”

“My pastor has preached that the primary issue in adultery is that you want someone else to worship you and serve you, to be at your beck and call. That resonated with me. I could see that theme in my fantasies (p. 15).” Anonymous testimony in David Powlison’s Pornography: Slaying the Dragon.

“Read 2 Corinthians 11:30: Are you willing to boast (verbally put on public display) your weakness as a way to make Christ more known and live in more authentic relationships? That is the only freedom that will allow you to enduringly enjoy what you are seeking in sexual sin.”

“If that sounds backwards to you read what Paul said in his first letter to the Corinthians (1:20-25) and ask yourself if your ‘wisdom’ is getting you closer or farther from where you want to be.”

NEXT STEPS

List and rank the top five motives/triggers for your sexual sin.
1. __________________________________________________
2. __________________________________________________
3. __________________________________________________
4. __________________________________________________
5. __________________________________________________

“Porn is always about a symptom of deeper issues. It’s about lust, but it’s also about anger, intimacy, control, fear, escape, and so on. Many of these problems will show up in other areas of a person’s life (p.
“For some people the motive for their sexual sin will be very self-evident. Maybe you could quickly pick out the motive-triggers that deceive you into believing sin is ‘worth it’ or will ‘work out’ this time. For others, it requires reflection in the moment of temptation to discern what is luring them. If this is you, use the journaling tool* from the False Love: Overcoming Sexual Sin from Pornography to Adultery seminar that is designed to help you understand your motives.”

“The value in understanding the motive for our sin is that it allows us to hear to the empty promises sin makes so that we can turn to our loving Heavenly Father who is willing and able to fulfill those promises. I hope this article has helped you see the emptiness of sin so that you are prepared to embrace the fullness of God in the gospel.”

“End Note: If you are married, then your spouse also needs care and guidance as you work through False Love study. The True Betrayal: Overcoming the Betrayal of Your Spouse’s Sexual Sin is a complementing study for your spouse.”

“Visit BradHambrick.com for more helpful resources.”


(Brad Hambrick, “Why Do I Continue to Struggle?!? 19 Possible Motive-Triggers for Pornography”)
Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Relatable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

- Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

- Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

- Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true Freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Spaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Brosame // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles. Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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Alex McClellan

ALEX McCLELLAN  
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life | Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey
Self Image | Sexual Integrity | Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

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THE PORN EPIDEMIC
Facts Stats & Solutions
by: Josh D. McDowell

HOW TO TALK TO YOUR CHILD ABOUT PORN
## Contents

Unplugging Pornography: Helping Your Teen Escape the Trap .................................................. 3
Talking to Your Kids about Pornography – Tip Sheet ................................................................ 11
CPYU’S Digital Kids Initiative – Factsheet – Children and Pornography .................................. 12
Talking to your 8-12 year old about pornography .................................................................... 14
6 Strategies for when your child accidentally finds online pornography .................................. 17
When someone shows your child pornography: at home, school or play ................................ 20
Talking to teens about pornography ......................................................................................... 23
5 Things All Parents Should Know About Porn ...................................................................... 30
How to Talk to Kids about Porn: Research Reveals 5 Obstacles to Overcome ....................... 32
Your Children Are Looking at Pornography. How Are You Responding? ............................... 36
Help Your Kids Say ‘No’ to Porn ............................................................................................ 44
Parenting the Porn Generation ............................................................................................... 45
How to Talk to your Teens about Porn (Part II) ....................................................................... 48
How do you talk to your 6 – year – old about porn? ................................................................. 50
Ben Bennett ........................................................................................................................... 52
Jake Kissack ........................................................................................................................... 54
Alex McClellan ....................................................................................................................... 56
Josh McDowell ....................................................................................................................... 58


“And these are not oddball, sadistic, perverted teens but everyday, honor-roll, churchgoing, love-their-parents, striving-to-live-for-Jesus teens.”


“Hebrews 12:1 (http://www.biblestudytools.com/search/?g-heb+12:1) tells us to ‘throw off everything that hinders and the sin that so easily entangles.”

“How Porn Finds Your Teen”

“This is a problem: if your teen is online, porn will find him or her. For instance, a sophomore in college whom I met on the road last year told me that he had gotten hooked on Internet porn while in high school.”

“During his senior year, he was required to write a term paper on human anatomy for an advanced-placement biology class. One afternoon he was routinely surfing the Web, reading about the study of the human body. Innocently clicking on a link in search of images of the female anatomy, he
suddenly saw a porn site appear. He quickly left the site.”

“But the more he sat in front of his computer, the more he thought about those images. Several minutes later, he found himself going back to check them out again…and again. Thus began a dark journey that lasted most of his senior year of high school.”

**“One click. That’s all it takes.”**

“I’ve had countless teens tell me that they have received inappropriate spam mail – unsolicited, commercial e-mail that often leads to a Web site, usually pornographic. Sometimes the initial spam messages appear innocuous, such as an invitation to check out a magazine subscription or some cartoons or jokes. Sometimes the advertisements are a bit racier.”

“I got one of these just yesterday on my cell phone. It said, ‘Hey, sexy, I saw your profile online and want to send you a few pics of me. Click this link below and let’s get to know each other.’”

“Whoever sent this spam got my e-mail address from somewhere. It may have been from a program that crawls the Web, searching for e-mail addresses. Or my address may have been sold to a company. Or it may have been from a program that searches for names on the Internet and randomly creates plausible e-mail addresses from the original name, hoping that one in a thousand will hit the mark.”

“Pornography is aggressive. Pornography seeks and destroys. It’s imperative that you know about the fight you are in against pornography.”

“As your teen begins to look at porn consistently, his or her view of the opposite sex will change. Eventually your teen will stop seeing people as God sees them and being seeing them merely as a means by which desires can be fulfilled. Pornography turns other people into objects of lust.”

“If your teen dates, typically it will only be a matter of time before he or she becomes more physical with the dating partner. The fantasy world being downloaded into his or her mind will fight to turn itself into reality by
encouraging your teen to use people to fulfill personal lusts. And as your son or daughter tries to act out the sexual behaviors seen online, the perceived need for self-gratification will damage not only your teen’s relationships during the dating years but also his or her relationship with a future mate.”

“Furthermore, as your teen dives deeper into the world of porn, his or her character will begin to be eroded, even destroyed. This isn’t my idea. Galatians 6:7-8 (http://www.biblestudytools.com/serarch/?q=ga+6:7-8) says, ‘A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction.’”

First John 4:4 says, ‘My dear children, you come from God and belong to God. You have already won a big victory over those false teachers, for the Spirit in you is far stronger than anything in the world’ (MSG).”

“If your teen is struggling with porn, he or she will need your help Here are eight vital steps to help your teen find freedom from the darkness.”

1. **Get to the Facts** – It is essential that you talk with your teen about porn. If you don’t, who will?”

“Many Parents talk about porn and sexuality with their teen but do it only indirectly. I say, don’t dance around the issue. Get right to the point. Be specific. Share with your teen the effects porn will have on his or her life.”

“Even if you do not suspect your teen is involved in porn, don’t wait to have such a talk. Remember, if your teen spends time online, it is inevitable that at some point he or she will be exposed to the raw, filthy, multibillion-dollar-a-year business of porn. If you have caught your teen in the act, at first your teen may deny that the struggle exists or try to minimize its effects on his or her life. It is critical that you explain to your teen that Satan is out to get him or her hooked. What an awesome moment this can be to strengthen your relationship with your teen and help your teen see you as someone
who longs to protect him or her from harm!”

2. **“Love the Teen; Hate the Sin** – As you implement each of the following steps in your fight to defeat this darkness in your teen’s life, you will need to constantly remind your son or daughter that your love has not and will not change. Your teen needs to know that, though you disagree with his or her actions, your ultimate desire is to help your child defeat this addiction and be restored to a pure life. Every day, communicate to your teen that the sin is the thing you hate, not your teen.”

3. **“Realize That a Promise Isn’t Enough** – When your teen has been caught in the act, his or her first response may be to quickly apologize, plead for your forgiveness, and promise to never do it again. And yet, though your teen’s desire to repent may be genuine, it may be only a matter of time before the addiction wins him or her over again.”

   “For a teen struggling with porn, a promise to change isn’t enough. You need to help your teen make the promise a reality.”

4. **“Encourage Confession and Submission** – Your son or daughter’s involvement in the world of sex, lies, and porn may be a shock to you. But it is not to God. God is aware of every filthy image that has ever been downloaded into your teen’s mind. And the best part is that He still loves your teen.”

   “Jeremiah 29:11([http://www.biblestudytools.com/search/?q=jer+29:11](http://www.biblestudytools.com/search/?q=jer+29:11)) says the Lord has a plan for each of us, a plan to prosper us and to give us hope and a future. The future of this plan often begins with confession” (see 1 John 1:9([http://www.biblestudytools.com/search/?q=1jo+1:9](http://www.biblestudytools.com/search/?q=1jo+1:9))) Lead your teen through a time of confession with God. Encourage your teen to be honest with God as he or she confesses mistakes and receives God’s
forgiveness.”

“Your teen not only needs your consistent involvement, support, and accountability, but he or she also must be willing to submit future choices, actions, and thoughts to God. This could mean that for a while your teen commits to completely avoiding any access to the computer, Internet, TV, or movies, and any form of entertainment that may tempt him or her to check out porn again.”

“God desires to be in complete control of your teen’s life. This can happen only as your teen chooses to submit to God each day. Temptation will be a daily battle for your teen. And so daily submission to God is the key to winning the battle.”

“Of course, you also have to take some practical steps to protect your teen from porn.”

5. **Take Inventory and Destroy** – Consider the types of media outlets your teen has access to in the home: movies, satellite and cable TV, videos, music, the Internet. Consider what your teen watches and listens to. What influences do these media messages have, or have the potential to have, on your teen?”

“If you suspect or know that your teen is struggling with porn, remove the source from the home immediately. If this is a computer, make sure its location is in a high-traffic area in the home and that your teen never has access to it unless in your presence. If the source is a TV, it must go. If the source is magazines, they must go. No questions, no rationalizing – whatever it is, it must go!”

“This sounds strong, but remember, this is war. You cannot expect to defeat the enemy if the enemy still has access to your home. Of course, this purging of your home will not eliminate access to all the porn in the world. But by removing the immediate sources, you will be sending a strong message to your teen that you are prepared to take extreme measures to break the bondage in which he or she is living.”
SEE ALSO: Flood of Pornography Threatening Marriages, the Church

6. “**Develop a Strategy for the Future** — “It is unrealistic to think that just because you remove sources of temptation from the home, your teen will never again be tempted to use porn. So it’s important for you to develop a strategy for your teen, while both inside and outside the home, to help him or her avoid repeating an addictive behavior.”

“Because each teen’s situation, lifestyle, and personality is unique, there is no one strategy that will work for everyone. I recommend that you take some time with your spouse (if married) and outline a game plan before discussing it with your teen. That game plan should include, but not be limited to, the following:”

**Establishing a routine.** Your teen needs to see the importance of a disciplined, routine schedule. The key here is not to isolate your teen form his daily activities, hobbies, and interests completely. But setting boundaries on what he or she can do will help your teen develop a greater sense of security.”

**Work to help your teen’s schedule stay full enough so that his or her mind remains occupied.** Chores, sports, a part-time job, volunteering, and more can be helpful outlets.”

**Approving friendships.** One teen told me that his mom and dad found out he was checking out porn at home, so they removed the computer from his room. Then he started checking it out at his best friend’s house.”

**Remember, your teen’s friends play a huge role in his or her decision making.** Choosing friends who are in line with God’s will for your teen’s life is a critical step to overcoming the temptations to check out porn. First Corinthians 15:33 says, ‘Bad company corrupts good character.””
“It is essential that your teen choose friends that push him or her toward God rather than ones that pull him or her away. Let your teen know that you will have debriefings about who your teen’s friends are and where he or she spends time.”

“Killing the lies. Satan often wins the porn war when he wins the war in your teen’s mind. Communicate to your teen that Satan will work to sell him or her such lies as these:

- “What’s the big deal? It’s just a naked picture. Besides, looking at porn is a lot better than sleeping with someone.”
- “I’m so good in every other area of life. This is just my one issue.”
- “No one is going to know. And what harm will really come from it?”
- “I deserve this. I’ve had a really tough week.”

“Communicating with your teen. If your teen has been checking out porn for some time, then it is highly probable that he or she will experience setbacks in separating from this darkness. The evil forces will pull out all their weapons to try to drive harmful desires deeper into your teen’s mind. The best way to control these moments is to have consistent times of communication with your teen. Regularly ask questions such as these:

- “How are you feeling about your struggle?”
- “Have you had any setbacks?”
- “What’s going on in your head?”

“Let your teen see that you are serious about fighting with humor her against the Enemy in this area, no matter how long it takes.”

“Establishing goals. Develop a set of goals your teen strives to achieve. As he or she proves trustworthy, the teen will then be
granted more freedom. Use this as an encouragement to help your teen see progress.”

7. **Get Your Teen into the Word.** A key to killing the addiction to porn in the heart and mind of your teen rests in the teen’s own commitment to consistently spend time in God’s Word.”

   “Help your teen find Scripture verses to memorize, carry in his or her wallet, or hang on a mirror or locker that will help your teen in a crisis moment. Relying on Scripture when faced with a temptation is exactly what Jesus did when He was tempted (see Matthew 4).”

   “Continually encourage your teen to spend time with God, praying and reading the Bible (http://www.biblestudytools.com/).

8. **Pray Like Crazy** – The greatest strategy that you can implement to protect your teen from Satan’s lies about pornography (and everything else the Enemy throws at him or her) is prayer (http://www.crosswalk.com/faith/prayer/).”

   “Prayer is your source of strength when the fight takes you into the eleventh round. Prayer is your greatest weapon against Satan’s ploys to get your teen to take a bit of the forbidden fruit. Prayer is the greatest ‘kaboom’ you have against the Enemy. I don’t call prayer the Ultimate Power Stance for mothering.”


This article is an adapted excerpt from Jeffrey Dean’s book, The Fight of Your Life (Multnomah, 2009) Used with permission. All rights reserved.

Jeffrey Dean is the founder of Jeffrey Dean Ministries through which he speaks to more than 150,000 teens each year. He is an authority on teens and teen culture. The author of Watch This, This Is Me, and the One-Liner Wisdom books, Jeffrey lives in Nashville with his wife and family.
Talking to Your Kids about Pornography – Tip Sheet

“It is natural for adolescents to be curious about sex: MediaSmarts’ research suggests that one in ten grades 7-11 students use the Internet to look for information about sexuality. Forty percent of boys look for pornography online, with 28% looking for it daily or weekly. The problem with pornography is that it is an unhealthy response to a healthy concern.”

• “**Talk to your kids about sex from a very early age.** Kids are being exposed to sexual images in various media so you need to establish an open and honest dialogue with them so they will come to you with their questions.”

• “**Have an ongoing dialogue:** The best approach for tweens and teens is to acknowledge that their interest in relationships and sex is normal, and help them develop the critical thinking skills they need to make good online decisions.”

• “**Discuss the sexual messages in various media.** Help your kids understand the harmful effects of images that degrade and exploit women or girls, or that pressure boys to conform to a male-gendered model centered on sexual attractiveness and prowess.”

• “**Direct your kids to good-quality information:** If the only information your kids are receiving about sexuality is from porn sites, you have a problem. There are a lot of great websites that provide information for youth on sexuality and health, such as Sexualityandu.ca, from the Society of Obstetricians and Gynecologists of Canada. Explore with them the differences between normal, healthy sexual expression and the exploitive activity that is so prevalent online.”

• “**Establish clear rules about visiting pornographic sites:** MediaSmarts’ research shows that if there is a rule in the house about what kinds of sites are appropriate to visit, kids are less likely to look for porn and those that do, do it less often. (Keep in mind that computer-savvy kids know how to erase their Internet tracks: open, honest communication is always preferable to invading their privacy.)”
CPYU’S Digital Kids Initiative – Factsheet – Children and Pornography

- “93% of boys and 62% of girls are exposed to Internet pornography before the age of 18”
- “The average age of first exposure to Internet pornography is 11”
- “70% of boys have spent more than 20 consecutive minutes looking at online pornography on at least one occasion. 35% of boys have done this on more than ten occasions.”
- “23% of girls have spent more than 30 consecutive minutes looking at online pornography on at least one occasion. 14% have done this on more than one occasion.”
- “34% of Internet users have received unwanted exposure to sexual material”
- “Only 3% of boys and 17% of girls have never seen Internet pornography”
- “One poll indicates that 50% of evangelical Christian men and 20% of evangelical Christian women are addicted to pornography”

“What is Pornography?”

“The word ‘Pornography’ is rooted in the Greek word porneia, which means to practice prostitution, sexual immorality, or fornication. In the New Testament, the Apostle Paul frequently used the word in reference to any kind of sinful and illegitimate sexual activity.”

“Here are two very helpful definitions of ‘Pornography’ written from a biblical perspective:
“Pornography is anything we use for sexual titillation, gratification or escape – whether it was intended for that purpose or not.” – Tim Chester, Closing the Window: Steps to Living Porn Free (Intervarsity Press, 2010)

“Pornography is anything that the heart uses to find sexual expression outside of God’s intended design for relational intimacy. It is anything that tempts or corrupts the human heart into desiring sexual pleasure in sinful ways.” – “Living in a ‘Porn is the Norm’ Culture” (Harvestusa.org)

“What are the effects of Pornography on Children and Teens?”

- “An exaggerated perception of sexual activity in society…the belief that ‘everyone’s doing it’ and ‘this must be normal’”
- “The abandonment of the hope of remaining sexually monogamous”
- “Belief that sexual promiscuity is natural and normal”
- “Belief that sexual abstinence and sexual inactivity are abnormal and unhealthy”
- “Belief that marriage is sexually confining”
- “A lack of attraction to family and child-rearing”
- “Negative and/or traumatic emotional responses”
- “Earlier onset of first sexual intercourse”
- “The commodification of sex and the sexual objectification of persons”
- “Increased acceptance of sexual perversions (bestiality, group sex, bondage, etc.) as normal”

“When You Discover Your Child Has Accessed Pornography…”
1. “Control your anger.”

2. “Go after their heart, not their behavior.”

3. “Keep a discussion going about biblical sexuality.”

4. “Examine your own heart. Are you living God’s design for your own sexuality?”

5. “Block the doors. Take steps to restrict access and choices, while engaging them in ongoing accountability.”

6. “Don’t let up or give up. Shepherd them forward in their spiritual lives with the goal of heart change.”

7. “Evaluate whether or not outside counseling is necessary or beneficial.”

“My kids have looked at porn! What do I do now?” – Harvestusa.org


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Talking to your 8-12 year old about pornography

“An Ongoing Conversation – Having these conversations can be difficult. You may feel uncomfortable or embarrassed, or don’t know what to tell your child. Unfortunately, if you avoid the topic, your child might seek information from less reliable sources, like the internet. Evidence indicates that children as young as 9 are being exposed to images and videos that are pornographic.”

“Four tips for how you can start having these conversations with your pre-teen”
1. **Build Trust**: It is almost impossible to have influence when there is not trust. Investing time in our relationship with your child helps them feel loved and accepted. Discussions about sexual matters will be more effective when you have a trusting relationship with your child.

2. **Prepare**: Work out what you want to say and how you want to say it. Sometimes discussions about sexual topics can be more difficult for parents than for children. Plan ahead and make a discussion outline for what you want to talk about.

3. **Take the time**: These discussions are best held in a one-on-one environment. Go somewhere together – perhaps for a walk, or a drive and make sure your child feels at ease. Being in a neutral environment can make things more comfortable for both parent and child.

4. **Ask lots of questions**: Rather than lecture, try to ask questions. This will help avoid your child tuning out or becoming defensive. If you know that your child has been exposed to (or is viewing) pornography, it is best to let them know this, rather than getting mad at them for lying. It is far better to say, ‘When I found you looking at pornography the other night…’ rather than, ‘Have you seen pornography?’

“Kicking it off – The following questions are a great way to get a discussion going. Tailor the discussion based on your knowledge of your child and their level of maturity and development.”

“What to say? Begin by asking if it is ok to have a chat about one of those awkward topics. Let them know you have read some things recently that got you thinking, and you’d like your child’s opinion. After they have agreed to talk with you try these discussion starters.”

- **Ask**: What do you know about pornography?”
• **Ask:** Do any of the kids at school ever talk about it? What do they say?

• **Ask:** Have you ever seen it? If they answer yes, ask, ‘Did someone show it to you? Or did you find it yourself?’ Reassure your child they are not in trouble. Try to find out what you can about how they found it and why they were searching for it.”

“If they have seen it, ask: ‘When you saw it, how did it make you feel?’ Discuss those feelings. Children at this age may feel ‘yucky’ – even violated – but they may also feel curious or scared.”

• **Explain:** Let them know that pornography teaches attitudes towards sex, and sexual behaviors which are often unhealthy. Ask them, ‘Even though it’s really uncomfortable, can you tell me what you have seen?’ You may wish to discuss some of the content portrayed in pornographic material (such as lack of respect and consent, violence, and dangerous sexual practices) to help them understand why you are concerned about them viewing it.”

• **Ask:** ‘What do you think is the best thing to do if someone tries to show you pornography?’ Let your child suggest some options. Discourage them from seeking it to, or looking at it if someone does show it to them.”

“Work with your child to find ways to protect against pornography exposure. You might talk about your ‘house rules’, such as not deliberately visiting these sites, avoiding searches with potentially dangerous keywords, using devices in open areas at home and not behind closed doors, being offline by a particular time of night, and any other ideas they can think of. You might want to update ‘safe search’ on all devices and let your child know if you plan to install device-level filters that can block adult content.”
- **“Reassure:** Let them know it’s always ok to talk with you if they have questions.”

“Avoiding TMI: We want to avoid the issue of too-much-information (TMI), but we should also be sure to respond to our child’s curiosity with honesty and openness. Check if your child has any other questions or if you have explained things enough for them. “

“Depending on your child’s questions and maturity, you may wish to discuss issues related to ‘consent’, ‘intimacy in close relationships’, and ‘respect’. Teach them that pornography usually fails to teach these things. Emphasize that we should always have permission (consent) to touch, hug, or kiss another person. Help them understand that if someone says ‘no’, they should listen (which teaches respect).”

“No one wants to have a pornography discussion with their children. But to protect and prepare them, the conversation is essential. Keep it short. Be honest. Try to make it part of an ongoing and open discussion about sexuality and sexual development.”

“If you have children under 8 years of age, see here (https://www.esafety.gov.au/education-resources/iparent/online-risks/online-pornography/how) for more ideas. And for teenagers, try this guidance (https://www.esafety.gov.au/education-resources/iparent/online-risks/online-pornography/talking%20to%20teens%20about%20pornography)


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6 Strategies for when your child accidentally finds online pornography

“Here are some handy tips for parents of children under the age of 12 who unintentionally find pornography.”
“First Steps”

1. “Stay calm – Try to approach the situation calmly. Clear and helpful conversations about sex, intimacy, and relationships require trust. If you are upset or angry, your child may feel like they can’t come to you about other concerns in the future.”

“It’s great that you are now aware of what has happened. If your child has come to you about seeing something, thank them for being brave enough to let you know and reassure them that you will sort it out together.”

“Encourage your child to talk to you anytime about any questions they have about what they come across online. Remember, they may be upset about finding pornography and it is important to be supportive and to acknowledge how upsetting it can be to see this type of content.”

2. “Just listen – If your child has accidentally stumbled upon explicit content, ask them to fill you in on the details so you can help manage the situation. For example, find out how they found it, where it happened, who (if anyone) showed it to them and how they felt when they saw it. This is a chance to understand what happened and how you can help your child avoid a repeat experience.”

“Remember, understand don’t reprimand.”

3. “Reassure your child they are not in trouble – Punishing children for accidentally doing things – even bad things – might strain relationships, and damage trust between you and your child. This can drive unwanted behavior underground or make your child reluctant to approach you in the future. Try not to remove the child’s device or online access, as they will see it as punishment.”

“Follow-Up Talk”
“It may be tempting to have a big lecture right there on the spot but sometimes that’s not the best option. Take some time to plan your approach to the topic. You’ll have a better outcome if everyone stays calm.”

4. “Talk about how they felt – It is important to talk with your child about how the content made them feel. This makes the conversation less confronting and allows them to talk more openly about their experience. Does your child feel good, bad, safe, scared, uncomfortable, curious, repulsed or something else? Any or all of these feelings are normal reactions.”

5. “Have ‘the talk’ – Depending on your family values and the maturity level of your child, you may wish to talk about what sex is. Discussions about love and intimacy are important, as are discussions about boundaries, appropriate age and timing for intimacy, and other personal values. Your child’s teacher may be a good source for finding age-appropriate materials on this topic.”

6. “Problem-solve together – Ask whether they think it is a good idea to look for those kinds of things on the internet again. (Hint...it’s not).”

“Encourage them to think of ways to stay safe. Suggestions could include; avoiding using keywords that could lead to similar content, installing parental controls on devices, keeping devices in public places, especially for younger children.”

“It is crucial to have regular conversations with your child about what they are viewing online to help them have a positive and safe online experiences.”

“TOP TIPS”

✓ “Stay Calm”
✓ “Listen”
✓ “Reassure (avoid punishment)”
✓ “Talk about it”
✓ “Have ‘the talk’”
✓ “Problem solve together to keep your child safe”


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When someone shows your child pornography: at home, school or play

“The way you respond to the situation may change a little, depending on where the exposure to pornography occurs.”

“Exposure at home”

1. “Siblings and friends – Some children may have been introduced to pornography by siblings or friends. In this situation, there are a number of strategies you can use:
   • “Discuss the issue with all siblings in age-appropriate ways, and ensure everyone agrees to play by the same rules.”
   • “Install parental controls (/education-resources/iparent/online-safeguards) on computers or devices, such as filter software, or safe search mode to reduce the change of finding explicit material. Inform your child the reasons for this approach.”
   • “Let all friends know that devices stay in public areas of your home.”
   • “Set some ‘house rules’. For example, ‘in our house we don’t share inappropriate images’.”

2. “Adults – Sometimes children may come across pornography used by parents in the household. If this situation applies, try the following steps:
   • “Password-protect your devices to restrict access.”
“Delete browser histories so children cannot accidentally stumble on what a parent viewed recently.”
“Be as discreet as possible, to avoid accidental exposure.”

“Practical Steps”

“You can take some simple practical steps if your child has come across pornography at home:

• “Talk about where is and is not okay to use computers or devices. In an ideal situation, your child should only use them in public areas of the home. Bedrooms, a closed-study, or other private spaces should be device no-go zones for younger children.”
• “Set a Wi-Fi curfew. Determine a reasonable time to shut off the Wi-Fi, and then do so consistently each night.”
• “Adjust home modems, device settings and browsers to ensure ‘safe search’ is on.”
• “Have regular conversation with our child about content they are engaging with. This may lead to some great conversations about topics important to your child. Open lines of communication can help build trust in your relationship, and may reduce the need to monitor your child’s browser history or spy on them.”

“Be aware that the more controlling your interventions are, the sneakier your child may be.”

“Exposure at School”

“Many schools have firewalls and other security measures to protect children from explicit content. However, some children find ways around these measures. Others simply use their own devices and internet access to circumvent the school’s restrictions.”

“Consider the following steps when children are exposed to pornography at school.”

1. “Who to tell”
• “The school principal should be advised of the exposure, and will want information about who was involved, what was seen, and how it happened.”
• “In some (more serious) instances, the school counsellor or welfare officer might be informed and included in working through the incident.”

2. “Talking to the school”

• “Ask the school how they will handle the situation. This is a good time to ask about school policy surrounding these issues.”
• “Some schools may be open to interventions, class/student discussion groups, and further education about pornography within the school.”
• “Expect the school will update its filters, and increase security around technology to the extent that it is practical.”
• “Expect the school will review its policies related to student use of personal screens, such as in playgrounds, classrooms, libraries, or on public transport travelling to and from school.”

3. “Talking to your child”

“If your child is shown pornography by peers or older students, have a chat to them about things like:

• “Peer pressure.”
• “Being willing to say ‘no’ and stand out from the crowd.”
• “Group-think’ and what it means to be able to think differently to all of the other children.”

“Exposure at Play”

“When your child is exposed to pornographic content in the home of a family member, friend, or neighbor (or perhaps at an extra-curricular
activity), there are a number of actions you can take.

1. “Inform the responsible adult”

   • “Talk to the leader of the group, the team coach, the teacher, or the relevant responsible adult about who was involved, what was seen, and how it happened. Organizations should have policies and procedures in place to deal with all types of notifications.”

2. “Work out the best way to prevent it from happening again”

   • “Like schools, organizations may be required to review their policies about supervision, participation, online security, and other technology decisions to protect children.”
   • “If the viewing occurred in a private home, talk to the relevant responsible adults about ways to better ensure the safety of children in their care. This type of conversation needs to be carried out sensitively, but clearly. You might say, ‘Hi, just so you know, our child does not have access to adult content at home and I’m concerned my child may have seen inappropriate content at your house. Can we have a chat about how access can be limited when they visit your place?’”


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**Talking to teens about pornography**

“Maintaining trust between you and your teen is vital when discussing sensitive topics like pornography. When talking with your teen, remember that attempts to control their thinking or behavior could result in them closing up and becoming defensive. They may ignore you, and possibly
even do the opposite of what you suggest. The ‘My house, my rules’ dialogue might squash trust.”

“Use the following conversation tips to get the ball rolling with your teen.”

“Ask: I want to talk with you about one of those awkward topics. Is that ok? (they rarely say ‘no’, but if they do, respect that, and then set up a time where you can talk.)”

“Ask: Are kids at school looking at pornography? Do they talk about it?”

“Ask: Have you ever seen it? If they answer yes, ask, ‘Did someone show it to you? Or did you find it yourself?’ If they found it themselves, find out what made them seek it and ask how it made them feel. Focus more on feelings and less on what they actually saw.”

“Reassure your them they are not in trouble, and then find out what you can about the circumstances. Also note that if you know they have been exposed to (or are viewing) pornography, it is best to tell them what you know rather than getting mad at them for lying. Any conversation is likely to be ineffective if you are upset and they are defensive.”

“Describe: If you think your teen has been viewing pornography regularly, help them understand their response to it. You could explain how the brain releases chemicals that make us feel good if we see something we like. Because we like how the chemical reaction in our brain feels, we might keep repeating the behavior.”

“Ask: Have you seen your friends talking about wanting to copy things they have seen online?”

“You might also ask whether they have seen others being affected by viewing pornography. Some people experience lowered self-esteem, or have unhealthy relationships with their boy/girlfriend as a result of wanting to have ‘porn-inspired’ experiences.”

“Discourage them from viewing it. You may wish to help their understanding by using resources that focus on relationships
recommended by their teacher or school counsellor.”

“Ask your teen how they feel about your request that they avoid viewing pornography, and then work together to find ways to reduce the chance of seeing explicit content online. Options might include asking them to avoid certain sites that are known to contain pornographic content, avoiding keywords in searches that might lead to explicit material, and avoiding certain searches on google images. Reduce temptation by, as far as practicable, using devices in open areas at home and keeping doors open.”

“You might wish to use technology to help restrict access, such as ensuring that safe-search options are selected on devices, setting rules for screen time and time of use and installing parental controls that can block access to adult sites. If you want to do this, talk to your teen first so that you maintain open lines of communication and trust.”

“Reassure: Let them know it’s always ok to talk with you if they have questions or concerns.”

“Lessons from Pornography vs. Real Life”

“What we see in pornography rarely represents what we’d like to experience in real life. The following topics can provide food for thought for our teen.”

“Consent, respect and safety: Talk to your teen about the importance of always having permission to touch, hug, or kiss another person. Pornography often provides graphic illustrations that teach the opposite. In short, pornography is not real life.”

“Help them understand that if someone says ‘no’, they should respect that decision. And if your child says ‘no’, they should make sure their ‘no’ is heard and not argued with as a ‘perhaps’ or a ‘yes’. Also let them know that consent can be removed at any time, so it is ok to say ‘no’ after saying ‘yes’ earlier.”

“Teach them that disrespect, violence and abuse are not ok, and that they
are responsible for their own safety and being respectful towards others.”

“Pornography can sometimes portray violence and unrealistic notions of sexual relationships. It may teach that group sex and anal sex is what everyone wants. Important lessons about sexual safety (such as using condoms) are often absent. Help teens recognize that what they see in pornography is rarely safe, and intentionally pushes limits to offer increased arousal to viewers.”

“**Intimacy in close relationships**”

“Physical relationships are usually shared with someone special to us. Intimacy is about more than physical closeness. It is about emotional closeness, and building trust. These factors are often missing in pornographic images and video material. Talk to your teen about what this means for them and in their relationships.”

“**Don’t be pressured**”

“Explain that the actors appearing in pornography are being paid to show they are enjoying the sex. If our teens are in an intimate relationship, they should only do what they feel comfortable doing and avoid being pressured to do otherwise.”

“**Body image**”

“Explain that many actors in pornographic images and films have surgically ‘enhanced’ bodies, such as breasts, vaginas, and penises. Drugs are sometimes used to maintain erections for abnormally long durations. Most people do not look like the actors in explicit videos, pictures or magazines.”

“**Performance**”

“Talk to your teen about the performance of actors. They are doing what they do for money. There are multiple takes of scenes and storylines are contrived. Most pornography is nothing more than fiction and make believe.”
“Wrapping it up”

“Your conversation with younger teens will typically conclude with you asking your teen to avoid pornography, and discussing ways to ensure they do so.”

“Conversations with older teens are best if they are less about telling them what to do, and more focused on deferring to them. Sometimes, the harder you push, the more they might resist.”

“Consider asking:

- “Where do you stand on viewing pornography?”
- “Has this discussion changed the way you see it?”

“It is a good idea to clearly set out your expectations and rules for the home. Reinforce that if they do see something they don’t understand, they can come and ask you about it – no topic is off limits.”

“Conversations around healthy sexuality set your teen up for more positive relationships, greater relationship satisfaction, and higher levels of wellbeing. If we are not talking with our teens about sex (and pornography), they may seek information from friends or the internet – and they may get the wrong information. They are curious. They do want to know.”


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What Happens When Children Watch Porn

“They honestly don’t fully understand that what they’re seeing isn’t typical and often doesn’t translate to real life, says Dr. Stefanie Carnes, PhD.”

“Their brains are getting wired from the start to respond to a level of sexual
intensity and novelty that cannot be matched in a healthy intimate relationship, says Todd Love, PsyD, JD, LPC.”

“Concern that porn can influence young minds is not just theoretical. Research suggests that early exposure to porn can affect later relationships and behavior. In a 2011 study of 200 adolescent males, researchers in Sweden found that 18-year-olds who view porn daily tend to gravitate toward extreme and illegal types of porn and try to act out porn in their relationships. In addition, a 2014 study of 23 low-income minority youth found that the kids frequently watched pornography in school and attempted to re-enact the pornographic scenes in their dating relationships.”

“Porn exposure and use is not confined to boys. ‘Young girls are seeing it, too,’ says Dr. Carnes, ‘and it’s very confusing for them.’ Research supports this. In a 2014 study of 1,132 adolescents in the journal Pediatrics, Dutch researchers found that male and female adolescents who view online pornography are more likely to develop a negative body image and negative sexual self-perception. In addition, a 2007 study of 745 Dutch adolescents found that increased exposure to porn increased the likelihood that the user, whether male or female, would view women as sex objects. ‘Porn sends the message to young girls that they have to look perfect and be willing to do anything,’ Carnes says. ‘It also sets unrealistic standards of size and performance for boys and men.’”

“Porn and Erectile Dysfunction”

“Some go so far as to say that early compulsive porn use can cause sexual problems as an adult. While the jury is still out on that, one man is a believer. Gabe Deem grew up in Texas as part of a loving family with no history of addiction or trauma. He recalls that he was a normal kid who loved music and sports. He first saw porn at age 8 and began masturbating to it shortly afterward. By 10, he was staying up until 3 or 4 a.m. watching soft-core porn on cable, and by age 12, when his family got high-speed Internet, he became consumed by hard-core porn.”
“When the kids in his high school were issued laptops, they quickly figured out how to watch porn in class. “The teacher would be in front of the class and I’d be in the back, watching porn with my friends,’ he recalls. ‘I wish I could go back and slap myself.’ He lost motivation to do sports and other things and quickly grew to view girls and women as sex objects.”

“By the time he was in his early 20s, Deem was unable to maintain an erection without the aid of pron. Suspecting that his compulsive porn use was the culprit, he spent a year ‘rebooting,’ that is, going off all porn, and recovered. He has since become a man on mission. He is a national speaker on porn use among kids and young adults, and in March 2014, the 27-year-old personal trainer and teen mentor launched RebootNation.org to help compulsive porn users and partners. The site started with five members and has since grown to more than 4,000 active members and countless ‘lurkers,’ many of whom are teens and young adults who believe they have developed a porn addiction and are experiencing related sexual dysfunction. Deem states, ‘I’ve seen a growing number of members in the teen section who are complaining of porn-induced ED [erectile dysfunction].’”

“How to Talk to Your Kids about Porn”

“In 2015, parents no longer really have a choice about whether or not to discuss sex and intimacy with their children. Like it or not, kids are getting their sexual education online via porn, Weiss says. ‘Parents today must educate their children, not only about how our physical parts work, about pregnancy, disease and abuse, but also about porn. It is from parents that kids will learn that what they see online is not day-to-day life and is not the stuff of love, intimacy and connection,’ says Weiss. ‘They need to hear from their parents, not in school and not on the street, so to speak, that porn is not geared toward them as it is adult entertainment.’”

“The most important thing to convey, says Weiss, is that being curious about sex and interested in it is entirely normal and nothing to be ashamed about. ‘If you send the message that looking at porn is somehow shameful, that message can get internalized,’ he says. ‘It’s far better to remind your
child that porn is not real life and that one day they’ll learn that adult love, intimacy and meaningful connection with another person is a lot more rewarding than anything they might see in the virtual world.’ He also has a tip for parents who see their kids looking at porn. ‘Your message will get lost if you overreact,’ he says. ‘Take time to reflect, get feedback and then talk to your kids from a calm and non-reactive place.’”


“About Janet Cromley: Janet Cromley, MS, is a writer and editor based in Long Beach, California. Her journalism career includes nearly two decades at the Los Angeles Times, where she wrote for the Health and Outdoors sections, and served as deputy editor of the paper’s national edition. She holds a master’s degree in counseling psychology.”

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5 Things All Parents Should Know About Porn

“Here are the five things parents need to know about talking with kids about pornography.”

1) First, it’s everywhere. It’s the subject of a recent cover story in TIME magazine. It’s one click away on the Disney webpage. It’s available on every cellular device. Including your children’s devices. And the new Google Glasses...? Since 2014, the porn industry has been considering how to stay at the forefront of this wave of technology.

2) Second, a generation ago, porn was different. Not only was access different; what used to be considered hard-core a generation or two ago is now the norm in mainstream media. Violence and aggression – particularly against women – is now standard. Let’s face it: it’s not your father’s Playboy magazine kids are accessing today.

3) Third, porn is universally concerning because it affects, even damages children’ sense of their own sexuality and healthy relationships. Researchers have found that repeated exposure to porn impacts children’s
brain development and function. And, less you forget let me remind you: any image that has been seen – intentionally or not – cannot be “un-seen”.

4) Fourth, curiosity about sex is natural and normal. As parents, it is our responsibility to provide sex-positive, respectful values about sexuality for our kids. Having open conversations about porn can help diffuse stress related to any one “big talk;” it also creates parent-child connectedness. Experts and public figures recommend talking openly with your kids to minimize confusion, and more importantly, shame.

5) And finally, having open conversations sometimes means that parents need to initiate the conversations. One good way to do this is by using teachable moments – situations that arise in everyday life. Perhaps your child spends a lot of time on the internet. Or maybe you have overheard him/her with peers talking about a potentially explicit topic. There are myriad pornography and book resources available to help guide you on broaching the subject. For tips and resources on how to talk with kids of all ages about porn click here and here.

Teaching kids about sexuality gives them the skills and framework to become confident young people and adults. Ultimately, I see this kind of conversation as teaching our children how to value healthy bodies and healthy minds, and giving them the tools to make healthy choices.


About the Author: “Nicole Monastersky Maderas, Alameda County Project Consultant, is dedicated to promoting access to and information about sexual and reproductive health. Through previous work at Pharmacy Access Partnership, a center of the nonprofit Pacific Institute for Women’s Health, Nicole provided educational opportunities to pharmacists and community-based organizations about the clinical and psycho-social aspects of women’s health and created a new initiative to promote pharmacy environments to meet the needs of adolescents. She has worked with regional, state and national partner organizations to seek changes in laws and regulations to improve access to birth control products, and conducted research on consumers’ and health care professionals’ opinions about contraceptive access. Nicole worked with MEXFAM,
Mexico’s foundation for family planning, evaluating the family planning services provided in clinics throughout the country. She is a member of the Advisory Council for the California Adolescent Health Collaborative. Nicole received her MPH from UCLA. She lives in the East Bay with her husband and two young daughters.”

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**How to Talk to Kids about Porn: Research Reveals 5 Obstacles to Overcome**

“We don’t seem to know how to talk to kids about porn”

“A case study of 33 different families reveals that even parents who know they should talk to their middle-schoolers about pornography are not having those conversations. So why is this?”

“It turns out that there are **five obstacle parents need to overcome** in order to have successful talks on porn. Simply put, most parent feel stuck! Let’s look closely at these obstacles and see if we can’t find a solution to each one.”

**“5 obstacles parents need to overcome for successful talks on porn”**

**Obstacle #1: Failing to understand the scope of the problem**

“According to Zurcher’s study, parents recognize that pornography is more accessible and more widely accepted in our society than ever before. Yet, there’s a disconnect. Consider these facts:

- “Pornography can be harder for kids to avoid than it is to find”
- “Nearly all children will be exposed before they enter high school”
- 1 in 10 visitors to porn sites are under the age of 10”
- “Peer pressure to use porn in middle school can be extremely high”
- “Even good kids will be curious about pornography”

“Parents also need to be aware that today’s porn goes far beyond centerfold-type imagery. Themes may include group sex, same sex, incest, bestiality and more. In fact, 88% of the most watched porn scenes contain
either physical or verbal abuse of women.”

“When children are repeatedly exposed to violent and degrading explicit material they can struggle to develop healthy views of sexuality and self-image.”

“**Solution**: As parents take steps to better understand the scope of porn’s impact on kids they will feel a greater urgency to start early and have ongoing conversations with children about the harms of pornography”

“**Obstacle #2: Knowing how to define pornography**”

“Try this experiment. Put 20 people in a room. Then ask them to explain what pornography is. My guess is that you will get 20 different answers.”

“If adults struggle to define pornography, imagine how tricky it is for kids! Sex-saturated media comes at them daily from every direction. Kids need parents who will give them an age-appropriate way to recognize pornography. Dr. Jill Manning gives this definition (What the Big Deal about Pornography: A Guide for the Internet Generation, p. 2):”

> “Pornography is material specifically designed to arouse sexual feelings in people by depicting nudity, sexual behavior, or any type of sexual information.”

“But this definition may be a little too much for a young child.”

“In Good Pictures Bad Pictures, a conversation between a mother and son starts like this, ‘Pornography means pictures, videos, or even cartoons of people with little or no clothes on.’ To learn more ideas on how to continue this conversation read, How to Define Pornography for a Seven-Year Old.”

“**Solution**: When parents have a clear definition of pornography they know where to start the conversation with their children. When children have a clear definition of pornography they are better prepared to reject it when exposed.”

“**Obstacle #3: Getting over parental fears**”
“We get it! Starting that conversation can feel like the biggest obstacle of all. Even if you grew up in a home with open communication, we bet your parents didn’t talk with you about the harms of pornography! We are the first generation that must tackle this subject straight on with our kids. That can seem like a daunting task.”

“Zurcher’s research reveals that moms, even more than dads, have the most difficulty bringing up this subject with their kids. Descriptors like, ‘dread, uncomfortable, trepidation, horrible and guilt’, were used by parents when thinking about how to talk to kids about porn.”

“For many, the word itself is difficult to say. Try it now – pornography. That’s not so bad, is it?”

“Keep in mind that the greatest resource to combat the negative effects of pornography is open communication between parents and child. Each time you revisit the subject it will get easier. It will get better. If you’re still squeamish, we suggest you practice this conversation with a friend first.”

“When you do talk one-on-one with your children, it’s OK to be upfront about your insecurities. They will see how brave you are and want to listen all the more. It may surprise you how relieved they are that you are willing to bring it up.”

“Solution: When parents are willing to bring up tough subjects like pornography at home, kids know they have a safe place to talk about important things. When parents are honest about their insecurities children feel more confident to open up about their own.”

“Obstacle #4: Realize that EVERY child (not just everyone else’s) is vulnerable

“During the case study interviews, one dad noted that while many parents recognize that porn use among kids is on the rise, they don’t necessarily see these societal trends as a threat to their own family. They justify, ‘My kid’s a good kid…it’s not in my home.’”
“The problem with this kind of rationalizing is it creates an environment where countless good kids are being exposed to pornography and have not strategy or coping mechanism to deal with it.”

“If a child has not been coached to recognize and reject pornography, the common response is to continue looking and keep it a secret. This is true even when the content causes the child distress or anxiety. Remember, without a clear definition in mind a child may not know how to identify what they see as pornography.”

“Being attracted to sexualized images is a normal biological response at any age. Even subtle images can start a rush of chemicals to the brain with just enough dopamine and oxytocin to convince young viewers that what they are looking at is deceptively rewarding.”

“Solution: When parents recognize that ALL children are vulnerable to pornography they will want to create a safer online environment for kids. This includes installing parental controls, filters or accountability software like Covenant Eyes (affiliate link) on all devices. It also includes creating a plan for minimizing the effects of exposure when it happens.”

“No matter how well intentioned, when we react in anger shame grows and kids withdraw. Open dialogue and communication is cut off at a time when the child needs it the most.”

“The truth is, the most valuable resource children have for combating the negative effects of pornography is parents who are willing to have open, non-shaming talks with them.”
“If you’ve reacted negatively in the past, don’t lose hope. It’s never too late to course correct. Your love and continues support is more important than anything.”

“Solution: When parents understand that children will be exposed to pornography they can prepare emotionally before it happens. A calm reaction to exposure will encourage open communication and increase a child’s confidence that they CAN build their own internal filter.”

“Every child deserves to be armed with the skills to reject pornography! Talking early and often with children about the harms of pornography gives children the edge they need to succeed and thrive in today’s digital reality. Consider each of these 5 obstacles we’ve discussed together today. Determine one area where you could make improvements. And start today to increase your child’s resilience to porn with warm, loving communication.”

(Marilyn Evans, Protect Young Mind, September 14, 2017, “How to Talk to Kids about Porn: Research Reveals 5 Obstacles to Overcome”, https://protectyoungminds.org/2017/09/14/how-to-talk-to-kids-about-porn/)

Your Children Are Looking at Pornography. How Are You Responding?

1. “Create a nurturing environment to talk about sex with your children”

“The first thing parents need to do is just begin talking about sex. This is easier said than done, as the issue of sexuality is to closely connected to matters of one’s past behavior, shame, sin, present behavior, and all the brokenness that the Fall has brought down on sex. But if you don’t begin bringing this subject into the open in your home, you will leave your children defenseless against a culture that is quite willing to talk about sex (and show it) to your children.”

“Start by working to create a safe environment in your home to talk
about emotionally difficult things. Many parents think they are protecting their children by not talking about sex, but in reality they are creating an environment where the children will learn that sex is a taboo subject. As kids grow older, if you have not been talking regularly about sex with your children, then how will they deal with the normal sexual urges and desires they will have growing up? If there is no clear message coming from you, then you can pretty much know where it will be coming from. What’s worse is, if the only time they hear you talking about sex is when you are critical of it (judging other’s behavior), or if your only message is to not have sex before marriage, then they will grow up helpless against the onslaught of unbiblical messages coming their way.”

“Start by examining God’s view of sex”

“To teach your children about healthy sexuality, and to begin creating a nurturing environment to talk about it, first examine your own view of sexuality. Is your understanding of sex grounded in Scripture, or is it more based on your own parental upbringing or experiences? There is no way to avoid the impact of your own upbringing here, but it is critical to make what God’s Word says about it paramount. The Bible is very free in discussing sexuality. In Genesis 2:25 we read that Adam and Eve were naked and not ashamed. The Bible says there is nothing wrong with the human body and sexuality; it was the sin of Adam and Eve in disobeying God that caused sexuality to be distorted. It is only after they rebelled against God by eating the forbidden fruit that suddenly they were ashamed by their nakedness. In Proverbs 5:15-19 husbands are encouraged to rejoice in their wives—to enjoy their wives’ breasts and to be drunk with her loving-making. In the Song of Solomon we have vivid descriptions of the joys of sexuality in the context of marriage.”

“So, what message are you giving your children? Do they see sex as a beautiful gift from God to be enjoyed within the context of marriage,
or do they see it as something embarrassing that cannot be discussed? Are they being taught, by your words and your actions, that sex in the context of marriage is something that is right, good, exciting, and life-affirming?"

“Set the stage on this topic early on with your children. Even if you are late in the game, don’t hesitate to start it now! Learn what the Bible says about sex and let your own misunderstandings and distortions be shaped by God’s Word. Let God’s view of sexuality become yours. If your children are young, talk to them openly and in age-appropriate ways about sex: what it is for; why it is reserved for marriage between a man and a woman; how they should think and feel about sex and their own bodies. If your kids are older, do the same thing, but with teens you may only get an audience by coming at the topic “sideways.” Engage them in conversation over movies, television, news stories, etc. Ask them what their peers are saying about sex and relationships. This can be a good way to get them to open up about their own concerns and struggles about sex, which can then lead into a more “direct” talk on the subject.”

“Address the deeper longings of their hearts”

“Talking about the physical or aspects of sex with our children is not enough. There is more to sexuality than Biology 101. But even talking about the emotional aspects of sex is still not enough. Sex begins not with the biology of our bodies, but with the longing for relationship in our hearts.”

“The beginning of this article focused on the fact that our culture uses a “porn is norm” approach to entice our hearts to want something that will fill our hearts with what we lack. Advertisers clearly understand the human heart, that we have deep inner longings that never seem to be adequately met. That is why pornography is so powerful. Until our children understand why they can feel lonely in a crowded
room… until our children understand why they wish life had a happy ending like the movies… until our children understand why they can be sad for no apparent reason… until they understand the longing and emptiness that is always there inside of them, they will never know how to defend themselves against the strong, enticing pull of pornography.”

“We need to consistently communicate to our children that everyone has these inner longings that cannot be completely fulfilled in this life. This is not to create despair but to give hope. This is Christianity 101: sin has shattered everything in the world, and our longing for something more in life is a sign that points us toward the One who alone can ultimately fulfill us. We were created to be completely fulfilled in an eternal relationship with God, and from that all human relationships would flourish. But now, because of our broken hearts, even the best relationship we might have with God and others will leave us, in this life, longing for more.”

“Knowing this, about what we are made for and how sin has broken and impaired this relationship with God and others, can help our children identify their longings and resist the inevitable pull to meet them in false and sinful ways. Knowing why we have these longings is one of the best pieces of wisdom a parent can impart to a child. It will give the child a way to process all sorts of emotions and temptations.”

“Ask the right kinds of questions”

“How do you address these inner longings with your child? First, do what Jesus did: ask questions all over the place! Parents who only want to make sure their children don’t do anything wrong will generally engage them with commands and lectures. But parents who are wiser, knowing that their children are sinners like themselves and will do wrong things, will engage their behavior and their hearts
with probing questions. The first recorded words from Jesus in the book of John is a question: “What do you seek?” When addressing the disabled man at the pool of Bethesda, who obviously wanted nothing more than to walk again, he asked him a question, “Do you want to be healed?” Jesus always engaged a person at the level of the heart. We must do the same with our children. Do not just settle for what you see on the surface, their behavior. Dig deeper, for the sake of their souls!”

“When seeking to engage your child’s heart, watch your own heart! It is easy to ask questions that can be asked in a way that seeks to expose someone for judgment. Are you seeking information just so you can lower the ax? Are you trying to uncover behavior so that you can punish or “ground” your child? The wrong kind of questions, coming from the wrong kind of motive, will drive a child deeper into seclusion and secrecy—the very place sin, especially sexual sin, thrives.”

“Instead, ask questions that invite your child’s heart to show itself. Ask questions that help him talk about his feelings (positive and negative) and not just get him to explain his behavior. For example: “You’ve been spending a long time on your computer. What is it that you enjoy doing on it?” If you, instead, acted on your fears and directly asked, “Are you looking at porn?” you would close the discussion down immediately. Use an open-ended question to start off the conversation and then follow it with similar questions. You may (or may not) in that conversation get much detail, but a lifetime of engaging your child with questions that help them to be real is what you want to do.”

“The right kind of questions will affirm the child as being a person of value (created in the image of God) and someone you love and care about. The right kind of questions will allow the child to express his or her hurts and pains. The right kind of questions will uncover the
deeper longings that they wrestle with and allow you the opportunity to share truths about God and how to live life by his grace. Ask yourself when talking with your child, “Is this question going after behavior or is it trying to reveal the heart? Am I seeking to expose for judgment, or am I seeking to know their soul?”

“Listen with the right way of hearing”

“Second, as you ask your questions, be careful to genuinely listen and not overreact. Often our children will share something they have done, or a fantasy they may have, and we will react in a knee-jerk way. This is understandable, because we as parents are very protective of our children, but overreacting when they have risked being vulnerable with us will communicate to them that you will not love or understand them on that level. Staying calm and connected with him or her tells your child that your love for them is real, especially when they are being real and honest with you. When you do this, you are in a position to speak into their lives and have them listen to you. By really listening to them, you will find that they will be more willing to allow you to share with them your own concerns, listen to any alternate ways of thinking or behavior you might share with them, and, more importantly, help them wrestle with what God’s Word says as you look to the Scriptures for answers.”

“Understand their world with the right kind of knowledge”

“Third, take the time to learn what your child is up against. Enter his or her world. This may mean that you have to do some research. You may have to educate yourself about what his or her peers believe. For example: Did you know that many teens think that they can have oral sex with numerous partners and still be a virgin? Are you aware of how many ways your child can be bombarded with sexual images (the Internet, message apps, text messages, photo sharing sites, etc)?”
“Every generation has faced sexual temptation and has been pulled to behave in ways that are outside of God’s design. But this generation, with its proliferation of ways to gather information and communicate, is clearly up against the most formidable temptations that have ever existed. As their parent, you must stay on top of what your child faces every day.”

“Part of taking the time to learn about their world is also determining the extent of the problem your child might be facing. You need to know the dangers out there and also what your child has gotten into. So if you discover your son is visiting adult sites on the Internet, find out, in a non-threatening manner, how often he does this. What kinds of sites (heterosexual, homosexual, streaming videos, etc.) is he visiting? Such a string of questions might sound like you are grilling him, so how you ask will be critical to “invite” him to be honest with you. It is critical that you seek to discern the extent of your child’s behavior, constantly affirming to him that you are not doing this so that you can punish, but to figure out how best to help. Do not let a witch-hunt mentality develop. Instead, hold onto the idea that you are like a surgeon trying to determine the extent of the cancer so that you can treat the patient. Look for patterns in the behaviors that might reveal the deeper heart issues.”

“Remember that your goal in all of this is to look for the motives of the heart that might be leading your son or daughter into dangerous territory. Keep circling back in your mind to the fact that everyone’s sinful behaviors come out of sinful decisions made to address the core issues of the heart. Your goal is to help your child see, as much as possible, what is happening beneath the surface of his or her behavior.”

2. “Lead by example”
“It should be obvious that the course of action described above cannot occur in one conversation. It is a life-long process. Start doing it now. Carefully build that environment in which you and your children can take steps to be real and open with one another. Asking good questions directed at your child’s heart, listening well, and understanding the world in which he or she lives will go a long way toward creating such a nurturing environment.”

“But lead now. Don’t wait for tomorrow. Technology is rapidly advancing, and the culture is rapidly moving away from traditional (read: much less Christian) values. You cannot shield your children from problems and sin in this world. You can only shepherd them and give to them the lifelong tools of thinking and behaving that will better help them resist the pressures they will inevitably face once they are grown-up and on their own.”

“If your children are young, start talking to them now about God’s design for sex (see “Take Courage! Parents and the Dreaded Conversation,” another article on this website).”

“If you have found that your children have been looking at porn—and again, the odds are overwhelming that they have—go to our bookstore to order a copy of our mini book, iSnooping on Your Kids: Parenting in an Internet World. This mini book will give you further tools on how to talk to your kids about healthy sexuality and the destructive effects of pornography, along with many practical, technological, preventative steps to take.”

“To help teach your child what are the subtle ways porn impacts and twists one’s mind and heart in ways that destroy relationships, read our mini book, What’s Wrong with a Little Porn When You’re Single.”

“You might be thinking right now, with the direction the culture is going, that your children are doomed to make it through their childhood, much less their whole life, without escaping this scourge. Remember this, though: The good news is that the first followers of Jesus Christ found
themselves in a culture just as deeply broken and sexualized as our own. The Greek and Roman pantheons thrived on unlimited and outrageous sexual debauchery. The early church was filled with people who were coming out of lifestyles of immorality (1 Corinthians 6:9-11). Yet the truth of the gospel overcame the pressures to conform to that culture. The gospel then is the gospel now: It is God’s grace that trains us “to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives” (Titus 2:11-12, ESV).”

“God’s Word still speaks powerfully to these issues. You can have the faith that as you share this same gospel with your children, they will experience hope and change. Our hope as parents does not falter, because Jesus is the same yesterday, today and forever.”


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Help Your Kids Say ‘No’ to Porn

“Research suggests that one in three children ages 11 to 14 have viewed pornography on a mobile device.”

“Let me tell you what played out at the sixth-grade lunch table that day. When the phone with the images was offered, my son responded, ‘I don’t look at porn.’ The owner of the phone, perplexed, asked, ‘Then how will you know how to have sex?’ My son responded that his parents had told him all about it. Jaws dropped. Not one other sixth-grade boy at the table had yet talked with his parents about sex, or, it would seem, about porn. But they were by no means lacking instruction.”

“Train your children how to respond to an offer of porn by giving them scripted words to use, and a plan of action:

“Parent: ‘If someone shows you a picture of something and asks you
not to tell anyone, what should you do?’”

“Child: ‘Tell them ‘no thanks,’ and then come tell you.’”

“Parent: ‘If a picture of something strange comes up on the computer, what should you do?’”

“Child: ‘Ex it out, and then come tell you.’”

“Check out these additional resources:”

- **Talking to Your Kids About Sex and Puberty (Focus on the Family)**
- **God’s Design for Sex** (Stan and Brenna Jones)
- **Mary Flo Ridley’s blog**. I was especially encouraged looking through the posts tagged “Sex Talk”
- **Tim Challies’s approach** to establishing both internal and external controls to protect your family from porn
- My related article on talking to kids about bad words: “The Mother of All Swear Words”

https://www.thegospelcoalition.org/article/help-your-kids-say-no-to-porn/)

(Jen Wilkin is a wife, mom to four great kids, and an advocate for women to love God with their minds through the faithful study of his Word. She writes, speaks, and teaches women the Bible. She lives in Flower Mound, Texas, and her family calls The Village Church home. Jen is the author of None Like Him: 10 Ways God Is Different from Us (and Why That’s a Good Thing) (Crossway, 2016) and Women of the Word: How to Study the Bible with Both Our Hearts and Our Minds (Crossway, 2014). You can find her at jenwilkin.net and follow her on Twitter.)

(https://www.thegospelcoalition.org/profile/jen-)

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**Parenting the Porn Generation**

1. “Affirm the goodness of their sexuality.”

   “Sometimes Catholic parents, especially when they themselves were brought up with a standard of chastity that focused on a list of sins
and temptations to be avoided, may feel unprepared to provide their kids with an affirmative view of sex and the body.”

“But raising them to value their sexuality as something good and holy is essential to protecting them from exposure to porn and to inculcating in them a positive desire for purity generally.”

“They will be trained to see clearly the great difference between the lies of porn and unchastity and the great truths of God’s plan for human sexuality.”

“It is also useful when it comes to teaching modesty and self-control, even at a young age. It is precisely because your child’s body is good agents and wonderful that he is not to treat it like a toy; it is precisely because your child’s body is sacred that she should veil what demands the reverence.”

“Even when our children are very young, my wife and I make it a priority to affirm their sexuality daily – teaching them that God created them male or female so that they can become a gift in self-donating love.”

“Each night before bed I lay my hands on them and offer this prayer:

“I thank you that you have crated [name] to be a strong boy/beautiful girl. I ask that he/she would grow up to be a strong man/beautiful and strong woman to give his/her life away as a priest or a husband/nun or a wife.”

2. “Be a parent, not a buddy.”

“I know that you know this – or that you think you know this, but it bears repeating. Your child needs you to parent him. And a large part of parenting means saying no. In fact, if your child hasn’t gotten angry
at you over the past week because you would not let him have his way, you’re probably not doing a very good job parenting him.”

“In the sphere of chastity, saying no is the flip side of affirming your children’s sexuality. It doesn’t mean to shelter kids from every possible bad influence in the world; rather, it’s about exercising prudent vigilance.”

“There never was a teenager who couldn’t survive without a smart phone, but there are countless thousands whose Internet-connected phones become personal porn terminals. Laptops behind locked bedroom doors might help a little with homework, but they’re also inviters of temptation. Your child was invited to a sleepover: Do you know what kind of supervision the host family exercises over the computer or cable box? If you’re not prepared to say no, you might find all your vigilance undone by another family’s carelessness.”

3. “Use filters and accountability software.”

“We have talked first about giving kids a foundation that affirms God’s gift of their bodies, then about circumstances in which we must be prepared to say no in order to protect that gift.”

“As a supplement to rather than a replacement for our work of forming and parenting our kids, Internet filters and other content-blocking tools can be useful, especially when your children are young. As they grow older, however, it’s important that you not simply block them but continue to teach them.”

“This is how accountability software differs from filtering. Instead of blocking websites, it monitors all the sites that your child visits and then sends a report to an accountability partner (you). This changes the mentality of the child surfing the Internet. Rather than him wondering how he could get around a filter to visit some forbidden-fruit website, he will know that he could visit the website but that he
will have to answer for it."

When you think about it, isn’t this how the heavenly Father acts toward us? He could ‘block’ us from turning our backs on him and from the pain our sins bring, but he does not. Rather he teaches us right from wrong, and implores us to do what’s right (while giving us the grace necessary to do it). He does not censor our every thought and action because de desires us to grow up to be responsible moral: sons and daughters who freely choose what is good. We parents ought to follow his example.”

“In my opinion, the best accountability software can be found at [www.covenanteyes.org](http://www.covenanteyes.com/?promocode=pureinheart).


(Matt Fradd speaks to tens of thousands of people every year. He is the author of several books, including *Does God Exist?: A Socratic Dialog on the Five Ways of Thomas Aquinas* and *The Porn Myth: Exposing the Reality Behind the Fantasy of Pornography*. Matt earned his master’s and undergraduate degree's in philosophy from Holy Apostles College. His podcasts, *Love People Use Things* and *Pints With Aquinas* are listened to by tens of thousands of people every month. Matt lives with his wife, Cameron, and their children in the mountains of North Georgia. Learn more at MattFradd.com)

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**How to Talk to your Teens about Porn (Part II)**

“In my previous post, I wrote about the importance of talking to your teen about porn. Here are four tips to help facilitate the talk.”

1. “Have a continual conversation with your kids about sex.

   “Unfortunately for many youth, their first exposure to pornography
signals their first sex education. Because many pornography scenes depict unrealistic or degrading scenarios, youth are left with unhealthy notions of sex and may play those out in their dating relationships. To set their teens up for success, parents need to take the time to educate their sons and daughters about not only the biological aspect of sex, but also about the values and meaning behind their sexuality. It’s not only the biological aspect of sex, but also about the values and meaning behind their sexuality. It’s not only about talking about the ‘what’ or ‘how’ of sex; it’s about the ‘why.’”

Several former clients have indicated that when they were teens, their fathers read books like Every Young Man’s Battle with them to begin the discussion about the birds and the bees. Of course, none of them could give me specifics as to what was discussed. The teens, however, reflect that it was worthwhile of their time. They received the message that sexuality was important.”

2. “Have a sense of congruency between your words and values.”

“Many of my clients who come in later in life for sex or pornography issues first discovered pornography through their father’s ‘secret’ stash of porn. These days, high speed internet has made it so that anybody can access porn practically any time or anywhere. Yet, kids who see their parents engage in inappropriate behavior get the implied message that ‘if it’s okay for my parents to do this, then it’s okay for me to do this.’”

3. “Protect your household through setting limits with computer access.”

“My wife and I have an adorable eight-month-old-son, and we’re in the process of baby-proofing the house. We buy outlet protectors, baby-proof gates, and generally strategize about how to make the house safer for our son. In the same vein, teens are in their sexual infancy and need protection. Internet filters are a wise investment. The latest computers come with a ‘family safety’ option, where parents can control the content viewed. If the family is using a
desktop computer, set up the station in the living room or other area where others are around. Also, establish guidelines as to limit of cell phone usage.”

4. “Spend time with your teen.”

“This last tip is perhaps the most crucial. While your teen may send you the message that they are too cool to hang around their parents, they aren’t. Teens need a wall to push against. They need somebody to set limits. Listen to what they have to say without judgment. Doing so helps to develop a relationship based on trust and communication. For some teens without a secure parental connection, getting caught looking at porn could be a cry for attention, for help, and for relationship.”


Anthony Q. Liu, Marriage Family Therapist, MA, LMFT, CSAT

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**How do you talk to your 6 – year – old about porn?**

“Kids are viewing porn as young as 6, and head teachers in the U.K. say they’ve got to learn about the dangers of online smut as soon as they start using the Internet.”

“So how do you talk to your 6-year-old about porn?”

“'There isn’t an easy answer, but as soon as children are getting access to this, it’s time to begin the conversation,’ said Russell Hobby, general secretary of the National Association of Head Teachers (NAHT), according to the BBC.”

“One teacher discussed a boy discovering explicit images when researching the North Pole.”
“Children as young as 3 – nursery-age children – access computers,’ said Stephen Watkins, head teacher of Millfield School in Leeds. ‘If they see something that shouldn’t be there they should know to go and tell an adult.’

“Watkins also warned against parents setting up Facebook accounts for youngsters, with the possibility that they might access illicit material. He claimed that of the 33 kids aged 10 and 11 in his school’s top grade, he found out 24 are already on Facebook and had written to those children’s parents.”

A researcher claimed earlier this year that 34 percent of U.K. 9- to 12-year-olds have Facebook profiles, despite the site being officially off-limits to those under 13. It’s likely that even younger kids have Facebook accounts.”

“In a NAHT survey of 1,009 parents, 83 percent said students should learn about the dangers of porn in sex-ed classes. 40 percent felt kids should learn this in early primary school (that is, between the ages of 5 and 8); a little over half felt it more prudent to approach the topic with teens. Around 90 percent believed any device with Internet access should automatically block porn.”

“A study published last week suggested children are watching porn online as young as the age of 6. Antivirus firm Bitdefender’s report also claimed a quarter of kids use a social network by the age of 12, with 17 percent sharing to Twitter and Facebook by 10.”

“To articulate what pornography is to someone who’s just learned to tie their own shoelaces cannot be a simple task.”

Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

- IGen for Jesus
- Overcoming Sin & Setbacks
- You, Me, We
- Wholeness in a Sex Saturated World
- Relevant, Reliable, Relational? The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

- Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

- Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

- Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

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Jake Kissack

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

- When God Talks
- Empowered to Live Life Fully Alive
- Connections that Count
- Wholeness in a Sex Saturated World
- Unshakable Truth // Live for Love
WHOO’S TALKING
ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only
surpassed by his contagious love for Christ and the Scripture. He wins the
hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an
authentic desire to see people healed and set free. God’s work through his
message has been a beacon of hope that has empowered struggling students
to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and
restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole
heartedly for the glory of God. His message is culturally relevant, Gospel
focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a
movement focused on speaking,
equipping, and connecting individuals
to solutions to overcoming unwanted
struggles.

Through interactive speaking, digital
content, and practical next step
resources, God is raising up a
generation of young people who are
passionate about following Jesus
wholeheartedly and working through
the setbacks and sin that hinder them.

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Alex McClellan

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

- You Can Handle the Truth!
- How To Find The Meaning Of Life
- Reasons To Believe In The Resurrection
- Will The Real Jesus Please Stand Up
- How Do You Make Sense of Suffering?
- Can We Trust The Bible?
- Be Prepared to Share (1 Peter 3)
- Be Prepared to Shine (Matthew 5) and more...
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:

A Jigsaw Guide to the Meaning of Life (JGaP, 2016)

Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

- Relationships
- Parenting
- Reliability of Scripture
- My Journey
- Self Image
- Sexual Integrity
- Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women's Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

For more information and to book Josh please contact:
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## Contents

- WHAT OTHERS ARE SAYING ................................................................. 3
- WHAT JOSH IS SAYING ................................................................. 35
- BEN BENNET BIO ........................................................................ 42
- JAKE KISSACK BIO ................................................................. 44
- ALEX MCLELLAN BIO ............................................................. 46
- JOSH MCDOWELL BIO ............................................................. 48
WHAT OTHERS ARE SAYING

“The only thing necessary for the triumph of evil is for good men to do nothing.”

-Edmund Burke

“Pornography is the greatest cancer in the church today.”

-Chuck Swindoll

(Source: Conversation with Josh McDowell, May 6, 2015)

“Silence in the face of evil [i.e. pornography] is itself evil – God will not
hold us guiltless. Not to speak is to speak. Not to act is to act.”

-Dietrich Bonhoeffer

Concerning pornography, Pastor Jay Dennis says of the church, “We
have relinquished our God-given position of leadership.” He also warns
pastors, “Lead…or others will.”

“The pursuit of purity is not about the suppression of lust, but the
reorientation of one’s life to a larger goal.”

-Dietrich Bonhoeffer

“…the elephant [i.e. pornography] in the room that is rarely publicly
discussed in evangelical circles is pornography…”

-Jonathan McLatchie


“Our churches are in trouble. This is no time to simply wait and pray.”

-Chuck Swindoll

(Source: Conversation with Josh McDowell, May 6, 2015)

“If you preach the gospel in all aspects, with the exception of the issues
which deal specifically with your time [i.e. pornography], you are not
preaching the gospel at all.”

-Martin Luther

“Carl F. H. Henry was right: ‘The gospel is only good news if it gets there
in time.’”
“…It is easier to build strong children than repair broken men.”

-Leigh Seger

“Stop and imagine the ugly but very real possibility of some of your own elders and deacons leaving your meetings and going home to surf porn. Think about youth leaders viewing it one minute, and leading a small group with your kids thirty minutes later. It’s ruining marriages, destroying relationships, harming youth, and hurting the body of Christ. You hardly need to be reminded that fallen pastors and priests did not ‘suddenly’ fall. More often than not, pornography played a role in their downward spiral.”

-Chuck Swindoll

“…pornography is one of the greatest imedicments today to evangelization.”

-Matt Fradd, a devout Catholic

“The internet has become the number one universally accepted source of pornography exposure.”

-Dr. Jill C. Manning, Ph.D., LMFT

“Porn addicts often obsess over chasing some fantasy so much that they missout on actual relationships.”

-Dr. Jeffrey Satinover of Princeton University

“A few years ago a friend of mine told me of a small men’s retreat he attended in Idaho. When the men were challenged in the area of sexual purity, the biggest, toughest looking guy in the room stood up and said ‘I’m struggling with porn and I know some of you guys are too, so stand
up if you are and let’s deal with this!”

“Half of the forty men in the room came to their feet.”

- Mike Genung


“But that pastor gave me the green light, so I didn’t pull any punches. Then, at the end of service, I gave an altar call for people struggling with sexual issues. No one moved at first. Then the dam broke, and they lined up three to four deep at the altar…”

- Dr. Ted Roberts


“75% said their parents had never discussed Internet pornography with them.”


“According to data taken from Internet users who took part in the General Social Survey for the year 2000, regular church attenders are 26% less likely to look at porn than non-attenders…but those self-identified as ‘fundamentalists’ are 91% more likely to look at porn.”


“…90% of today’s college men and more than 60% of college women in the US saw porn before the age of 18.”

- Luke Gilkerson


“The number of Christian men viewing pornography virtually mirrors the national average.”

Purity is an attitude of holding oneself to a higher standard than the world sets.” - Jacqueline Anderson

“If you don’t think you can’t fall into any kind of sexual temptation, you’re either godlier than David, wiser than Solomon, or stronger than Samson.” - Donna Rice Hughes

“We can no longer ask, ‘How should I prepare my child for if they see porn?’ Instead we must ask, ‘How should I prepare my child for when they see porn?’ …and your neighbor’s unsecured Wi-Fi is easy to find.” - Jen Wilkin

“…93 percent of boys and 62 percent of girls were exposed to online pornography during their adolescence.” - Nick Bilton

“According to Dr. Roberts, churches often treat this issue as a moral one, but fail to recognize it’s mainly a brain problem.” - Terry Cu-Unjieng

“Porn is shameful, but kids who are curious about it are normal.” - Kristen Jenson
(Source: August 24, 2017, Protect Young Minds, “Kids Under 10 Make Up 10% of Porn Site Visitors”, https://protectyoungminds.org/2017/08/24/one-in-ten-visiters-to-porn-sties-age-10-or-under/)

“…One you know the truth, once you know the truth about this, from that moment on, silence is complicity. You can’t ever again say I didn’t know.” - Dr. Mary Anne Layden
(Source: Dr. Mary Anne Layden, Set Free Global Summit speaker, Greensboro, NC, April 5, 2016)
(Mary Anne Layden, PhD is a psychotherapist and Director of Education at the Center of Cognitive Therapy at the University of Pennsylvania. She is the Director of the Sexual Trauma and Psychopathology Program and the Director of the Social Action Committee for Women’s Psychological Health. Dr. Layden co-authored the book *Cognitive Therapy of Borderline Personality Disorder* with C. Newman, A. Freeman and S. Morse. She has written numerous chapters on Cognitive Therapy especially on treatment of Borderline Personality Disorder. She has co-authored a chapter with Linnea Smith called “Adult Survivors of the Child Sexual Exploitation Industry” in Cooper, S et al. (Eds) *Medical, Legal & Social Scient Aspects of Child Sexual Exploitation: Acomprehensive Review of Pornography, Prostitution, and Internet Crimes.*)

“…‘an event [viewing porn] which lasts half a second within five to ten minutes has produced a structural change [in the brain].”

-Dr. Gary Lunch


“I had a dad bring his 12-year-old in to see me. The boy had been looking at pornography. I asked when was the first time you saw pornography? ‘Fourth grade.’ Okay. Do you remember what you saw? ‘Yes.’ Do you remember where you were? ‘Yes, I was on the computer.’ Do you remember what it felt like? ‘Yeah, it felt like kind of gross, kinda good.’”

“Then I asked him this question: What if Jesus came into your room the day you saw pornography, the very first time? What do you think he would do? And he said: ‘Oh my gosh, I don’t even want to think about that.’ No, really, what would he say? ‘Well, he would tell me how bad it is for me. He would tell me how disappointed he is in me. He would tell me that I should know better than that.’”

“He’s parroting all the things he’s heard. And then he said, ‘It’s just like I’m taking the nails and nailing them into Jesus’ hands. I’m hurting Jesus.’ And I looked at this boy and said: You were a kid! You’re just a kid. Jesus says whoever causes one of these little ones to sin; it would
be better for them if a millstone were put around their neck and be thrown into the sea. Our Lord would come in the room and he would probably be angry but he would be angry at pornography, not at you."

-Father Sean Kilcawley

(Source: Father Sean Kilcawley, Set Free Global Summit speaker, Greensboro, NC, April 4-7, 2016)

(Fr. Sean Kilcawley graduated from the United States Military Academy at West Point in 1996 with a BS in Middle East Foreign Area Studies. After serving for three years as an Infantry Officer in the U.S. Army he entered St. Gregory the Great Seminary in Seward, NE as a pre-theologian for the Diocese of Lincoln, NE. Fr. Kilcawley earned a Masters of Divinity and a STB from St. Charles Borromeo Seminary in 2005 and then served the diocese of Lincoln for four years as a High School teacher of religions and parochial vicar. In 2013 Fr. Kilcawley completed an STL (summa cum laude) at the John Paul II Institute for Marriage and Family in Rome. He currently serves as Diocesan Director of the Office of Family Life and Evangelization for the Diocese of Lincoln. He also serves on the board for the Integrity Restored network.)

“Pornography is probably the most common problem that people have in the church…if you talk about alcoholism, it would be say ten or fifteen percent [struggle with alcoholism]. This [pornography] is something that is affecting 60-70% of the people in the church…yet only about 7% of our churches are doing anything about it.”

-Steve Arterburn

(Source: Steve Arterburn, Set Free Global Summit speaker, Greensboro, NC, April 4-7, 2016)

(Steve Arterburn is the founder and chairman of New Life Ministries and host of the #1 nationally syndicated Christian counseling talk show New Life Live! Heard and watched by over 2 million people each week nationwide, on XM and Sirius Satellite radio and on the NRB television network. Steve is also the host of New Life TV, a web-based channel dedicated to transforming lives through God’s truth. Steve is the founder of the Women of Faith Conferences attended by over 4 million people. He also serves as a teaching pastor in Indianapolis, IN. With over 8 million books in print, he has been writing about God’s transformational truth since 1984. Steve’s ministry endeavors focus on identifying and compassionately responding to the needs of those seeking healing and restoration through God’s truth.)

“I think it’s really important to remember that women in your church are struggling with pornography. It’s not if or maybe – statistically speaking

Josh McDowell Ministry 2019
women in your church are struggling. And they are waiting and looking for help. They feel alone and trapped.”

-Jessica Harris

(Source: Jessica Harris, Set Free Global Summit speaker, Greensboro, NC, April 4-7, 2016)

(Jessica Harris is the founder of Beggar’s Daughter, a ministry dedicated to walking with women who have an addiction to pornography. Telling her own story of porn addiction and struggle with lust, Jessica seeks to help other women find hope, healing, and grace. Jessica shares resources and insights from her own journey on the Beggar’s Daughter blog and occasionally travels and speaks on the topic of female lust addiction and how churches can minister to women who struggle. She resides just outside Washington, D.C. where she works as a teacher and serves on the Biblical counseling team in her church. She is the author of Love Done Right: Devos – A Journey from Lust into the Love of God.)

“…what it looks like to be the wife behind a man who’s addicted to pornography…And I’d like to tell you what I suspect she did not say to you. I suspect that she did not tell you that even though she’s so glad that her husband’s finally getting the help that he needs, that inside she’s screaming: what about me?”

“What about the mess that he chose and I didn’t, and yet I am mired in it? What about the broken heart that I have, and the damage that he’s done to our relationship? I suspect she didn’t tell you that when this secret in their family became unveiled, that she felt a little like an albatross was placed around her neck, and it was squeezing her, and she couldn’t breathe.”

“And she’s so afraid of sharing this pain with anyone because she’s concerned that the ramifications are going to only get worse if others find out. And so she’s dealing with her pain alone.”

-Vicki Tiede

(Source: Vicki Tiede, Set Free Global Summit speaker, Greensboro, NC, April 4-7, 2016) (Vicki Tiede is an inspiring Bible teacher, conference speaker, and author. Her passion is to open the Scriptures with women in order to share God’s grace and enduring faithfulness. She transparently related life experiences that resonate and draw others into a lifelong pursuit of knowing God. Vicki’s candor and humor are a delight to her audiences,
who feel like they’ve met a new friend, moments after she begins to share a glimpse into her life. She consistently points her audiences back to God’s Word and present fresh insights into the Scriptures. Living in Rochester, MN, Vicki is a wife, homeschooling mom, and the coordinator of women’s ministries in her local church. Vicki holds Master’s degrees in Ministry and in Education.)

“I want people to know that there is incredible hope in this battle. I think so often we see this battle with pornography as something that is so vile and so evil and it is—but we also have to see that in the name of a resurrected Savior and the power of the Holy Spirit we have the victory.”

-Jay Dennis

(Source: Jay Dennis, Set Free Global Summit speaker, Greensboro, NC, April 4-7, 2016) (Jay Dennis has been the senior pastor of First Baptist Church, Lakeland, FL since February 1996. Now known as First Baptist Church at the Mall, the over 9000-member congregation worships and ministers to the community of Lakeland, our great nation and the world. He has pastored churches in Texas and Oklahoma and is married to his best friend Angie. They have two grown children – their daughter Emily and her husband, Steven; their son Will, his wife Julia and their daughter Crosby. A popular conference and seminar speaker, Dr. Dennis has authored eight books, including Our Hardcore Battle Plan and Our Hardcore Battle Plan for Wives. Pastor Jay has a passion to lead men to live lives of moral purity. He has developed a ministry called Join One Million Men, which asks men inside churches of all denominations, to make a commitment to live a pornography-free life.)

“Teens are spending more than one-third of their days using media…nearly nine hours on average (Common Sense Media). (Hayley Tsukayama, “Teens spend nearly nine hours every day consuming media,” The Washington Post, November 3, 2015, www.washingtonpost.com/news/the-switch/wp-2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/)

“According to an online statistics firm, an estimated 40 million people use this drug on a regular basis. It doesn't come in pill form. It can't be smoked, injected, or snorted. And yet neurological data suggest its effects on the brain are strikingly similar to those of synthetic drugs. Indeed, two authorities on the neurochemistry of addiction, Harvey Milkman and Stanley Sunderwirth, claim it is the ability of this drug to influence all three pleasure systems in the brain — arousal, satiation,


“The findings of the report hit particularly close to home for me. By his own account, my husband of 13 years and high-school sweetheart, was first exposed to pornography around age ten. He viewed it regularly during high school and college — and, although he tried hard to stop, continued to do so throughout the course of our marriage. For the past few years he had taken to sleeping in the basement, distancing himself from me, emotionally and physically. Recently he began to reject my sexual advances outright, claiming he just didn't ‘feel love’ for me like he used to, and lamenting that he thought of me ‘more as the mother of our children’ than as a sexual partner.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“Then one morning around 2AM he called, intoxicated, from his office to announce that he had ‘developed feelings’ for someone new. The woman he became involved with was an unemployed alcoholic with all the physical qualities of a porn star — bleached blond hair, heavy makeup, provocative clothing, and large breasts. After the revelation, my husband tried to break off his relationship with this woman. But his remorse was short-lived. Within a few months he had moved permanently out of the home he shared with me and our five young children. In retrospect, I believe he succumbed to the allure of the secret fantasy life he had been indulging since his adolescence.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“My husband is not alone. According to Dr. Victor Cline, a nationally renowned clinical psychologist who specializes in sexual addiction, pornography addiction is a process that undergoes four phases. First,
addiction, resulting from early and repeated exposure accompanied by masturbation. Second, escalation, during which the addict requires more frequent porn exposure to achieve the same ‘highs’ and may learn to prefer porn to sexual intercourse. Third, desensitization, during which the addict views as normal what was once considered repulsive or immoral. And finally, the acting-out phase, during which the addict runs an increased risk of making the leap from screen to real life.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, http://www.npr.org/templates/story/story.php?storyId=125382361)

“Statistics tell the story. Roughly 80% of college men and 34% of co-eds use porn on campus or off, sanctioned by ‘free speech’ Harvard professors and administrators – that’s campus sex culture! And, ominously, Data4Justice documents may ‘professors and staff…arrested for trading in brutal child sex abuse, including of infants.’” (Judith Gelernter Reisman and Mary E. McAlister, “‘The Exual Revolution’ Gave Us ‘The Rape Culture,’” Breitbart.com, January 1, 2016, http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/)

“In 2001, about 40% of adolescents (14-17 years old) in Taiwan reported some exposure to Internet pornography.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“In the Netherlands, more than half (55%) of adolescents (13-18 years old) had seen at least one of five types of sexually explicit content on the Internet with an average frequency of less than once a month.” (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet. Communication Research, 33(2), 178-204) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“In another survey, about one-fourth of 10- to 17-year-olds said they had experienced unwanted exposure to pictures of naked people or people having sex while online.” (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). The exposure of youth to unwanted sexual material on the Internet: A national survey of risk, impact, and prevention.

“One study of U.S. college students found that males were significantly more likely than females to have used the Internet for viewing sexually explicit media out of curiosity about sex.” (Goodson, P., McCormick, D., & Evans, A. (2001). Searching for sexually explicit materials on the Internet: An exploratory study of college students’ behavior and attitudes. Archives of Sexual Behavior, 30(2), 101-118) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)

“By age 14, two-thirds (66%) of males and more than one-third (39%) of females reported having seen at least one form of sexually explicit media in the past year.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, http://crx.sagepub.com/content/36/1/129.abstract)


“An entire generation is growing up that believes that what you see in hardcore pornography is the way that you have sex.”

- Cindy Gallop, Advertising Executive


“Recent research last year in a magazine said that one out of three 10 year olds have viewed porn and 81% of 14-16 year olds have looked at pornography at home.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, http://www.mediamarch.org.uk/Images/final-report.pdf)

“Several years ago a seminary professor told me: ‘We no longer ask our entering students if they are struggling with pornography, we assume every student is struggling. The question we ask: How serious is the struggle?’” (Harry Schaumburg, “Sexual Sin in the Ministry”, Desiring God, March 6, 2012, http://www.desiringgod.org/articles/sexual-sin-in-the-ministry)

“One missions agency told me that 80% of their applicants voluntarily indicate a struggle with pornography, resulting in staff shortages on the field.” (Harry Schaumburg, “Sexual Sin in the Ministry”, Desiring God, March 6, 2012, http://www.desiringgod.org/articles/sexual-sin-in-the-ministry)

“‘A Warm and Communicative parent-child relationship is the most important nontechnical means that parents can use to deal with the challenges of the sexualized media environment.’ – Dr. Patricia Greefield”
“Is masturbation wrong? I cannot imagine sexual orgasm in the loins without sexual image in the mind.” – John Piper

“Pornography promises orgasm without intimacy.” – Russell Moore


“Modern science allows us to understand that the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction” – Dr. Jeffrey Satinover’s testimony to the U.S. Senate in 2004

“‘Porn has controlled me for more than half my life.’ ‘I can’t look at anyone without thinking sexual thoughts.’” – Student Quotes  (Nate Herbst, “Beating Pornography” Sermon, Sermon Central, https://www.sermoncentral.com/sermons/beating-pornography-nate-herbst-sermon-on-pornography-131769)

“Guard your eyes. Job 31:1 – Choose what you’ll look at.”
“Guard your mind. 2 Cor. 10:5 – Choose What you’ll thank about.”

“B. Sexual temptation and addiction are not new problems.”
“1. The strongest man in the Bible, Samson, had a problem with this.”
“2. The smartest man in the Bible, King Solomon, was lead astray by these things.”


“The simple answer is sexual sin is Jesus. But the road back home from sexual sin to Jesus is not a simple road, and the path to recovery, as with that of any life controlling habit, is difficult and often times very painful.” (Brad Froese, “Porn Sunday”, Sermon Central, June 29, 2006, https://www.sermoncentral.com/sermons/porn-sunday-brad-froese-sermon-on-pornography-92630)


“Solomon was a man who was richer than Bill Gates, more spiritually influential than Billy Graham, smarter than Einstein, and yet he had a harem bigger than Hugh Hefner’s.” (Luke Gilkerson, “Your Brain on Porn”, Covenant Eyes, Accessed July 29, 2016, http://www.covenanteyes.com/brain-ebook/)


“All women become potential porn stars in the minds of these men.” (William M. Struthers, *Wired for Intimacy: How Pornography Hijacks the Male Brain* (Downers Grove: InterVarsity Press, 2009), 85.)


“Pope John Paul II had a quote, ‘Pornography is not bad because it shows too much, but that is shows to little of a person’” (John D. Foubert, “How Pornography Harms”, John Foubert, April 2016, [http://www.johnfoubert.com/how-porn-harms](http://www.johnfoubert.com/how-porn-harms))


“…if he hasn’t cultivated a kind of pure love for his wife, for herself, as she is, then his eyes are going to be cruising continually beyond what she has to offer him at age 40 and 50 and 60.” – John Piper (Tony Reinke, “Is my Boyfriend’s Porn a Marriage Deal-Breaker? (As Pastor John)”, Desiring God, June 29, 2013, http://www.desiringgod.org/articles/is-my-boyfriend-s-porn-a-marriage-deal-breaker-ask-pastor-john)

“A woman feels profoundly compromised when a man says to her, ‘No, I really need more than you can offer me.’” - John Piper (Tony Reinke, “Is my Boyfriend’s Porn a Marriage Deal-Breaker? (As Pastor John)”, Desiring God, June 29, 2013, http://www.desiringgod.org/articles/is-my-boyfriend-s-porn-a-marriage-deal-breaker-ask-pastor-john)


“‘Jesus’ grace to change you is stronger than pornography’s power to destroy you.’” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)


“‘Employing radical measures is the path to life, while indulging sin is the path to hell.’” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)
“God does not forbid sexual immorality because he wants you to be miserable; God forbids it because sexual immorality leads to brokenness, sadness, emptiness, death, and hell.” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)

“I have no statistics on how long the average career is for actresses in pornography, but I’ll bet it’s pretty short. I’m confident there are no porn actresses who are sixty years old. Probably not even forty. Why not? Because selfish men who consume porn like their women young. For such men, there’s no interest in wrinkles, liver spots, or white hair. There’s no attraction in crow’s feet, varicose veins, and sagging skin. In other words, there’s no interest in real women.” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)

“God does not ‘hate’ sex; he hates faithless sex with forbidden women, but he loves faithful sexual expressions in the context of marriage. God loves it so much that he commands, not just that it happen, but that it be enjoyed to the point of intoxication.” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)


“This is the vicious cycle of lust. Lust never has what it wants because it never had enough.” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)

“Lust steals joy by creating an endless state of discontentment in the constant search for the one next thing you don’t have yet.” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)

“Pornography is a wholly selfish act that eclipses the concerns, needs, and well-being of everyone around you (1 Thessalonians 4:3-7).” – Heath Lambert, Finally Free: Fighting for Purity with the Power of Grace (Tony Reinke, “20 Quotes from Finally Free”, Desiring God, June 27, 2013, http://www.desiringgod.org/articles/20-quotes-from-finally-free)


“A wise Puritan said, ‘Satan presents the bait and hides the hook.’ He is a crafty enemy that presents immediate pleasure, yet hides catastrophic consequences. There are few lies greater today than the myth that porn is free.” – Cam Triggs (Cam Triggs, “No Such Thing as Free Porn”, Desiring God, August 19, 2015, http://www.desiringgod.org/articles/no-such-thing-as-free-porn)


“There is always one more picture to turn to… There is always one more video to watch… There is always one more website to click on… You will never have enough.”(Paul Decker, “Sexual Chaos”, Sermon Central, October 9,

“You’re not preparing kids for 6-7 years [to stop porn] but for years [to come] – needs to be a lot deeper and broader than our parents just 10 years ago.”

“Drink out the cistern, a deep well ‘I didn’t know how to turn it off.’”

“When I started to write a suicide note to my 2 boys…I woke up.”

“God loves addicts, but he will deal ruthlessly with his/her addiction.” – Ted Roberts

“If we can keep tobacco out of their lungs, why can’t we keep pornography from their minds.” – Don Hilton

“My pleasure is more important than someone else [Porn actors] pain.’ The porn actors, wife, children.” – Mary Ann Layden

“You will never have the comfort of my silence again.” – Mary Ann Layden

“There is no fleeing from one pleasure without also fleeing to a greater pleasure.” (Jimmy Needham, “Our Odyssey Against Sexual Temptation”, Desiring God, June 17, 2015, http://www.desiringgod.org/articles/our-odyssey-against-sexual-temptation)

“When I'm with a girl, I'll wish I was watching pornography, because I'll never get rejected,’ he explained. The brains of young men are actually becoming 'digitally rewired' by these new pastimes.” (“Porn and video game addicts risk 'masculinity crisis', says Stanford Professor”, RT Question More, May 10, 2015, https://www.rt.com/news/257269-porn-gaming-study-youth/)

“I specialize in the treatment of sexual violence victims and perpetrators. I had been doing this work for more than 10 years before I realized that I had not treated one case of sexual violence that did not include pornography.”


“Pornography is an equal opportunity toxin for both males and females.”


“...The problem isn’t below the belt, where Viagra works, nor is the problem really psychological,’ he said in his TEDx Talk. ‘It’s due to physical changes in the brain, those addiction-related changes. Their numb brains are sending weaker and weaker signals to their [penises].’”


“In pornography, women exist to please men. They have no needs; they don’t get pregnant. But that young woman being lusted after is someone’s daughter. She is made in the image of God and has value. She is not an object to desire, but a woman to be loved and cherished.”


“Keep in mind also, that humans evolved to learn by watching others doing things, so videos are more powerful ‘how to’ lessons than stills.”


“I’m no longer with my wife; I’m inside my own head.”


“It’s like I’ve got this ‘other woman’ … and the ‘other woman’ is porn.”


“Don’t be fooled. You’ll never be good at loving one person well when you’re constantly being entertained by a digital harem.”

“From the invention of halftone printing in the 1880s (allowing for the creation of the first pornographic magazines), to the silent ‘stag films’ of the early 20th century, to home video players in the 70s, pornography has always ridden on the heels of new technology. Damon Brown, a regular writer for Playboy, correctly states, ‘If we invent a machine, the first thing we are going to do—after making a profit—is use it to watch porn.’” (Damon Brown, “PCs in Ecstasy: The Evolution of Sex in PC Games.” Computer Games, May 2006.) (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, http://www.covenanteyes.com/when-your-child-is-looking-at-porn/)

Three CRU country leaders from Middle Eastern countries approached me at the Set Free Summit: Josh, these two days have been eye-openers for us. We now realize that the greatest enemy to our ministry is not ISIS…it is pornography. ISIS can kill our bodies, but porn will destroy our soul and the effectiveness of our ministry.

“We’re not religious. We don’t judge. We’ve been avid Porn fans for most of our lives. But we just know the benefit of living a life without it and want you to experience it too.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Try it. If it doesn’t work, porn will be waiting for you right where you left it.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“There’s so many ways you will improve by just dropping one thing out of your life, it’s incredible. It seems so obvious and crazy that not everybody does it. But porn is so addicting and drawing which is why most men will never quit. But you can.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/)

“Being free, doesn’t mean that you are no longer tempted. It means that you know how to handle the temptation and you are aware you have power over it. You are not a victim to your temptation any more.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, http://moralrevolution.com/pornography-faqs/)

“Dr. Henry A. Bowman said, ‘No really intelligent person will burn a cathedral to fry an egg, even to satisfy a ravenous appetite,’ yet the flamethrower of pornography is torching many cathedrals of marital, parental, and familial love today.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“One recovered user on my website recommended this tongue-in-cheek warning for porn videos:”

“SURGEON GENERAL’S WARNING: Habitual use of this product may adversely affect your perceptions about the opposite sex and significantly reduce the amount of pleasure you are able to experience from normal activities and through normal social interactions.”


“In 2009, a highly regarded German sexologist made the same point in an interview:”

“What is the most urgent thing to be done?”

“There ought be a warning notice on every porn video, and before any pornographic Internet clip there should also be a warning: ‘The viewing of pornography can inflict considerable harm to your sexual health! We do have sufficient facts that would justify such a warning.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd)

“Dallin H. Oaks [from the Church of Jesus Christ of Latter-day Saints] explained it as follows, ‘A person [with a pornography addiction] is like a tree that bends easily in the wind. On a windy and rainy day, the tree bends so deeply against the ground that the leaves become soiled with mud… If we focus only on cleaning the leaves, the weakness in the tree that allowed it to bend and soil its leaves may remain. Similarly, a person who is merely sorry to be soiled by [their addiction] will [slip] again in the next high wind.”
The susceptibility to repetition continues until the tree has been strengthened.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It was in this subjugation of the secular to the sacred, of the limbic to the lobe, that they peaked in their self-control and, therefore, in their self-determination.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, http://www.salvomag.com/new/articles/salvo13/13hilton.php)

“…pornography is one of the greatest impediments today to evangelization.” Matt Fradd, The Porn Myth

“We're not made to masturbate to pixels. We are made to love. We are made by love, to love, for love.” Matt Fradd, The Porn Myth

“Love is the origin, vocation, and destiny for the Christian, and if we don't get love right, we won't get life right.” Matt Fradd, The Porn Myth

“Sexual desire is not like a physiological sign that one isn't holy yet. If you're not experiencing sexual desire, it is not a sign that you are holy, it's a sign that you are dead.” Matt Fradd, The Porn Myth

“…the greatest myth about porn is that it does not show too much but too little of the human person…” Matt Fradd, The Porn Myth

“And only the degree to which we recognize the dignity of the human person is the degree to which you can recognize that pornography is vile, evil, and demonic.” Matt Fradd, The Porn Myth

“It promises you everything and gives you absolutely nothing” Dr. Ted Roberts, host of the Conquer Series

“The Battle Is Joined”

“While we must continue to fight the good fight legally and societally, we are way beyond avoidance as our only defense. Pornography wants you, it wants your husband or wife, it wants your son and daughter, your grandchildren, and your in-laws. It doesn’t share well, and it doesn’t leave easily. It is a cruel master, and seeks more slaves.” (Donald L. Hilton, Jr., “Slave
“THE BATTLE PLAN: A FIVE STEP APPROACH TO REMOVING PORNOGRAPHY FROM YOUR LIFE” (synopsis)

1. **Prayer & Fasting:** “In your fight against pornography, prayer and fasting are two powerful weapons.”

   “You could say that prayer without fasting is like boxing with one hand tied behind your back, and that fasting without prayer is, well, dieting.”

   “Finding Time – in your fight against pornography, prayer and fasting are two powerful weapons. Don’t say, ‘I don’t have time to pray,’ for, if we’re honest, we always find time for that which we love: social media, television, waiting in line for coffee…and sin. From now on, be honest and say ‘I don’t have the love to pray.’ And then tell our Lord that, and plead with him for that love.”

2. **Accountability:** “Allow another person to remind you of who you are and who you desire to be.”

   “The Importance of Sharing – This means being transparent with a trusted friend of mentor about your struggles so that they can offer encouragement and support.”

   “Find a Friend – Find a friend or mentor you can trust. Ask them to be your accountability partner. Share with this person when you’re struggling and how you’re progressing. Remember, no recovering porn user can be an island! As the Bible says, ‘though a man might prevail against one who is alone, two will withstand him. A threefold cord is not quickly broken” (Ecclesiastes 4:9-12).

3. **Get Informed:** “It’s important that we not only feed our souls, but our minds as well.”

   “Educating yourself on how pornography affects us spiritually, neurologically, and even physically will help convince you to break free from it.”
4. **Counseling:** “There is nothing dishonorable in taking action to be a better person.”

   “Sometimes the struggle for purity needs professional help, and there are plenty of good Christian counselors out there who are willing and waiting to give it.”

5. **Perseverance:** “Be patient with yourself, healing won’t take place overnight.”

   “Remember that the wounds you have received didn’t come overnight, and the healing won’t take place overnight. It takes time, perseverance, and determination.”

**To receive this free e-book, please visit**


“‘Children of all ages today have easy access to a wide range of pornography,’ he said. ‘If we as a society shy away from talking about this issue, we are failing the thousands of young people it is affecting.’” (Patrick Howse, “Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

“I remember the feeling of being sucked in, really wanting that two-minute fix, that numbness I got when I used porn,’ says Caroline. ‘I was stressed out, and I risked being late for my interview, but I pressed play anyway and fast-forwarded it to the bit I wanted. It took two minutes.’ But the relief was to be short-lived. ‘Afterwards I just hated myself for giving in and getting off on images that treated women like pieces of meat. But I kept going back.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography)

“We may develop a brain problem with moral implications that can’t be healed by moral solutions alone.” (Brett Butcher, World Wide Challenge,

1. "I think porn, like anything else, can be enjoyed. It can be productive for both men and women." — Scarlett Johansson

2. "I am the new generation of masturbator. I've seen it all. Before I make coffee, I've seen more butt holes than a proctologist does in a week." — John Mayer

3. "I love porn! You know what I love about hotels? How discreet they are. They always give you that little thing at the bottom — 'Your room will be charged the same as any other room, no titles will be used.'" — Cameron Diaz

5. "Pornography is a huge, huge part of our media culture. The message Don Jon is trying to bring to light — and make fun of — is reducing people, especially women, to nothing but sex objects. It happens in music videos, TV shows, movies, and magazines, and so many commercials. Whether it's rated X or approved by the FCC to sell Doritos, the message is the same." — Joseph Gordon-Levitt, on Don Jon

6. "A lot of men take porn as not that important, not that serious, whereas women tend to take it personally. It's like, 'How can he make love to me after watching something like this?' I think the first time I was aware that [a partner was using porn] I was really shocked because I didn't understand it. Lovemaking for me is related to feelings, and sensations with feelings, and so when you don't have the feelings it becomes animal-like because you're not in touch with your heart. There's a sad and pathetic side to it." Juliette Binoche
7. "Guys watch too much porn. Those girls don't exist. They're not real girls. And that's like us watching romance movies. That's girl porn, because, like, those guys do not exist." —Miley Cyrus

8. "I like my porn like my comedy: Done by professionals, women who are at the top of their game. So, I like professional ladies who are enjoying themselves. I'm not an amateur person. I want everybody to look good and be good at their jobs." —Amy Poehler [Josh note: How pathetic!!!]

9. "When I travel around the world, there often isn't anything to watch on TV, especially when they don't speak English. But watching porn is fine as it doesn't need words. It's sort of universal. I watch a lot of it." —Lily Allen

10. "You shouldn't be getting to the porn conversations until well into the relationship, until you feel like you want to spice things up and discover more about each other and talk more about your taste ... I once dated someone who asked, 'What kind of porn do you like?' Then I told him, and he was totally put off by it. If you're going to go there, you have to decide that your fantasies are a safe space to go wherever you want. And just because you like watching a certain type of porn doesn't mean you want to do it. And I think men, especially young men, can be quite insecure about those types of things." —Dita Von Teese


“We should not be ashamed to discuss what God was not ashamed to create.” ~ Dr. Howard Hendricks

“If teens argue that watching porn is better than actually having sex, they need to understand that if they are waiting to have sex, pornography will hinder their journey.” ~ Julia Feeser

“Porn is made to excite passions in the most animalistic ways possible.” ~ Dustin

“Porn separates the potential of making life from the act of sex.” ~ Dustin

“Pornography is an act of consumption of another person.” ~ Dustin

(Dustin is a lawyer for the federal government. He has an LL.M speciality in international and operational law. Copyright © 2017 The Federalist, a wholly independent division of FDRLST Media, All Rights Reserved.)

“Dispel the myth that porn is what sex should look like.” (Laura Nott, Elements Behavioral Health, November 22, 2103, “How to Teach Your Kids About Pornography,” https://www.elementsbehavioralhealth.com/adolescent-issues/how-to-teach-your-kids-about-pornography/)

“Today teenagers are viewing far more pornography than their parents realize. And the porn they’re watching is much more ‘hardcore’ than moms and dads could possibly imagine.” (Gail Dines, The Conversation, February 24, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)

“So don’t believe the lie anymore. Porn is nothing more than fake sex and lies on videotape. Trust me, I know.” (Shelley Lubben, Former Porn Actress, http://www.shelleylubben.com/, Blazing Grace, http://www.blazinggrace.org/the%20truth%20behind%20the%20fantasy/)

“It’s abundantly clear that pornography is one of the biggest unaddressed problems in the church.” ~ Joel Hesch, “2014 Pornography Survey of Christian Men
“Porn consumers can get so obsessed chasing flashy fantasies that they miss out on real life and real relationships. Call it the first great lie of porn.”

“Porn promises immediate satisfaction, endless excitement, and easy intimacy, but in the end, it robs a consumer of all three.”

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“Christians have a long history of avoiding and mishandling topics of sexuality.”

“The culture seems to be a more compelling and consistent guide than the church is.”


“Sociologists Mark Regnerus and Jeremy Uecker comment on the most common parental approach to the topic of sex: ‘American parents just can’t bring themselves to have an ongoing dialogue about sexuality with their teenage or young-adult children. Parents much prefer a ‘don’t ask, don’t tell’ policy: We hope our kids won’t ask us about what we did, so we won’t have to tell them. And in return, we won’t ask them about what they’re doing.” (Mark Regnerus and Jeremy Uecker, Premarital Sex in America (New York, New York: Oxford Press) 3.)

“Our silence on sex reinforces the belief that sexuality is dirty and ungodly.”
“[The church] was silent, shaming and isolating.”

“They don’t blush when there is a sexually-charged commercial during a football game, but they blush when I bring up sex.”
“The simplistic understanding of sexuality is also what leads to legalism and judgmental attitudes. The sexual crisis of our day is not the LGBT agenda or event he widespread use of porn.” When the body of Christ is not willing to engage in these conversations, we allow the enemy to build strongholds in people’s lives.”

“Christians have allowed the world to define sexuality, sexual brokenness, and sexual wholeness for far too long.”

“You know to think biblically about sexuality. When we only focus on theology and truth, we become judgmental and even hypocritical.”

“We engage with sexual issues because they overlap with the Great Commission. We have a mission. He told us to make disciples. Our mission is to exalt Jesus as Lord, Creator, and Savior of every aspect of our lives, including sexuality.”

“But because we are not rooted in God’s truth on sexuality. The sexual behaviors and beliefs of many Christians are virtually indistinguishable from the world.”

“While most churches put an emphasis on discipleship, virtually none extend this discipleship to sexuality.”

“Sexuality is a spiritual battle we have been losing. Why are we losing? Because we don’t know how to fight.”

“Moses challenged the Israelites to this model as he sent them into the pagan land of Canaan:

“Hear, O Israel: The Lord our God, the Lord is one. Love the Lord our God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates (Deut. 6:4-9)”
“As you look at this passage, you will see three practical elements in Moses’s call to discipleship that still apply thousands of years later:

• “A clear understanding of what we believe based on God’s authority”
• “Daily integrating those beliefs into our lives”
• “Teaching and modeling what it looks like to walk according to God’s commands.”

“Sexuality in our world is just plain messed up. God has indeed created a masterpiece called sexuality and His enemy is determined to vandalize it.”

“We have all been sexually harmed by sin.”

“As David Platt wrote, ‘I and every reader of this book are guilty at multiple levels of sexual thought, desire, speech and deed outside of marriage between a husband and wife. None of us are innocent of sexual immorality, and none of us are immune to it.’” (David Platte, Counter Culture, p. 166)

“I am the woman at Jesus’ feet. Weeping and worshipping. Praising the lord that He has the power to forgive my sin and heal my brokenness.”

“Most Christians have never heard in a sermon that God can and does heal sexual wounds.”

The only way to be set free from lies [of porn] is to know the truth.” (John 8:32)

“Integration happens when we stop hiding, when we no longer have a private me and a public me.”

“Grace is best shown and truth is best spoken.”

“As a general guideline, I would say show love always and ask God to whom and when He would have you speak truth.”
“Dr. Mark Yarhouse has devoted his professional life to working with people who have gender dysphoria. He asked transgender Christians, ‘What kind of support would you have like from the church?’ One responded, ‘Someone to cry with me, rather than just denounce me.’” (Mark Yarhouse, Gender Dysphoria (Downer’s Grove, IL: IVP Academic, 2015) 56.)


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“We can’t spend hours watching strangers engage in the most intimate of acts – often depicted without love or consent – and remain unchanged in the way that we look at and treat others.

Zac Crippen, Assistant Professor, University of Texas at Austin

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WHAT JOSH IS SAYING

WHAT JOSH IS SAYING...
ABOUT INTERNET PORNOGRAPHY

“The attraction of porn speaks louder than the voice of Christian leaders.”
Josh D. McDowell, October 1, 2015

“Porn is an historic repetition of the tobacco experience of the 40s, 50s, and 60s.”
Josh D. McDowell, December 4, 2015

“The porn epidemic of today dwarfs the cigarette pandemic of the past.”
Josh D. McDowell, December 4, 2015

“Pastors and youth directors are giving wrong and devastating council to those struggling with porn. It cannot be the traditional answer: will power and truth through the Holy Spirit.”
Josh D. McDowell, November 18, 2015

“Porn is multi-cultural. ...there is never a need for translation.”
Josh D. McDowell, November 23, 2015

“The deafening silence of Christian leaders is doing as much harm to children and families as all the pornographers combined.”
Josh D. McDowell, October 17, 2015

“We need a Wilberforce and a Bonhoeffer in the church today who have the courage to battle the devastation of porn as they did slavery and Nazi-ism.”
Josh D. McDowell, November 22, 2015

“The silence of the Pope on pornography speaks louder than his voice on climate change and immigration.”
Josh D. McDowell, April 17, 2015
“The stupidity of culture is displayed when a child needs an ID to buy a pack of cigarettes but can freely go to the Internet and be consumed by pornography.”
Josh D. McDowell, December 1, 2015

“The voice of the evangelical speaks loudly about the same-sex marriage, but remains relatively silent about pornography.”
Josh D. McDowell, June 28, 2015

“The hypocrisy of the church is that it is silent about porn, but screaming loudly about same-sex marriage.”
Josh D. McDowell, June 29, 2015

“The younger the viewer of porn, the more devastating his life experience.”
Josh D. McDowell, November 23, 2015

“The porn epidemic of today is like the cigarette revolution of 50 years ago. The intellectual leaders not only condone smoking, but even endorsed it. So it is today with pornography.”
Josh D. McDowell, December 4, 2015

“The silence of church leaders on porn speaks louder than the voices of porn in the marketplace.”
Josh D. McDowell, September 21, 2015

“One of the greatest sins today is the pastor who does not equip parents to biblically, medically, scientifically, culturally and physically to address porn with their children.”
Josh D. McDowell, November 28, 2015

“Failure to address the devastating consequences of porn is far greater than the life-threatening experiment of tobacco and marijuana on our children.”
Josh D. McDowell, November 12, 2015

“The silence is deafening.”
Josh D. McDowell, October 17, 2015
“Pastor, wake up… lead or be led.”
Josh D. McDowell, December 20, 2015

“The evangelical pastors who do not lead in the battle against porn will have the evil consequences on his shoulders and conscience.”
Josh D. McDowell, December 30, 2015

“Porn is possibly, the greatest threat to the church in its existence.”
Josh D. McDowell, December 29, 2015

“Porn strikes at both your morality and your theology.” (How you act and what you believe.)
Josh D. McDowell, December 31, 2015

“When we give in to our cravings…we give up on our reasoning.”
Josh D. McDowell, January 8, 2016

“When the city on the hill should shine its brightest (see Matthew 5:14), but when it comes to pornography, it appears to be just a flicker.”
Josh D. McDowell, January 8, 2016

“We cannot blame the world for the church remaining silent…we [the church] are guilty of jeopardizing and destroying our children’s future.”
Josh D. McDowell, December 31, 2015

“I would rather build a fence at the top of a cliff than park an ambulance at the bottom.”
Josh D. McDowell, December 31, 2015

“Knowledge goes before understanding…understanding before change…and change before freedom.”
Josh D. McDowell, March, 2016

“If the church remains silent on porn, it directly perpetuates child sex trafficking injustices.”
Josh D. McDowell, January, 2016

“Pornographic arousal short-circuits our capacity to consider its consequences.”
Josh D. McDowell, March 5, 2016

“They say: If you don’t like porn, then don’t watch it! You say: If you don’t like slavery…don’t own a slave.”

Josh D. McDowell, March 3, 2018

“Any man, woman or child, who indulges in pornography are guilty of victimizing others.”
Josh D. McDowell

“He who cannot control himself… cannot be freely giving to others person.”
Josh D. McDowell

“When you have a woman branded into your mind… you rob yourself of true intimacy with your spouse.”
Josh D. McDowell

• “When we give in to our cravings…we give up on our reasoning.” Let me say that again:

“**When we give in to our cravings…we give up on our reasoning.**”

• From the head of a large conservative denomination:

“Josh, we will be at the Set Free Summit. At our national men’s meeting I asked how many of you are struggling with pornography? 90% raised their hands.”

• “Josh can you help me? My son left for university this year. At Christmas he told us he doesn't believe any more. He said, ‘It's all a lie…a myth. None of it is true.’ It staggered us.”

I asked, “Does he watch porn?” “Why do you ask?”

I responded, “Because it is often the case in situations like this.”

“Yes he does, he left his computer open and we found layers of porn.”
• The pastor of a church (500-700 members), recently came to me and said, “Can you help…I don't know what to do about pornography. I don't know how to research it. I don't know how to talk to me people about it.”

His wife added, "Honey, tell him why we approached him."

The pastor hesitated, looked around and then leaned in towards me, “Josh, my 22-year-old son, who is a youth pastor, just told me he is addicted to pornography. He can’t stop. I don’t know what to say. I don’t know how to talk about it to my people. Can you help me?”

• It was a long walk … in only four minutes, five different young people at the church approached me and said, “I’m addicted to pornography. Help me…I can’t stop!”

• The father of a 10-year-old son said, “My son just told me he has been watching porn for 3 years (since 7 years old).”

• At a Christian school in the Middle East, they took a survey of their 300 middle and high school students. The last two questions were: 1) “Do you watch porn on the internet?” “YES” was the answer by all 300. 2) “Do you want to stop…Need help?” The answer was an overwhelming “NO” by all 300.

• “Pastor, help your people so that the lies of pornography will not be the legacy they leave their children…it’s up to you.” “The attraction of porn speaks louder than the voice of some Christian leaders.”

• “The devastating impact of Internet pornography is a global phenomenon, and not one country or culture in the world is isolated from its reach.”

• “It is very possible that there is not one church in the world not challenged with pornography.”

• “Adolescents are the most vulnerable to sexually explicit material”
• “Internet pornography has replaced the school, the church and the home as a source of sex education.”

• “Pornography: What gets rewarded gets repeated.”

• “… the user wants it [Porn] more and more, even while he or she likes it less and less.” (Fight the New Drug, August 23, 2017)

• “…so many people are using porn today, the porn industry is making more money than all professional sports combined.”

“Christians who said pornography is a major problem in the home.: 47%”

“Men using pornography has ecome so normal, that it is almost fashionable to come out and say and admit to using porn.”


• “I can't describe obsession with the Internet, that unlimited supply,’ he said. ‘It was like there was a drug dealer living in my laptop.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

• “You don’t have to find pornography, pornography will find you.”
  Josh D. McDowell, August 22, 2018

• “Your children might not be looking for porn, but be sure porn is looking for your children.
  Josh D. McDowell, August 22, 2018

• “You don’t have to look for porn because porn is looking for you.”
  Josh D. McDowell, August 22, 2018
Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

- Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

- Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

- Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:

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Jake Kissack

Jake Kissack

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information and to book Jake please contact:

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Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ—until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life | Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more...
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:

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Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including *More Than a Carpenter* with over 27 million copies distributed and *Evidence That Demands a Verdict*, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. *Evidence That Demands a Verdict* also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

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SEXUAL HARASSMENT
Contents

INTRODUCTION ........................................................................................................................................... 4
AGE OF FIRST EXPOSURE TO PORNOGRAPHY SHAPES MEN’S ATTITUDES TOWARD WOMEN...... 9
HOW CONSUMING PORN CAN LEAD TO VIOLENCE ................................................................................ 10
THE TRUTH BEHIND THE FANTASY – PORNO ACTRESS – IS IT CONSENSUAL? ................................. 16
PORNOGRAPHY HAS BEEN FOUND TO DESENSITIZE SOCIETY TO VIOLENCE AGAINST WOMEN,
INSPIRING RAPES AND CONTRIBUTING TO SEXUAL SUBORDINATION OF WOMEN TO MEN ........ 18
RAPE PROCLIVITY..................................................................................................................................... 25
PARENTS NEED TO START TALKING TO THEIR TWEENS ABOUT THE RISK OF PORN ................. 26
WHAT TEENAGERS ARE LEARNING FROM ONLINE PORN ................................................................. 27
HOW PORN KILLS LOVE .......................................................................................................................... 29
HOW PORN AFFECTS SEXUAL TASTES ................................................................................................. 31
BASICALLY PORN IS EVERYWHERE REPORT ....................................................................................... 34
SLIDE J92a – 87% OF YOUNG MEN BELIEVE VIEWING PORN IS OKAY.............................................. 37
SLIDE J93a – ONE STUDY ......................................................................................................................... 37
SLIDE J93b – ADMITTED TO USING PORNOGRAPHY .......................................................................... 38
SLIDE X156b – ANALYSIS OF 22 DIFFERENT STUDIES ....................................................................... 38
SLIDE X156c – ARE MORE LIKELY TO HOLD ATTITUDES ..................................................................... 38
12 WAYS PORNOGRAPHY JUST DOESN’T SHOW ENOUGH ................................................................ 39
RESEARCH ON PORN AND SEXUAL HARASSMENT .............................................................................. 44
WHAT TEENAGERS ARE LEARNING FROM ONLINE PORN ................................................................. 49
THE PORN FACTS AND STATS ABOUT PORNOGRAPHY ................................................................... 52
OVERVIEW – IMPACT ON SEXUAL VIOLENCE AND EXPLOITATION .................................................... 52
   HARDCORE PORNOGRAPHY PORTRAYS PARAPHILIC DISORDERS AND EXTREME SEX ........52
   TEACHES USERS THAT WOMEN ENJOY SEXUAL VIOLENCE AND DEGRADATION ..................... 53
   COMMITTING SEXUAL OFFENSES AND ACCEPTING RAPE MYTHS ................................................ 54
INCREASED VERBAL AND PHYSICAL AGGRESSION .......................................................................... 54
INCREASED FEMALE SEXUAL VICTIMIZATION ..................................................................................... 54
INCREASED LIKELIHOOD OF SELLING AND BUYING SEX .................................................................... 55
FUELS DEMAND FOR SEXUAL EXPLOITATION .................................................................................... 55
INTERCONNECTIVITY OF MAINSTREAM, DEVIAN AND CHILD SEXUAL ABUSE ........................................ 56
BEHIND THE HARASSMENT SCANDALS, ANOTHER DIRTY LITTLE SECRET: PORNOGRAPHY ........ 59
CONGRESSIONAL FUND TO COVER-UP SEXUAL HARASSMENT ........................................................ 60
Powerless to Say No? Study Looks at Teenage Girls and Sexting ......................................................... 61
Pornography & Public Health Research Summary ............................................................................... 62
Pornography & Public Health Research Summary ............................................................................... 64
Today’s Pornography and the Crisis of Violence Against Women and Children ..................................... 64
The link Between Pornography, Sex Trafficking, and Abortion ............................................................ 65
Kanye West Admits to Objectifying Women in Porn, Despite Having Two Daughters ............................. 66
Pornography: A Public Health Crisis ..................................................................................................... 66
The Porn Phenomenon ......................................................................................................................... 67
Sexually Abused at a Sleepover – 5 Lessons for Parents ....................................................................... 68
Pornography & Public Health Research Summary ............................................................................... 69
A rape pandemic has hit India, and people are blaming pornography .................................................. 74
How Porn is Changing a Generation of Girls ........................................................................................ 77
Today’s Pornography and the Crisis of Violence Against Women and Children ................................. 78
Ben Bennett ........................................................................................................................................... 83
Jake Kissack .......................................................................................................................................... 85
Alex McClellan ..................................................................................................................................... 87
Josh McDowell ....................................................................................................................................... 89
INTRODUCTION

“But porn doesn’t just change attitudes; it can also shape actions. Study after study has shown that consumers of violent and nonviolent porn are more likely to use verbal coercion, drugs, and alcohol to coerce individuals into sex. And multiple studies have found that exposure to both violent and nonviolent porn increases aggressive behavior, including both having violent fantasies and actually committing violent assaults.”

“In 2016, a team of leading researchers compiled all the research they could find on the subject. After examining twenty-two studies they concluded that the research left, ‘little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes conducive [favorable] to sexual aggression and engage in actual acts of sexual aggression.’”


“Another study of young teens found that early porn exposure was correlated with perpetration of sexual harassment two years later.” (Gail Dines, The Conversation, February 20, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)
“One of the most cited analyses of 22 studies concluded that pornography consumption is associated with an increased likelihood of committing acts of verbal or physical sexual aggression. And a study of college-aged women found that young women whose male partners used porn experienced lower self-esteem, diminished relationship quality and lower sexual satisfaction.” (Gail Dines, The Conversation, February 20, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)


“Ana Bridges, a psychologist at the University of Arkansas, and her team found that 88 percent of scenes from 50 of the top-rented porn movies contained physical aggression against the female performers – such as spanking, slapping and gagging – while 48 percent included verbal abuse – like calling women names such as ‘bitch’ or ‘slut’”. (Gail Dines, The Conversation, February 20, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)

“The statistics paint a dismal picture. A recent U.K. study found that 65 percent of 15- to 16-year-olds had viewed pornography, the vast majority of whom reported seeing it by age 14. This is especially problematic given the finding of another study that found a correlation between early exposure to pornography and an expressed desire to exert power over women.” (Gail Dines, The Conversation, February 20, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)

“Pornography Teaches that Women Enjoy Sexual Violence: Analysis of the 50 most popular pornographic videos (those bought and rented most often) found that 88% of scenes contained physical violence, and 49% contained


“Nearly one-half of college women describe pornography viewing as an acceptable expression of sexuality, one-third now use pornography, and one-sixth describe a level of pornography use that rises to a level of an addiction (Carroll et al., 2008; Yoder, Virdin, & Amin, 2005).” (John D. Foubert and Andrew Rizzo, “Integrating Religiosity and Pronography Use into the Prediction of Bystander Efficacy and Willingness to Prevent Sexual Assault,” Journal of Psychology & Theology, 2013, Vol. 41, No. 3, 242-251, https://www.researchgate.net/publication/258631508_Integrating_religiosity_and_pornography_use_into_the_prediction_of_bystander_efficacy_and_willingness_to_prevent_sexual_assault)

“Consumers might tell themselves that they aren’t personally affected by porn, that they won’t be fooled into believing its underlying messages, but studies suggest otherwise. There is clear evidence that porn makes many consumers more likely to support violence against women, to believe that women secretly enjoy being raped, and to actually be sexually aggressive in real life. The aggression may take many forms including verbally harassing or pressuring someone for sex, emotionally manipulating them, threatening to end the relationship unless they grant favors, deceiving them or lying to them about sex, or even physically assaulting them.”


“Regardless of how a consumer’s romantic relationship is being impacted by porn, as human beings, we interact with different people daily, in a number of ways. One of the dangers of porn is that it can distort the way a consumer sees people, causing him or her to see friends, family members, coworkers, or strangers on the street only as a sum of body parts, discarding their humanity. A Essentially, porn tells consumers that people are objects with the sole purpose of providing sexual satisfaction, and that’s

“Not long ago, Princeton psychologists performed a study showing a group of men pictures of men and women, some barely clothed and some not. The psychologists monitored their medial prefrontal cortex (mPFC), which is involved in recognizing human faces and distinguishing one person from another. For the most part, the mPFC was activated with each picture. However, when the subjects of the study were shown the pictures of scantily clothed people, it was not activated. C Basically, the automatic reaction in their brains suggested that they didn’t perceive the sexualized people as fully human. Just as a body, a sum of parts.” (“How Porn Kills Love”, Fight the New Drug, August 23, 2017, https://fightthenewdrug.org/how-porn-kills-love/)


“Porn consumers are more likely to express attitudes supporting violence against women,D and studies have shown a strong correlation between men’s porn consumption and their likelihood to victimize women.E In fact, a 2015 peer-reviewed research study that analyzed 22 different studies from 7 different countries concluded that there is “little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes [supporting] sexual aggression and engage in actual acts of sexual aggression.”F

AGE OF FIRST EXPOSURE TO PORNOGRAPHY SHAPES MEN’S ATTITUDES TOWARD WOMEN


“…the average age of first exposure was 13.37 years of age with the youngest exposure as early as 5 … their first exposure was accidental (43.5 percent) than intentional (33.4 percent) or forced (17.2 percent)” (Jim Sliwa, “Age of First Exposure to Pornography Shape’s Men’s Attitudes Toward Women”, American Psychological Association, August 3, 2017, http://www.apa.org/news/press/releases/2017/08/pornography-exposure.aspx)

““We found that the younger a man was when he first viewed pornography, the more likely he was to want power over women,” … “The older a man was when he first viewed pornography, the more likely he would want to engage in playboy behavior.”” (Jim Sliwa, “Age of First Exposure to Pornography Shape’s Men’s Attitudes Toward Women”, American Psychological Association, August 3, 2017, http://www.apa.org/news/press/releases/2017/08/pornography-exposure.aspx)

“…did not matter how the participants were exposed” (Jim Sliwa, “Age of First Exposure to Pornography Shape’s Men’s Attitudes Toward Women”, American Psychological Association, August 3, 2017, http://www.apa.org/news/press/releases/2017/08/pornography-exposure.aspx)

“Viewing pornography can lead to the development of antagonistic and unhealthy views towards women and sexuality and can contribute to creating environments of greater tolerance and less disapproval of unwanted sex.” (Miranda A.H. Horvath, Llian Alys, Kristina Massey, Afroditi Pina, Mia Scally and Joanna Adler, “Basically … Porn is everywhere”, Middlesex University London, 2013, http://eprints.mdx.ac.uk/10692/)


“The longer men watch porn, the more likely they are to begin viewing women as sexual objects instead of people. (1) (“Is It Bad To Watch Porn? – The Impact of Pornography Addiction”, http://www.socialcostofpornography.org, Accessed 4.27.17) (1) http://www.roadtograce.net/current-porn-statistics/

“A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike.” (“18 Shocking Stats About the Porn Industry and Its Underage Consumers”, Fight the New Drug, September 5, 2017, https://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/)
“In the study, 95% of the victims (almost all of them women) either were neutral to the abuse or appeared to respond with pleasure.”

“Of course, not all porn features physical violence, but even non-violent porn has been shown to have effects on consumers. The vast majority of porn—violent or not—portrays men as powerful and in charge; while women are submissive and obedient. Watching scene after scene of dehumanizing submission makes it start to seem normal. It sets the stage for lopsided power dynamics in couple relationships and the gradual acceptance of verbal and physical aggression against women. Research has confirmed that those who consume porn (even if it’s nonviolent) are more likely to support statements that promote abuse and sexual aggression toward women.”

“If you’re wondering how sitting in a chair consuming porn can actually change what a person thinks and does, the answer goes back to how porn affects the brain (See How Porn Changes The Brain). Our brains have what scientists call ‘mirror neurons’—brain cells that fire not only when we do things ourselves, but also when we watch other people do things. This is why movies can make us cry or feel angry or scared. Essentially, mirror neurons let us share the emotion of other people’s experiences as we watch. So when a person is looking at porn, he or she naturally starts to respond to the emotions of the actors seen on the screen. As the consumer becomes aroused, his or her brain gets to work wiring together those feelings of arousal to what is seen happening on the screen, almost as if he or she was actually having the experience.”

So if a person feels aroused watching a man or woman get kicked around and called names, that individual’s brain learns to associate that kind of violence with sexual arousal.

“To make matters worse, when porn shows victims of violence who seem to accept or enjoy being hurt, the viewer is fed the message that people like to be treated that way, giving porn consumers a sense that it’s okay to act aggressively themselves.”
“…one study found that those with higher exposure to violent porn were six times more likely to have raped someone than those who had low past exposure.”


“Since women are subject to sexual objectification in culture these materials reinforce unwanted expectations that women desire to be oral containers of semen that are harmful, supporting rape myths as social evidence long have suggested. Presenting women as insatiable socially constructs them as sexual puppets, that is, as acting objects of male sexual fantasies. This is just another way of making women less human than men.” (Farley et al. 2003, 44,46.)” (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)
“Women are portrayed in these films as pining away their lives waiting for a huge male penis to come along....One is led to believe...they secretly desire to be forcefully taken by a male.” (230 at 239 Man.Q.B.) (Farley et al. 2003, 44,46).” (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)

“But porn doesn’t just change attitudes; it can also shape actions. Study after study has shown that consumers of violent and nonviolent porn are more likely to use verbal coercion, drugs, and alcohol to coerce individuals into sex.\(^G\) And multiple studies have found that exposure to both violent and nonviolent porn increases aggressive behavior, including both having violent fantasies and actually committing violent assaults.\(^H\) (“How Consuming Porn Can Lead to Violence”, Fight the New Drug, August 23, 2017, https://fightthenewdrug.org/how-consuming-porn-can-lead-to-violence/)

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“Another study of young teens found that early porn exposure was correlated with perpetration of sexual harassment two years later.” (Gail Dine, Professor of Sociology and Women’s Studies, Wheelock College. Co-founder and president of Culture Reframed, which seeks to recognize and address pornography as a public health crisis of the digital age.)

“Harvard: Of the 758 who responded (half of the senior class), a recent survey of Harvard’s graduating class of 2014 revealed the following: 48% of men watch porn multiple times a week.” (Harvard Crimson, May 2014)

“Researchers assessing the most popularly purchased and rented pornography videos today found 88% of the scenes in them included physical aggression toward women such as spanking, open-hand slapping, hair pulling, choking, and bondage. Among the most recent trends, in 41% of the most popular mainstream pornography movies today are scenes in which a man engages a woman in anal sex followed immediately by oral sex for the purpose of her degradation (Bridges, Wosnitzer, Scharrer, Sun, & Liberman, 2010; Malarek, 2009).” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of women’s pornography use on bystander intervention in a sexual assault situation and rape myth acceptance”, The Research Journal of the Association of Fraternity/Sorority Advisors, 2011, https://works.bepress.com/john_foubert/8/)

THE TRUTH BEHIND THE FANTASY – PORN ACTRESS – IS IT CONSENSUAL?

“Sex-packed porn films featuring freshly-dyed blondes whose evocative eyes say “I want you” are quite possibly one of the greatest deceptions of all time. Trust me, I know. I did it all the time and I did it for the lust of power and the love of money. I never liked sex. I never wanted sex and in fact I was more apt to spend time with Jack Daniels than some of the studs I was paid to “fake it” with. That’s right none of us freshly-dyed blondes like doing porn. In fact, we hate it. We hate being touched by strangers who care nothing about us. We hate being degraded with their foul smells and sweaty bodies. Some women hate it so much you can hear them vomiting in the bathroom between scenes. Others can be found outside smoking an endless chain of Marlboro lights…”

Josh McDowell Ministry 2019
“But the porn industry wants YOU to think we porn actresses love sex. They want you to think we enjoy being degraded by all kinds of repulsive acts. The truth, porn actresses have showed up on the set not knowing about certain requirements and were told by porn producers to do it or leave without being paid. Work or never work again. Yes, we made the choice. Some of us needed the money. But we were manipulated and coerced and even threatened. Some of us caught HIV from that coercion. I personally caught Herpes, a non-curable sexually transmitted disease. Another porn actress went home after a long night of numbing her pain and put a pistol to her head and pulled the trigger. Now she’s dead.”

“It’s safe to say most women who turn to porn acting as a money-making enterprise, probably didn’t grow up in healthy childhoods either. Indeed, many actresses admit they’ve experienced sexual abuse, physical abuse, verbal abuse and neglect by parents. Some were raped by relatives and molested by neighbors. When we were little girls we wanted to play with dollies and be mommies, not have big scary men get on top of us. So we were taught at a young age that sex made us valuable. The same horrible violations we experienced then, we relive through as we perform our tricks for you in front of the camera. And we hate every minute of it. We’re traumatized little girls living on anti-depressants, drugs and alcohol acting out our pain in front of YOU who continue to abuse us.”


“But the porn industry wants YOU to think we porn actresses love sex. They want you to think we enjoy being degraded by all kinds of repulsive acts.”

“It is hard for young men to learn respect for women and their sexual boundaries when the videos they view each day show women enjoying violent sex and rape. Over time, the natural mental barriers between right
and wrong, appropriate and inappropriate, erode. In the especially impressionable and highly plastic brains of young viewers, many of whom have never had a sexual relationship with a woman and have no established framework for what ‘normal’ sex looks like, this sets the new norm for how women are to be treated and what they desire in a romantic relationship.” (Laura Nott, Elements Behavioral Health, November 22, 2103, “How to Teach Your Kids About Pornography,” https://www.elementsbehavioralhealth.com/adolescent-issues/how-to-teach-your-kids-about-pornography/)

PORNOGRAPHY HAS BEEN FOUND TO DESENSITIZE SOCIETY TO VIOLENCE AGAINST WOMEN, INSPIRING RAPES AND CONTRIBUTING TO SEXUAL SUBORDINATION OF WOMEN TO MEN

“Experimental studies converged with actual self-report among a recent representative sample of American male college students (n = 2,972) in which correlations between consumption and sexual coercive behavior were significant for all and dramatically for men highly predisposed to sexual coercion (Malamuth, Addison, and Koss 2000, 75-80; consumption was operationalized by asking respondents of their use of Playboy, Penthouse, Chic, Club, Forum, Genesis, Gallery, Oui, or Hustler, 63). Pornography consumption was in this, as well as in later studies, shown to contribute ‘significantly to the prediction of sexual aggression both as a main effect and in interaction with other factors’ (Malamuth and Vega 2007, 114), even after controlling for other predictive factors in the confluence model research (Malamuth, Addison, and Koss 2000, 59 et seq.) or predictors associated with general antisocial (Malamuth and Vega 2007, 104-105). Such finding are consistent with prostituted persons’ reports of clients forcing pornography imitation. In the San Francisco study (n = 200) 193 women had reported rape, of whom 24 percent made unsolicited comments during interviews that rapists referred directly to pornography and insisted that victims enjoyed the rape and extreme violence (Silbert and Pines 1984, 863-64) Forty-seven percent in the nine-country study (n = 802) reported being upset by attempts at making them imitate pornography (Farley et al. 2003, 44,46).” (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)
“A woman attested for a group of survivors during a Minneapolis public hearing that ‘men witness the abuse of women in pornography constantly, and if they can’t engage in that behavior with their wives, girlfriends, or children, they force a whore to do it’ (Dworkin and MacKinnon 1997, 116). Women and girls who are not prostituted have also repeatedly testified about similar coercion (Attorney General’s Commission on Pornography 1986, 767-835; Dworkin and MacKinnon 1997, 101-14, 145-47, 260-65, 370-425 et passim; Russell 1984, 125-26). An agency for battered women that asked clients whether abusers used pornography conservatively estimated one half did (Dworkin and MacKinnon 1997, 423-24). See also 137 Cong. Rec. S17560, S18899 (1991) ("Helms Amendment No. 780. Exhibit 1: 'Research on Pornography: Evidence of Harm.'") (passed July 18th), which cited testimony from a LAPD detective describing how 80 percent of 700 arrested child molesters during ten years possessed either adult or child pornography.). In a rape case, six adolescent boys gang-raped a juvenile while reenacting a specific pornography magazine’s outlay (Attorney General’s Commission on Pornography 1986, 777; citing National Women Judge Conference, October 1986). Specialized agencies meet an increasing number of survivors of throat rape, sometimes reporting that assailants refer to the movie Deep Throat prior to assault (Dworkin and MacKinnon 1997, 214-15). Although ‘scientific’ evidence of single direct harmful causation is complex and can seldom be absolutely verified (especially in the Popperian sense), when considering the preponderance of evidence and convergence of different methodologies and sources on the single conclusion, in the undisputed context of gender inequality in which women are routinely subjected to sexual violence and objectification in society, not attributing causality from the sexual objectification and violence in pornography is not credible, even though other causes are also present (cf. Attorney General’s Commission on Pornography 1986, 309-12).” (Farley et al. 2003, 44,46).” (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)

“For example, in 1993, five cases were heard together on appeal where trial courts had described some materials containing women presented as sexually insatiable, constantly looking for sex with strangers, R. v. Hawkins, 1992 CarswellOnt 1940 5-13 (Gen.Div.), and men repeatedly, as in Bulter, ejaculating into their mouths. R. v. Ronish, 1993 CarswellOnt75 5-11, 18 C.R. (4th) 165 (Prov.Div.). Although these performers were never asked in either court, the Court of Appeal thought none of the materials ‘indicates a lack of consent on the part of any of the participants.” R. v. Hawkins (1993), 15 O.R. (3d) 549 at 562, (sub nom. R. v. Ronish) CarswellOnt 133 45 (C.A.). The appeal’s judge followed Wagner and Butler in recognizing that violent and nonviolent dehumanizing materials could be harmful, but decided that harm ‘must be proved beyond a reasonable doubt and that proof must be found in the evidence.” (Farley et al. 2003, 44,46).” (Max Waltman, Stockholm University, Sweden, Political Research Quarterly 63, no.1 (2010): 218-37 (contributor-created version), http://journals.sagepub.com/doi/pdf/10.1177/1065912909349627)

“Adolescents are more susceptible to forming addictions than adults because the dopamine neurons in their nucleus accumbens (i.e. the brain’s pleasure center) are much more active and have an exaggerated plasticity in response to addictive stimulus. Thus, it can be said that a propensity for addiction is more strongly “hardwired” into the adolescent brain.” (“About Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, Accessed January 30, 2018, https://endsexualexplloitation.org/publichealth/)

“Research is also showing correlations to violence against women, increased STI rates, and increased sexual dysfunction among young men.” (“About Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, Accessed January 30, 2018, https://endsexualexplloitation.org/publichealth/)

“And sexual victimization of males occurs in the military today, not just in prisons. Well over 14,000 in 2012, ‘[a]ccording to the Pentagon, thirty-eight military men are sexually assaulted every single day. So, it’s not just more reporting. Is it possible pornography is training a rape culture?’” (Judith Reisman and Mary E. McAlister, “The Sexual Revolution’ Gave Us ‘The Rape Culture”, Breitbart, January 1, 2016, http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/)

“The researchers suggest early contact with pornography affects female socialization by not only normalizing sexual aggression, but also portraying
it as culturally desirable to women. While not a meta-analysis, Corne, Briere, and Esses’s (1992) study is an important contribution to our understanding of pornography and rape myth acceptance. This study examined women’s rape myths as a function of early exposure to pornography. A total of 187 female university students responded to a questionnaire regarding: (a) childhood exposure to pornography, (b) current sexual fantasies, and (c) endorsement of rape-supportive attitudes. Eighty-six (46 percent) of the respondents reported direct exposure to pornography as a child, and statistical analysis showed that this exposure significantly related to rape fantasies and rape supportive beliefs in adulthood. The researchers suggest early contact with pornography affects female socialization by not only normalizing sexual aggression, but also portraying it as culturally desirable to women.” (Corne, S., Briere, J., & Esses, L. M. (1992). Women’s attitudes and fantasies about rape as a function of early exposure to pornography. Journal of Interpersonal Violence, 7(4), 458.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, s3.amazonaws.com/ thf_media/2010/pdf/ ManningTST/pdf)

“According to a report by Edward Donnerstein [Donnerstein, Edward. Unpublished Transcript of Testimony to the Public Hearings on Ordinances to Add Pornography as Discrimination Against Women. Committee on Government Operations. City Council. Minneapolis, MN, pp. 4-12.], over 25% of male college students selected at random admitted that there was some likelihood they would rape a woman if they could be assured of getting away with it. The proportion of potential rapists increased to 57% after the young men were exposed to sexually violent images, especially those of women shown as enjoying being raped.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“According to Jean Rosenberg [Rosenberg, Jean. 1989. Two New Books on Pornography Effects. 2(2) Sexual Assault Report, p. 31.], 65% of rapists in one study used pornography and often mimicked it in their crimes.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”,

Josh McDowell Ministry 2019
“In this work, Dr. Cline says:”

“As a clinical psychologist, I have treated, over many years, approximately 300 sex addicts, sex offenders, or other individuals (96% male) with sexual illnesses. This includes many types of unwanted compulsive sexual acting out plus such things as child molestation, voyeurism, sadomasochism, fetishism, and rape. With only several exceptions, pornography has been a major or minor contributor or facilitator in the acquisition of their deviation or sexual addiction…” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“Cline concludes: ‘In my clinical experience, however, the major consequence of being addicted to pornography is not the probability or possibility of committing a serious sex crime (though this can and does occur), but rather the disturbance of the fragile bonds of intimate family and marital relationships. This is where the most grievous pain, damage, and sorrow occur. There is repeatedly an interference with or even destruction of healthy love and sexual relationships with long-term bonded partners. If one asks if porn is responsible or causes any sex crimes, the answer is unequivocally, ‘Yes,’ but that is only the tip of the iceberg.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)

“According to a report by Edward Donnerstein [Donnerstein, Edward. Unpublished Transcript Of Testimony to the Public Hearings on Ordinances to Add Pornography as Discrimination Against Women. Committee on Government Operations. City Council. Minneapolis, MN, pp. 4-12.], over 25% of male college students selected at random admitted that there was some likelihood they would rape a woman if they could be assured of getting away with it. The proportion of potential rapists increased to 57% after the young men were exposed to sexually violent images, especially those of women shown as enjoying being raped.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)
“Shere Hite found that of the men who read pornographic magazines, 67% admitted that they had wanted to rape a woman while only 19% said that they had never wanted to rape a woman.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm)


“Aggression rewarded 68% of the time”

“Neutral response to aggression 32% of the time”

“Discouraged 0% of the time”

“Positive sexual behavior represented just 10% of all actions”


“In 1988, the FBI reported that 81 percent of violent sexual offenders regularly read or viewed violent pornography. A twenty-year FBI study indicates that 81 percent of sex murderers name pornography as their most significant sexual interest, and police investigators routinely find porn in the homes of sex-crime suspects.” (Kenneth Artz and Peter J. Smyczek, “Sexual Assaults in the Military: Porn is Part of the Problem”, Public Discourse, June 14, 2013, http://www.thepublicdiscourse.com/2013/06/10360/)

“Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive masturbation), increased belief in the ‘rape myth’ (that women cause rape and rapists are normal), and was associated with negative attitudes


“In a study of convicted child molesters, 77 percent of those who molested boys and 87 percent of those who molested girls admitted to the habitual use of pornography in the commission of their crimes.” (Take Action Manual (Washington, D.C.: Enough is Enough, 1995-96), 9.)

“88.2% of top-rated porn scenes contain physical aggression (spanking, gagging, slapping, etc.); 48.7% contain verbal aggression (name calling). Perpetrators were usually male, 94% of the targets were women (Psychology of Women Quarterly)” (Donna Rice Hughes, Typed from CRU Mail Article, “Just Harmless Fun”, June 13, 2017)


“90% of teenagers have viewed porn. 80% of 15-17 year olds have been exposed to hard core porn. 67% of men and 59% of women said that porn was acceptable.” (Christian Post, 7-16-2011)

“Forty-nine percent of college women describe pornography viewing as an acceptable expression of sexuality and 31% now use pornography (Carroll et al., 2008; Yoder, Virdin, & Amin, 2005). College-aged women are becoming more likely to view pornography (Boies, 2002), reflecting efforts by the pornography industry to develop materials specifically targeting female audiences (Dines, 2010).” (Matthew W. Brosi, John D. Foubert, R. Sean Bannon, and Gabe Yandell, “Effects of Sorority Members’ Pornography Use on Bystander Intervention in a Sexual Assault Situation and Rape Myth Acceptance”, The Research Journal of the Associatino of Fraternity/Sorority Advisors, Fall 2011, https://media.wix.com/ugd/9e4c55_eb27aa6c92c549f38282792e32195332.pdf)
“In pornography, women exist to please men. They have no needs; they don't get pregnant. But that young woman being lusted after is someone's daughter. She is made in the image of God and has value. She is not an object to desire, but a woman to be loved and cherished.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)

RAPE PROCLIVITY


“Psychoticism exacerbates the influence of pornography on men’s rape proclivity. Psychotic men are strongly affected, whereas men with minimal psychotic inclination are not.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Pornography is dangerous because it is becoming a new ideology of sex, in which women are objects to be abused and consumed and men are sexual aggressors, using the girls and women to physically extract as much so-called ‘pleasure’ as possible.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teen--it-has-to-stop)

“Studies show that pornography can serve as rape training. Again from Dr. Flood’s report:

“There is consistent evidence that exposure to pornography is related to male sexual aggression against girls and women. In a recent longitudinal study of U.S. youth aged 10 to 15, with three waves of data over three years, individuals who intentionally consumed violent X-rated materials were over six times as likely as other to engage in sexually aggressive behavior.” (Kristen Jenson, October 6, 2016, Protect Young Minds.org, “5 Proven Ways Porn Harms
“Today teenagers are viewing far more pornography than their parents realize. And the porn they're watching is much more ‘hardcore’ than moms and dads could possibly imagine.” (Gail Dines, The Conversation, February 24, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)


“A recent U.K. study found that 65 percent of 15-16-year-olds had viewed pornography, the vast majority of whom reported seeing it by age 14. This is especially problematic given the finding of another study that found a correlation between early exposure to pornography and an expressed desire to exert power over women.” (Gail Dines, The Conversation, February 24, 2018, “Parents need to start talking to their tweens about the risks of porn”, https://theconversation.com/parents-need-to-start-talking-to-their-tweens-about-the-risks-of-porn-91888)


“In a recent survey of 16 to 18-year-old Americans, nearly every participant reported learning how to have sex by watching porn, (Rothman, E. F., Kaczmarsky, C., Burke, N., Jansen, E., & Baughman, A. (2015). “Without Pom…I Wouldn’t Know Half The Things I Know Now”: A Qualitative Study Of Pornography Use Among A Sample Of Urban, Low-Income, Black And Hispanic Youth. Journal Of Sex Research, 52(7), 736-746. Doi:10.1080/00224499.2014.960908) and many of the young women said they were pressured to play out the “scripts” their male partners had learned from porn.” (Rothman, E. F., Kaczmarsky, C., Burke, N., Jansen, E., &
WHAT TEENAGERS ARE LEARNING FROM ONLINE PORN

“Drew was 8 years old when he was flipping through TV channels at home and landed on ‘Girls Gone Wild.’ A few years later, he came across HBO’s late-night soft-core pornography. Then in ninth grade, he found online porn sites on his phone. The videos were good for getting off, he said, but also sources for ideas for future sex position with future girlfriends. From porn, he learned that guys need to be buff and dominant in bed, doing thing like flipping girls over on their stomach during sex. Girls moan a lot and are turned on by pretty much everything a confident guy does. One particular porn scene stuck with him: A woman was bored by a man who approached sex gently but became ecstatic with a far more aggressive guy.”

“But around 10th grade, it began bothering Drew, an honor-roll student who loves baseball and writing rap lyrics and still confides in his mom, that porn influenced how he thought about girls at school. Were their breasts, he wondered, like the ones in porn? Would girls look at him the way women do in porn when they had sex? Would they give him blow jobs and do the other stuff he saw?”

“Drew, who asked me to use one of his nicknames, was a junior when I first met him in late 2016, and he told me some of this one Thursday afternoon, as we sat in a small conference room with several other high school boys, eating chips and drinking soda and waiting for an after-school program to begin. Next to Drew was Q., who asked me to identify him by the first initial of his nickname. He was 15 a good student and a baseball fan, too, and pretty perplexed about how porn translated into real life. Q. hadn’t had sex – he liked older, out-of-reach girls, and the last time he had a girlfriend was in sixth grade, and they just fooled around a bit. So he wasn’t exactly in a good position to ask girls directly what they liked. But as he told me over several conversations, it wasn’t just porn but rough images on Snapchat,
Facebook and other social media that confused him. Like the GIF he saw of a man pushing a woman against a wall with a girl commenting: ‘I want a guy like this.’ And the one Drew mentioned of the ‘pain room’ in ‘Fifty Shades of Grey’ with a caption by a girl: ‘This is awesome?’

“Watching porn also heightened Q.’s performance anxiety. ‘You are looking at an adult,’ he told me. ‘The guys are built and dominant and have a big penis, and they last a long time.’ And if you don’t do it like the guys in porn, Drew added, ‘you fear she’s not going to like you.’”

“Leaning back in his chair, Drew said some girls acted as if they wanted some thug rather than a smart, sensitive guy. But was it true desire? Was it posturing? Was it what girls thought they were supposed to want? Neither Q. nor Drew knew. A couple of seats away, a sophomore who had been quiet until then added that maybe the girls didn’t know either. ‘I think social media makes girls think they want something,’ he said, noting he hadn’t seen porn more than a handful of times and disliked it. ‘But I think some of the girls are afraid.’”

“‘It gets in your head,’ Q. said. ‘If this girl wants it, then maybe the majority of girls want it.’ He’d heard about the importance of consent in sex, but it felt pretty abstract, and it didn’t seem as if it would always be realistic in the heat of the moment. Out of nowhere was he supposed to say: Can I pull your hair? Or could he try something and see how a girl responded? He knew that there were certain things – ‘big things, like set toys or anal’ – that he would not try without asking.”

“Over the year in which I spoke to dozens of older teenagers at Start Strong and around the country, many said that both porn and mainstream media – everything from the TV show ‘Family Guy’ (which references choking and anal sex) to Nicki Minaj’s song ‘Truffle Butter’ (with an apparent allusion to anal sex followed by vagina sex) to the lyrics in Rihanna’s ‘S&M’ (‘Sticks and stones may break my bones, but chains and whips excite me’) – made anal and rough sex seem almost commonplace. Drew told me he got the sense that girls wanted to be dominated not only from reading a few pages of ‘Fifty Shades of Grey’ but also from watching
the movie ‘Mr. and Mrs. Smith,’ with Brad Pitt and Angelina Jolie. ‘She’s on the table, and she’s getting pounded by him. That’s all I’ve seen growing up.’”

“That seems to be in keeping with a 2016 survey of 1,001 11-to-16-year-olds in Britain. Of the roughly half who had seen pornography, 53 percent of boys and 39 percent of girls said it was ‘realistic.’ And in the recent Indiana University national survey, only one in six boys and one in four girls believed that women in online porn were not actually experiencing pleasure: As one suburban high school senior boy told me recently,

‘I’ve never seen a girl in porn who doesn’t look like she’s having a good time.’”

“Kyrah, a 10th grade feminist with an athlete’s compact body and a tendency to speak her opinions, didn’t hesitate. ‘In porn they glamorize calling women a slut or a whore, and younger kids think this is how it is. Or when they have those weird porn scenes and the woman is saying, ‘Stop touching me,’ and then she ends up enjoying it!’”

“Yes and no,’ one guy interjected. ‘When a man is choking a woman in porn, people know it is not real, and they aren’t supposed to do it, because it’s violence.’ He was the same teenager who told me he would just ‘do’ anal sex without asking a girl, because the women in porn like it.”


**HOW PORN KILLS LOVE**

“In porn, finding a “partner” is effortless. He or she is always ready, willing, and longing for your attention. This partner has nothing else to do with their time but wait for the consumer, breathless and perpetually aroused. He or
she is young, attractive, sexually adventurous, and anxious to please. This partner will never get bored or annoyed, never have an “off” day or need a listening ear. In fact, all he or she will ever want is wild, ecstatic orgasms that look real! And if this porn-partner ever fails to keep the consumer entertained, they can simply be exchanged with the click of a computer mouse. "A

“…limitless novelty, on-demand accessibility, and easy escalation to more extreme material…”

“…In porn, mistakes are edited out and flaws are Photoshopped away.”

“Obviously, porn is not the best representation of how real men and women look or how real sex and intimacy work in a real-life relationship. And yet, whether they realize it or not, porn consumers are affected by the portrayals they see in porn even after the browser window is closed.”E

“As a porn consumer finds himself or herself further down this cycle, an isolating porn habit can lead consumers to skip out on interacting with friends, trying new hobbies or participating in old ones, and ultimately connecting with the people in their lives. F This is all because consumers’ brains have become so reliant on porn that it can start to make them think they will be happier watching porn than participating in those real-life experiences."G

“I can see beauty in so many different forms now... real forms. I’m back at composing music, studying, my grades have boosted, have way more energy... I take more care of myself, exercise… When I meet a girl now, sex is not my goal. There's no goal. The present is the only goal, so a cool conversation, or maybe just a flirty smile can make my day.”

23 YEAR OLD MALE AFTER 2 MONTHS OF QUITTING PORN CONSUMPTIONH


HOW PORN AFFECTS SEXUAL TASTES

“As individuals consume more extreme and dangerous sex acts, they gradually begin to feel that those behaviors are more common and acceptable than they really are.”

“… the kind of porn consumed usually changes over time.”

“In a survey of 1,500 young adult men, 56% said their tastes in porn had become “increasingly extreme or deviant.” …getting aroused by things that used to disgust them or things that they might have previously considered to be inappropriate or unethical.”

“We crave happiness and love.”


B. (NoFap Survey (2012)


“Porn consumers are more likely to express attitudes supporting violence against women, and studies have shown a strong correlation between men’s porn consumption and their likelihood to victimize women. In fact, a 2015 peer-reviewed research study that analyzed 22 different studies from 7 different countries concluded that there is “little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes [supporting] sexual aggression and engage in actual acts of sexual aggression.”


“A 2011 study of U.S. college men found that 83 percent reported seeing mainstream pornography in the past 12 months and that those who did were more likely to say they would commit rape or sexual assault (if they knew they wouldn’t be caught) than men who said they had not seen porn.”

(Gail Dine, Professor of Sociology and Women’s Studies, Wheelock College. Co-founder and president of Culture Reframed, which seeks to recognize and address pornography as a public health crisis of the digital age.)

“One of the most cited analyses of 22 studies concluded that pornography consumption is associated with an increased likelihood of committing acts of verbal or physical sexual aggression. And a study of college-aged women found that young women whose male partners used porn experienced lower self-esteem, diminished relationship quality and lower sexual satisfaction.” (Gail Dine, Professor of Sociology and Women’s Studies, Wheelock College. Co-founder and president of Culture Reframed, which seeks to recognize and address pornography as a public health crisis of the digital age.)

“Drawing from recent, peer-reviewed, research literature, as well as the latest reports and surveys, the research summary below presents evidence supporting the view that pornography constitutes a public health crisis. While independently these studies do no prove that pornography causes harm, taken in totality, the converging evidence overwhelming suggests that pornography is correlated with a broad array of harms that adversely impact the public health of the nation. These include higher incidence of STIs, increased verbal and physical sexual aggression, acceptance of rape myths, risky sexual behaviors among adolescents, reduced impulse control and reckless decision making, increased sexual dysfunction, and more.”


“Like the tobacco industry, the pornography industry has created a public health crisis. However, despite tobacco’s former widespread use and acceptance in American culture, once its harms became apparent, society took action and adopted dramatic new policies to limit the harmful effects of smoking. Similarly, we believe that people need to be protected from pornography exposure and made aware of the risks associated with its use.”

("Pornography & Public Health Research Summary", National Center on Sexual /Exploitation,
“In light of the mounting evidence of harm documented below, we call on the general public, educators, health professionals, corporate executives, and elected officials to recognize pornography as a public health crisis.”


**BASICALLY PORN IS EVERYWHERE REPORT**

“The use of and children’s access to pornography emerged as a key theme during the first year of the Inquiry. It was mentioned by boys in witness statements after being apprehended for the rape of a child, one of whom said it was “like being in a porn movie”; we had frequent accounts of both girls’ and boys’ expectations of sex being drawn from pornography they had seen; and professionals told us troubling stories of the extent to which teenagers and younger children routinely access pornography, including extreme and violent images. We also found compelling evidence that too many boys believe that they have an absolute entitlement to sex at any time, in any place, in any way and with whomever they wish. Equally worryingly, we heard that too often girls feel they have no alternative but to submit to boys’ demands, regardless of their own wishes.”

“Peter and Valkenburg from the Netherlands, published a series of relevant studies between 2007 and 2011 with the following findings:”

- “Exposure to sexually explicit online films was significantly related to the belief that women are sex objects (when exposure to other forms of sexual content was controlled for) (Peter & Valkenburg, 2007).”

- “How much children and young people liked internet pornography was a mediating factor in the relationship between exposure and the belief that women are sex objects. They also found the reverse relationship (the impact of the belief that women are sex objects on exposure to internet pornography is also mediated by a liking for
internet pornography). Therefore, exposure to internet pornography is both a potential cause and a consequence of viewing women as objects (Peter & Valkenburg, 2009).”

- “Frequent use of internet pornography was linked with more frequent thoughts about sex, more frequent distractions because of sex and a stronger interest in sex. Peter and Valkenburg (2008) suggest that there may be a greater sex-related memory association as a result of sexual arousal caused by exposure to internet pornography and that may eventually lead to chronically accessible sex-related cognitions (i.e. sexual preoccupation).”

- “If children and young people perceive sexually explicit content to be similar to real-world sex and if they see it as useful, then they are more likely to have attitudes towards sex that are casual and hedonistic rather than affectionate or relationship-based (Peter & Valkenburg, 2010a).”

- “More frequent internet pornography use increased children and young people’s sexual uncertainty (e.g. the extent to which they are unclear about their sexual beliefs and values) (Peter & Valkenburg, 2010b)”

- “Juvenile sex offenders who used pornography were more likely “to engage in coerced vaginal penetration and forced sexual acts such as oral or digital penetration, to express sexually aggressive remarks (obscenities), and to engage in sex with animals” (Alexy et al., 2009, p.450) than those who did not.”

- “Among adolescent males with a history of physical sexual offences (n=256), early and inappropriate exposure to pornography may contribute to the development of antagonistic, unhealthy and distorted views of human sexuality and “glorification of promiscuity” (Hunter et al., 2010, p.146).”
“The most prolific researchers in this field, Peter and Valkenburg from the Netherlands, published a series of relevant studies between 2007 and 2011 with the following findings:”

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SLIDE J92a – 87% OF YOUNG MEN BELIEVE VIEWING PORN IS OKAY


SLIDE J93a – ONE STUDY

SLIDE J93b – ADMITTED TO USING PORNOGRAPHY


SLIDE X156b – ANALYSIS OF 22 DIFFERENT STUDIES


SLIDE X156c – ARE MORE LIKELY TO HOLD ATTITUDES

12 WAYS PORNOGRAPHY JUST DOESN’T SHOW ENOUGH

“With the wide acceptance of porn has come the porn effect. Porn’s antisocial effect is, essentially, society’s adoption of six principles: (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)

- “It’s alright to use, abuse, or mistreat others for self-gratification, if only simulated;” (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)


- “Individuals can treat another human with indifference as long as it furthers a personal goal or fulfills a personal pleasure;” (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)


“Children are a burden to personal goals, pleasures, or society, which makes procreation a dirty word.” (Dustin Murphy, thefederalist.com, “12 Ways Pornography Just Doesn’t Show Enough,” April 4, 2017, http://thefederalist.com/2017/04/04/12-ways-pornography-just-doesnt-show-enough/)


“Another study found, regardless of how satisfied one feels in their own relationship, watching porn heightens a person’s perceptions that ‘the grass is greener’ somewhere else, and they are more likely to flirt with others and cheat on their partner.”

“In pornography, women exist to please men. They have no needs; they don’t get pregnant. But that young woman being lusted after is someone’s daughter. She is made in the image of God and has value. She is not an object to desire, but a woman to be loved and cherished.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives)


“Teaches girls they are to be used and boys to be users” (Amy E. Bonomi, Julianna M. Nemeth, Lauren E. Attenburger, Melissa L. Anderson, Anastasia Snyder & Irma Dotto, Fiction or Not? Fifty Shades is Associated with Health Risks in Adolescent and Young Adult Females, 23


- Increased Verbal and Physical Aggression.
- Increased Female Sexual Victimization.
- Intent to Rape.


“Almost half of the women (49 percent) agreed that viewing pornography is acceptable (vs. 67 percent for men) (Carroll et al., 2008) The findings regarding female acceptance are of particular importance because they
reveal that the females surveyed were more accepting of pornography than their fathers were just one generation ago (Carroll et al., 2008).”


“The percentages of those addicted, traumatized, confused, and in bondage will exponentially increase in the days to come. A devastating tsunami of sexual abuse, addiction, shattered identity, and shame is on the way. Rooted in both God’s unchanging truth about sexuality and His life-changing love towards humanity.” (Dr. Juli Slattery, Authentic Intimacy, “Rethinking Sexuality God’s Design and Why It Matters”, https://www.authenticintimacy.com/about-authentic-intimacy)
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Sallot, Jeff. 1992. Legal victory bittersweet good; bad news: The Supreme Court’s pornography ruling is hailed as a stunning advance. But a program that helped make it possible has been cut. *Globe and Mail* (Canada), Feb. 29.


WHAT TEENAGERS ARE LEARNING FROM ONLINE PORN

“Drew was 8 years old when he was flipping through TV channels at home and landed on ‘Girls Gone Wild.’ A few years later, he came across HBO’s late-night soft-core pornography. Then in ninth grade, he found online porn sites on his phone. The videos were good for getting off, he said, but also sources for ideas for future sex positions with future girlfriends. From porn, he learned that guys need to be buff and dominant in bed, doing things like
flipping girls over on their stomach during sex. Girls moan a lot and are turned on by pretty much everything a confident guy does. One particular porn scene stuck with him: A woman was bored by a man who approached sex gently but became ecstatic with a far more aggressive guy.”

“It wasn’t just porn but rough images on Snapchat, Facebook and other social media that confused him. Like the GIF he saw of a man pushing a woman against a wall with a girl commenting: ‘I want a guy like this.’ And the one Drew mentioned of the ‘pain room’ in ‘Fifty Shades of Grey’ with a caption by a girl: ‘This is awesome!’”

“It gets in your head,” Q. said. “If this girl wants it, then maybe the majority of girls want it.” He’d heard about the importance of consent in sex, but it felt pretty abstract, and it didn’t seem as if it would always be realistic in the heat of the moment.”

“I would just do it,’ said another boy, in jeans and a sweatshirt. When I asked what he meant, he said anal sex. He assumed that girls like it, because the women in porn do.”

In a 2008 University of New Hampshire survey, 93 percent of male college students and 62 percent of female students said they saw online porn before they were 18. Many females weren’t seeking it out. Thirty-five percent of males said they had watched it 10 or more times during adolescence.

Besides, there’s a decent chance your parents don’t think you are watching porn. Preliminary analysis of data from a 2016 Indiana University survey of more than 600 pairs of children and their parents reveals a parental naïveté gap: Half as many parents thought their 14- and 18-year-olds had seen porn as had in fact watched it. And depending on the sex act, parents underestimated what their kids saw by as much as 10 times.

“What teenagers see on Pornhub depends partly on algorithms and the clips they’ve clicked on in the past. Along with stacks of videos on the opening page, there are several dozen categories (‘teen,’ ‘anal,’ ‘blonde,’ ‘girl on girl,’ ‘ebony,’ ‘milf’) that can take them to more than six million
videos. The clips tend to be short, low on production value, free and, though Pornhub tries to prevent it, sometimes pirated from paid sites. Many of the heterosexual videos are shot from the male point of view, as if the man were holding the camera while he has sex with a woman whose main job, via oral sex, intercourse or anal sex, is to make him orgasm. Plot lines are thin to nonexistent as the camera zooms in for up-close shots of genitals and penetration that are repetitive, pounding and — though perhaps not through the eyes of a 14-year-old — banal. (There are alternative narratives in L.G.B.T. and feminist porn, and studies show that for gay and bisexual youth, porn can provide affirmation that they are not alone in their sexual desires.)

“Drew told me he got the sense that girls wanted to be dominated not only from reading a few pages of “Fifty Shades of Grey” but also from watching the movie “Mr. & Mrs. Smith,” with Brad Pitt and Angelina Jolie.”

“A 2016 survey of 1,001 11-to-16-year-olds in Britain... of the roughly half who had seen pornography, 53 percent of boys and 39 percent of girls said it was “realistic.” And in the recent Indiana University national survey, only one in six boys and one in four girls believed that women in online porn were not actually experiencing pleasure: As one suburban high school senior boy told me recently, “I’ve never seen a girl in porn who doesn’t look like she’s having a good time.”

“In a study that Rothman carried out in 2016 of 72 high schoolers ages 16 and 17, teenagers reported that porn was their primary source for information about sex – more than friends, siblings, schools or parents.”

“...a 2010 study that coded incidents of aggression in best selling 2004 and 2005 porn videos noted that 88 percent of scenes showed verbal or physical aggression, mostly spanking, slapping and gagging. (A more recent content analysis of more than 6,000 mainstream online heterosexual porn scenes by Bryant Paul and his colleagues defined aggression specifically as any purposeful action appearing to cause physical or psychological harm to another person and found that 33 percent of scenes
met that criteria. In each study, women were on the receiving end of the aggression more than 90 percent of the time.)”


THE PORN FACTS AND STATS ABOUT PORNOGRAHY


OVERVIEW – IMPACT ON SEXUAL VIOLENCE AND EXPLOITATION

HARDCORE PORNograPHY PORTRAYS PARAPHILIC DISORDERS AND EXTREME SEX

“Since the 1950’s, the distribution and availability of pornography has become increasingly normalized. 8(Gail Dines, Pornland: How Porn Has Hijacked Our Sexuality, [Boston, MA: Beacon Press, 2010], 1-23). Pornography Exposure among college males is now almost universal. 9(John D. Foubert, Matthew W. Brosi, and R.
Sean Bannon, “Effects of Fraternity Men’s Pornography Use on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault,” Sexual Addiction & Compulsivity: The Journal of Treatment & Prevention 18, no. 4 [2011]: 212-231. Boys and men are consuming hardcore pornography, which may include depictions of sex with persons who look like children or teens, scenarios portraying incest, and other paraphilic interests such as sex with animals [i.e. zoophilia], excretory activities [i.e. coprophilia/urophilia], and violence against women, excluding rape [i.e. biastophilia] and torture [i.e. algonlania].

“Analysis of the 50 most popular pornographic videos [those bought and rented most often] found that 88% of scenes contained physical violence, and 49% contained verbal aggression. 12(Ana J. Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, “Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update,” Violence against Women 16, no. 10 [2010]: 1065-1085. Eighty-seven percent of aggressive acts were perpetrated against women, and 95% of their responses were either neutral or expressions of pleasure. 12(Ibid.) In a separate content analysis of free, Internet pornography, researchers found that nearly half of all videos in which two or more persons were present ended with the act of ejaculation on the face or mouth of a female by one or more males. 14(Stacy Gorman, Elizabeth Monk-Turner, and Jennifer N. Fish, “Free Adult Internet Web Site: How Prevalent Are Degrading Acts?” Gender Issues 27, no. 3-4 [2010]: 131-45 doi:10.1007/s12147-010-9095-7)"

COMMITTING SEXUAL OFFENSES AND ACCEPTING RAPE MYTHS

INCREASED VERBAL AND PHYSICAL AGGRESSION
“A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike. 16(Paul J. Wright, Robert S. Tokunaga, and Ashley Draus, “A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies, “ Journal of Communication 66, no. [February 2016]: 183-288.)”


INCREASED FEMALE SEXUAL VICTIMIZATION
“A study of 14-19-year-olds found that females who watched pornographic videos were at significantly greater likelihood of being victims of sexual harassment or sexual assault. 17(Silvia Bonino, Silvia Ciairano, Emanuela Rabagliette, and Elena Cattelino, “Use of Pornography and Self-Reported Engagement in Sexual Violence among Adolescents, “ Journal of Developmental Psychology 3, no. 3 [2006]:265-288.”)

INCREASED LIKELIHOOD OF SELLING AND BUYING SEX
“A Swedish study of 18-year-old males found that frequent users of pornography were significantly more likely to have sold and bought sex that other boys of the same age. 18(Carl Goran Svedin, Ingrid Akerman, and Gisela Priebe, “Frequent Users of Pornography, A population Based epidemiological Study of Swedish Male Adolescents, “Journal of Adolescence 34, no. 4[2011]: 779-788.”)


FUELS DEMAND FOR SEXUAL EXPLOITATION


INTERCONNECTIVITY OF MAINSTREAM, DEVIANT AND CHILD SEXUAL ABUSE
A survey from a general population of Internet pornography users found that users of pornography depicting sexual abuse of children also consume both hardcore pornography [featuring ostensibly adult performers], as well as animal pornography. There were no consumers of child sexual abuse images who only collected child sexual abuse images. 22(Kathryn C. Seigfried-Spellar and Marcus K. Rogers, “Does Deviant Pornography Use Follow a Guttman-like Progression,” Computers in Human Behavior 29 [2013])

A separate study examining 231 Swiss men charged in a 2002 case for possession of child sexual abuse images (i.e. child pornography), found that 60% also used pornography that depicted sexual acts with animals, excrement, or brutality: 33% consumed at least three or more types of deviant pornography. Researchers also found that those convicted for possessing child sexual abuse images were more likely to subscribe to commercial websites containing legal (according to Swiss law) pornographic material (19% vs.4%).) 23(Endrass et al., “The Consumption of Internet Child Pornography and Violent and Sex Offending.” BMC Psychiatry 9, no. 43 [2009].)

Intent to Rape

Fraternity men who consumed mainstream pornography expressed a greater intent to commit rape if they knew they would not be caught than those who did not consume pornography. Those who consumed sadomasochistic pornography expressed significantly less willingness to intervene in situations of sexual violence, greater belief in rape myths, and greater intent to commit rape. Among those who consumed rape-themed pornography, the researchers described ‘serious effects’ including less bystander willingness to intervene, greater belief in rape myth, and greater intent to commit rape. In other words, there was no type of pornography that did not result in a greater intent to commit rape by a user if they knew they would not be caught. 24(Foubert, ibid.)

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“Physical and Sexual Victimization”:

“A nationally representative survey of pornography use among youth were significantly more likely to report physical and sexual victimization. 36(Ybarra, ibid.)”

“Associated with Adolescent Delinquency and Criminal Behavior”:

In a meta-analysis of eight studies, male adolescent sex offenders reported more exposure to sex or pornography than non-sex offenders. 37(Michael C. Seto and Martin L. Lalumiere, “What Is So Special About Male Adolescent Sexual Offending? A Review and Test of Explanations through Meta-Analysis,” Psychological Bulletin 136 no. 4 [2010]: 526-575.) A study of sexually reactive children and adolescents (SCRAs) found that those who used pornography compared to those who did not use pornography
were more likely to engage in a prominent pattern of lying, a persistent pattern of theft/stealing, to be truant, to frequently con/manipulate others, to engage in arson/fire setting behaviors, to engage in coerced vaginal penetration and forced sexual acts such as oral or digital penetration, to express sexually aggressive remarks (obscenities), and to engage in sex with animals. 38(Eileen M. Alexy, Ann W. Burgess, and Robert A. Prentky, “Pornography Use as a Risk Marker for an Aggressive Pattern of Behavior among Sexually Reactive Children and Adolescents,” Journal of the American Psychiatric Nurses Association 14, no. 4 [2009]: 442-453.) Other research also demonstrates an association between pornography consumption and adolescent delinquent behavior.” 39(Ybarra, ibid.)

“Future Use of Deviant Pornography”:
A 2013 survey of a general population of Internet pornography users revealed that those who intentionally sought pornography at a younger age were significantly more likely to be users of pornography exhibiting the sexual abuse of animals and children. 41(Seigfried-Spella, ibid.)

“Domestic Violence & Sexual Abuse”:
“The use of pornography by batterers significantly creased a battered woman’s odds of being sexually abused. Pornography use alone increased the odds by a factor of almost 2, and the combination of pornography and alcohol increased the odds of sexual abuse by a factor of 3. 46(Janet Hinson Shope, “When Words Are Not Enough: The Search for the Effect of Pornography on Abused Women,” Violence Against Women 10, no. [2004]: 56-72.) Other research has found that pornography use by batterers is associated with learning about sex through pornography, imitation of behaviors seen in pornography, comparison of women to pornography performers, introduction of other sexual partners, filming sexual acts without consent, and the broader culture of pornography (e.g., fetishes).” 47(Walter S. DeKeserey and Amanda Hall-Sanchez, “Adult
Pornography and Violence against Women in the Heartland: Results from a Rural Southeast Ohio Study,” Violence against Women [May 2016], 1-20.)

“Increased Marital Rape”:

“Males who use pornography and go to strip clubs were found to engage in more sexual abuse, stalking, and marital rape than abusers who did not use pornography and go to strip clubs.” 48(C. Simmons, P. Lehmann, and S. Collier-Tenison, “Linking Male Use of the Sex Industry to Controlling Behaviors in Violent Relationships: An Exploratory Analysis,” Violence Against Women 14, no. 4 [2008]: 406-417.)

“Sexual Harassment and Coercion”:

“A study of 804 Italian males and females aged 14 to 19, found that males who viewed pornography were significantly more likely to report having sexually harassed a peer or forcing someone to have sex.” 67(Bonino, ibid.)


BEHIND THE HARASSMENT SCANDALS, ANOTHER DIRTY LITTLE SECRET: PORNOGRAPHY

“…how to deal with sexual harassment and sexual violence in American society…”

“…recognizing that pornography consumption is a public health crisis…”

“Hugh Hefner…the ideal female is large-breasted, young, airbrushed and exists for their pleasure…”

“Porn powerfully imparts these lessons and more. According to Mary Anne Layden, director of the Sexual Trauma and Psychopathology Program at the University of Pennsylvania, porn is a particularly effective teacher precisely because learning is more permanent when our sympathetic nervous system is aroused, when what is being taught is reinforced through biological rewards, and when we see role models
performing the behavior. Porn does all of those things, stimulating its aroused viewers with dopamine surges while they watch actors engaging in sexual behavior on screen.”

“…researcher put it, “the heavy use of pornography skews the users’ perception of what is normal” in sex…”

“…late-2015 meta-analysis…”

“A late-2015 meta-analysis of the literature on sexual violence and pornography concluded that "pornography consumption [is] associated with an increased probability of the use or threat of force to obtain sex," and that both violent and nonviolent porn are implicated.”

“In 2009, researchers found that after controlling for prior tendencies, exposure to sexual media increased sexual aggressiveness in youth.”

“…the popular website Pornhub corroborate the addiction thesis. Visitors to the site last year streamed 99 gigabytes of video every second and viewed almost 92 billion videos in total, streaming 4.6 billion hours of porn. According to the website-ranking firm Alexa, Pornhub ranks ahead of Google and Netflix in the daily time each visitor spends on the site.”


CONGRESSIONAL FUND TO COVER-UP SEXUAL HARASSMENT

“…Harvey Weinstein…”.

“…Congressman John Conyers…”

“Since 1997, there have been more than 200 secret payouts, totaling $17 million. While not every payout in the fund is for sexual misconduct…”

“Surveys indicate 79 percent of American men between the ages of 18 and 30 admit to watching porn regularly. 67 percent of men between 31 and 49 admit to it. And concerning men from 50 to 68, 50 percent confess to regular porn viewing. One in three porn users is a woman.”
“The only thing more reprehensible than a Congressional cover-up fund for sexual allegations is the sheer existence of such a fund. Budgets reveal values and demonstrate foresight…”

“Our budget not only anticipates reprehensible behavior by our elected officials and their staff, they also plan to keep it private. Some can’t keep their hands to themselves but want to keep these despicable actions to themselves.”

(J. Nick Pitts PhD, My Faith Notes Newsletter, (VIA email from Mike Huckabee to Josh, December 7, 2017), (https://www.myfaithvotes.org/congressional-fund-to-cover-up-sexual-harassment/)

“Enough is Enough Campaign reports that 87 percent of convicted molesters of girls and 77 percent of convicted molesters of boys admit to using pornography, most often in the commission of their crimes.”


**Powerless to Say No? Study Looks at Teenage Girls and Sexting**

Of those who sent the photos, “more than 90%...engaged in what could be considered unwanted but consensual sexting to either prove their affections or avoid reproach or conflict with their partners.”

Even though the study did not provide much information about the men, other than their reported behavior, it’s clear from other studies that too many young men today view women as sexual objects and are confused about what constitutes acceptable behavior towards them.

We should ask why teenage boys are apparently so comfortable treating girls this way, and what role sexually explicit media, including widespread Internet porn, is playing in warping young people's attitudes about sex and the treatment of women. How did we get to the point where young women feel like, as one girl in this study put it, "It’s like I can’t have a real guy friend, or a real boyfriend without them asking for gross things"?
Pornography & Public Health Research Summary

“Teaches Users that Women Enjoy Sexual Violence and Degradation: Analysis of the 50 most popular pornographic videos (those bought and rented most often) found that 88% of scenes contained physical violence, and 49% contained verbal aggression. (Ana J. Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, “Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update,” Violence against Women 16, no. 10 (2010): 1065–1085.) Eighty-seven percent of aggressive acts were perpetrated against women, and 95% of their responses were either neutral or expressions of pleasure. (Ana J. Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, “Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update,” Violence against Women 16, no. 10 (2010): 1065–1085.) In a separate content analysis of free, Internet pornography, researchers found that nearly half of all videos in which two or more persons were present ended with the act of ejaculation on the face or mouth of a female by one or more males.” (Stacy Gorman, Elizabeth Monk-Turner, and Jennifer N. Fish, “Free Adult Internet Web Sites: How Prevalent Are Degrading Acts?” Gender Issues 27, no. 3-4 (2010): 131-45, doi:10.1007/s12147-010-9095-7.)

“Committing Sexual Offenses and Accepting Rape Myths: A meta-analysis of 46 studies reported that the effects of exposure to pornographic material are “clear and consistent,” and that pornography use puts people at increased risk for committing sexual offenses and accepting rape myths.” (Elizabeth Paolucci-Oddone, Mark Genuis, and Claudio Violato, “A Meta-Analysis of the Published Research on the Effects of Pornography,” The Changing Family and Child Development, ed. Claudio Violato, Elizabeth

“Increased Verbal and Physical Aggression: A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike.” (Paul J. Wright, Robert S. Tokunaga, and Ashley Kraus, “A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies,” Journal of Communication 66, no. 1 (February 2016): 183–205.)

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“Women as Sex Objects: Internet pornography is shown to normalize the notion that women are sex objects among both adolescent boys and girls.” (Jochen Peter and Patti Valkenburg, “Adolescent’s Exposure to a Sexualized Media Environment and Their Notions of Women as Sex Objects,” Sex Roles 56 (2007): 381-395; Jane D. Brown and Kelly L. L’Engle, “XRated: Sexual Attitudes and Behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media,” Communication Research 36, no. 1 (February 2009): 129-151.)

“Increased Marital Rape: Males who use pornography and go to strip clubs were found to engage in more sexual abuse, stalking, and marital rape than abusers who did not use pornography and go to strip clubs.” (C. Simmons, P. Lehmann, and S. Collier-Tenison, “Linking Male Use of the Sex Industry to Controlling Behaviors in Violent Relationships: An Exploratory Analysis,” Violence Against Women 14, no. 4 (2008): 406–417.)
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Today’s Pornography and the Crisis of Violence Against Women and Children

“Physical aggression, which included spanking, open-hand slapping, and gagging, occurred in over 88% of scenes, while expressions of verbal aggression—calling the woman names such as “bitch” or “slut”—were found in 48% of the scenes. The researchers concluded that 90% of scenes contained at least one aggressive act if both physical and verbal aggression were combined.” (3Bridges, A., Wosnitzer, R., Scharrer, E., Sun, C. & Liberman, R. (2010). Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update. Violence Against Women, 16, 1065-1085)

The link Between Pornography, Sex Trafficking, and Abortion

Prolonged exposure to pornography also has a desensitizing effect on viewers.49 In testimony before a U.S. Senate Committee, the American psychiatrist and author Dr. Jeffrey Satinover explained that “prolonged exposure to pornography trivializes rape as a criminal offense.”50


“A survey of more than 11,000 college-age women revealed that more than half were exposed to sexually explicit material by the age of 14.” (Luke Gilkerson, “How Many Women are Hooked on Porn? 10 Stats that May Shock you,” Covenant Eyes, August 30, 2013, accessed June 1, 2018, http://www.covenanteyes.com/2013/08/30/women-addicted-to-porn-stats/.)
Kanye West Admits to Objectifying Women in Porn, Despite Having Two Daughters

“In response, Kimmel asks Kanye, “Do you feel like your attitude towards women has changed since having daughters?” Kanye’s response: “Nah, I still look at Pornhub.” Kanye West should take a look in the mirror. On the one hand, he decries “pervs all on the [Inter]net” objectifying his daughters. On the other hand, he admits to going on the Internet to objectify other people’s daughters.”

[National Center for Sexual Exploitation, August 14, 2018, (https://endsexualexploitation.org/articles/kanye-west-objectifies-women-porn/)]

Pornography: A Public Health Crisis

“…for many, repeated exposure and use is correlated to problematic sexual behaviors that can lead to porn-induced erectile dysfunction, divorce or failed relationships, and sometimes sexually aggressive and violent behaviors.”

“IMPACT ON SEXUAL VIOLENCE:”

“Pornography Teaches that Women Enjoy Sexual Violence:”

“Analysis of the 50 most popular pornographic videos (those bought and rented most often) found that 88% of scenes contained physical violence, and 49% contained verbal aggression. ([iv] Ana J. Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, “Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update,” Violence against Women 16, no. 10 (2010): 1065–1085.)”
“Eighty-seven percent of aggressive acts were perpetrated against women, and 95% of their responses were either neutral or expressions of pleasure. ([v] Ibid.)”

“Pornography Is Linked to Increased Sexual Violence: A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike. ([vi] Paul J. Wright, Robert S. Tokunaga, and Ashley Kraus, “A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies,” Journal of Communication 66, no. 1 (February 2016): 183–205.)”

“Pornography Is Linked to Increased Female Sexual Victimization: A study of 14- to 19-year-olds found that females who watched pornographic videos were at significantly greater likelihood of being victims of sexual harassment or sexual assault. ([vii] Silvia Bonino, Silvia Ciairano, Emanuela Rabaglìette, and Elena Cattelino, “Use of Pornography and Self-Reported Engagement in Sexual Violence among Adolescents,” European Journal of Developmental Psychology 3, no. 3 (2006):265-288.)”

[National Center on Sexual Exploitation, Pornography: A Public Health Crisis, July 14, 2015, (https://endsexualexploitation.org/publichealth/#_edn2)]

**The Porn Phenomenon**

“believe porn is ‘bad for society,’ but those attitudes are shifting toward neutrality or ‘good for society’ among younger generations.”

“When they talk about porn with friends, 89% of teens, and 95% of young adults say they do so in a neutral, accepting, or encouraging way. That is, only one in 20 young adults and one in 10 teens say their friends think viewing pornography is a bad thing.”
“Teens & young adults view ‘not recycling’ as more immoral than viewing porn.”

“32% say viewing porn is ‘usually or always wrong’ compared to 56% who say not recycling is ‘usually or always wrong.’”


**Sexually Abused at a Sleepover – 5 Lessons for Parents**

*According to a 2017 article from The Guardian:*

“Almost 30,000 reports of children sexually assaulting other youngsters, including 2,625 alleged attacks on school premises, have been made to police in the last four years, figures reveal.”

“The data released by 38 of the 43 forces in England and Wales, in response to freedom of information requests, showed reports of so-called “peer on peer” abuse rose from 4,603 in 2013 to 7,866 last year – an increase of 71%.”

“A friend of mine who works for a local non-profit agency that assesses and counsels minors who have committed sexual offenses against other minors reported to me that for all cases during the year 2016, all of the offenders had one thing in common – they experienced early exposure to pornography (early = elementary school).”

“First observed in primates, mirror neurons represent a special class of neurons that activate both when an individual performs an action and also when that same individual observes an action performed by someone else.”

“According to a 2012 publication in the Journal of Natural Science, Biology and Medicine, Drs. Sourya Acharya and Samarth Shukla state, “In humans, brain activity consistent with that of mirror neurons has been found in the
premotor cortex, the supplementary motor area, the primary somatosensory cortex, and the inferior parietal cortex.”"

“Therefore, I yawn when someone else yawns. I smile when someone else smiles. And, yes, they likely account for a child’s uncanny ability to mimic that which he/she observes with amazing precision.”

“In other words, a child who sees pornography is likely to have a strong desire to want to try whatever he or she observed. Not because they’re bad kids, but because there may be a neurological tug to do so.”

[Chris McKenna, Sexually Abused at a Sleepover – 5 lessons for Parents, Protect Young Eyes, no blog date, https://protectyoungeyes.com/sexually-abused-at-a-sleepover-5-lessons-for-parents/]

**Pornography & Public Health Research Summary**

“Young Age of First Exposure: A study of university students found that 93% of boys and 62% of girls had seen Internet pornography during adolescence. (Chiara Sabina, Janis Wolak, and David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior 11, no. 6 (2008):691–693. ) … Another sample has shown that among college males, nearly 49% first encountered pornography before age 13. (Chyng Sun, Ana Bridges, Jennifer Johnson, and Matt Ezzell, “Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations,” Archives of Sexual Behavior 45, no. 4 (May, 2016): 983–94.)”

“…that 64% of young people, ages 13–24, actively seek out pornography weekly or more often. (Barna Group, The Porn Phenomenon: The Impact of Pornography in the Digital Age, (Ventura, CA: Josh McDowell Ministry, 2016).) A popular tube site reports that in 2016, people watched 4.6 billion hours of pornography on its site alone; (Pornhub, “Pornhub’s 2016 Year in Review,” (2016).) 61% of visits occurred via smartphone. (Pornhub, “Pornhub’s 2016 Year in Review,” (2016).)”
“Private Behavior with Public Consequences/Porn Users Shape Culture”

“…a broad array of harms that adversely impact the public health of the nation. These include higher incidence of STIs, increased verbal and physical sexual aggression, acceptance of rape myths, risky sexual behaviors among adolescents, reduced impulse control and reckless decision making, increased sexual dysfunction, and more.”

“…as sex with animals (i.e. zoophilia), excretory activities (i.e. coprophilia/urophilia), and violence against women, including rape (i.e. biastophilia) and torture (i.e. algolania). (Robert Peters, “How Adult Pornography Contributes to Sexual Exploitation of Children” (September 2009); Foubert, ibid; Ana Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, “Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update,” Violence Against Women 16, no. 10 (2010): 1065-1085; Gail Dines, ibid.)

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“Harm to Young Brains: A survey of 813 U.S. teens and young adults (13–25), found that 26% of adolescents aged 13–17 actively seek out pornography weekly or more often. (Barna Group, The Porn Phenomenon: The Impact of Pornography in the Digital Age, (Ventura, CA: Josh McDowell Ministry, 2016).) **Research has demonstrated that children are more susceptible than adults to addictions and to developmental effects on the brain.**” (Frances E. Jensen with Amy Ellis Nutt, The Teenage Brain: A Neuroscientist’s Survival Guild to Raising Adolescents and Young Adults, (New York: Harper Collins, 2015); Tamara L. Doremus-Fitzwater, Elena I. Varlinskaya, and Linda P. Spear, “Motivational Systems in Adolescence: Possible Implications for Age Differences in Substance Abuse and Other Risk-Taking Behaviors,” Brain and Cognition 71, no. 1 2010):114–123.)

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Sending Sexually Explicit Images: A survey of 4,564 adolescents aged 14–17 in five European countries found that viewing Internet pornography is significantly associated with an increased probability of having sent sexual images and messages (sexting) among boys. (Nicky Stanley et al., “Pornography, Sexual Coercion and Abuse and Sexting in Young People’s Intimate Relationships: A European Study,” Journal of Interpersonal Violence (2016): 1–26.) A separate survey of 617 college freshman found that 30% of participants sent nude pictures at some time during high
school; 45% had received nude pictures on their cell phones. The most important motivation for sexting was coercion such as blackmail or threats. About half of all sexting may be coercive. (Elizabeth Englander, Low Risk Associated with Most Teenage Sexting: A Study of 617 18-Year-Olds, (Massachusetts Aggression Reduction Center, 2012).)

“A recent UK survey found that 44% of males aged 11–16 who viewed pornography reported that online pornography gave them ideas about the type of sex they wanted to try.” (Elena Martellozzo et al., “‘I Wasn’t Sure It Was Normal To Watch It . . .’ A Quantitative and Qualitative Examination of the Impact of Online Pornography on the Values, Attitudes, Beliefs and Behaviours of Children and Young People,” London: Middlesex University (2016), https://www.mdx.ac.uk/__data/assets/pdf_file/0021/223266/MDX-NSPCC-OCC-pornography-report.pdf (accessed August 7, 2016).)


“Future Use of Deviant Pornography: A 2013 survey of a general population of Internet pornography users revealed that those who intentionally sought pornography at a younger age were significantly more likely to be users of pornography exhibiting the sexual abuse of animals and children.” (Kathryn C. Seigfried-Spellar and Marcus K. Rogers, “Does Deviant Pornography Use Follow a Guttman-like Progression,” Computers in Human Behavior 29 (2013): 1997–2003.)

“Sex with Younger Adolescents: In a cross-sectional study of 710 Norwegian 18- to 19-year-olds, 19.1% of males who indicated some likelihood of having sex with a 13- to 14-year old also reported more high-frequency use of pornography and having more friends with an interest in child pornography and violent pornography.” (Kristinn Henga, Svein Mossige, and Lars Wichstrom, “Older Adolescents’ Positive Attitudes
toward Younger Adolescents as Sexual Partners,” Adolescence 39, no. 156, (2004): 627-651.)

“Domestic Violence & Sexual Abuse: The use of pornography by batterers significantly increased a battered woman’s odds of being sexually abused. Pornography use alone increased the odds by a factor of almost 2, and the combination of pornography and alcohol increased the odds of sexual abuse by a factor of 3.” (Janet Hinson Shope, “When Words Are Not Enough: The Search for the Effect of Pornography on Abused Women,” Violence Against Women 10, no. 1 (2004): 56–72.)

Frequent users of pornography viewed all forms of pornography more often, especially advanced or more deviant forms of pornography including violence and sexual abuse of children and animals. (66 Ibid. Svedin, see 65 above.)

Sexual Harassment and Coercion: A study of 804 Italian males and females aged 14 to 19, found that males who viewed pornography were significantly more likely to report having sexually harassed a peer or forcing someone to have sex. (67 Bonino, Silvia, Elena Cattelino, Silvia Ciairano, and Emanuela Rabagliette. “Use of Pornography and Self-Reported Engagement in Sexual Violence among Adolescents.” European Journal of Developmental Psychology 3, no. 3 (2006): 265- 288. doi:10.1080/17405620600562359.)

A rape pandemic has hit India, and people are blaming pornography

“September 4, 2018 (LifeSiteNews) – For some years now, the rise of sexual violence in India has been attracting international attention, triggering massive protests, and shocking millions with grisly tales of brutal gang rapes—some of them occurring in public and in broad daylight.

Headlines of this sort occur almost daily in India now, with India’s Supreme Court even asking a tragic and plaintive question in early August: “What is to be done? Girls and women are getting raped left, right, and centre.”
“The specific case the Court was referring to was of thirty girls in a Bihar shelter who, allegedly, were sexually abused over a number of years. The abuse was exposed by a ten-year-old child who fled to a police station to beg for assistance, where she told law enforcement that men came to pick up girls from the shelter and returned them hours later, broken and sobbing. According to Justice Madan Lokur, “a woman is raped every six hours in India”—and many of these abuses are taking place in the very shelters founded for their protection.”

“Mari Marcel Thekaekara, a human rights activist based in Gudalar, Tamil Nadu, has an unpopular take on this ugly state of affairs that has not received the media attention typically accorded to these atrocities. The president of the Nilgiris chapter of the All India Women’s Conference, Thekaekara recently wrote an editorial in The Guardian with a blunt title: “Sexual violence is the new normal in India—and pornography is to blame.” Her analysis is incredibly damning. The world hears about the rapes, she wrote, but where is this rise in sexual violence coming from?”

“She reports speaking to one social worker in the province of tribal Jharkhand, who notes that “rape is now rampant”—but that there is more to the story:”

“Boys as young as 10 download pornography from mobile phone shops for as little as 10 rupees (12p). The combination of endless, violent porn videos and alcohol appears to be a lethal trigger for many rapes in India— a country where traditional Hindu, Muslim, Christian and Sikh society strictly forbids not just sex outside marriage but any mixing of the sexes in towns and villages. Arranged marriages are still the norm across all religions. For repressed men to be fed a constant diet of porn on their phones is a recipe for disaster.”

“The infamous gang rape of a 23-year-old student in Delhi in 2012 that led the city to be called the “rape capital of the world” was carried out by six men who had just been watching violent porn while drinking alcohol, another taboo in orthodox Indian families.”
“Enakshi Ganguly Thukral, a child rights activist for nearly 30 years, told me: “Society is being sexualised, there is sexual content everywhere, in films and music. Rampant, vicious porn is easily available to children. Middle-class families may monitor what their kids watch, but uneducated and illiterate people haven’t a clue about what their kids see on their phones. The vegetable vendor near my house sits glued to his mobile all day. Two young boys with one wire plugged into an ear each, sharing a video. I can assure you they are not watching the news.”

“Thukral, like me, is depressed. “Why should the supreme court publicly lament the situation?” she said. “We look to the supreme court for solutions, not laments. It needs to see that implementation of laws regarding women’s safety is stringently carried out.”

“For decades, women’s groups have fought long and hard to put safety measures in place through special laws. But where is the proper governance and monitoring of juvenile homes and women’s shelters? We have special police now, to check on internet crime, harassment and abuse. How do we protect children and women from predators and harmful porn?”

“My liberal friends have fought for civil liberties and freedom of expression over the years. As a journalist I support that. But grassroots activists like me are increasingly sick of liberals fighting for freedom to watch violent, sadistic porn. One tired human rights defender said: “It’s hard to stomach glib sermons on the right to freedom to use a potential ‘driver of rape’ [porn] when faced with a wounded, bleeding raped woman or child.”

“Thekaekara is precisely right. Those of us who have spent time with the victims of porn-inspired sexual assaults now see pornography as the ugly and vicious poison that it is. Her analysis is to the point: “It’s time for the courts and the government to look seriously at how we can clamp down on porn in India.” And why? Put simply, to protect women and children. Once you have looked a broken-hearted girl in the face, empty tropes about the “freedom” to watch videos in which multiple men physically destroy a girl in
the most degrading way the human mind can conjure stop sounding like principled libertarianism and begin to sound genuinely insidious.

“There are still those who insist that pornography is a benign and solo sexual activity, but their flimsy protestations are being swept away by a tidal wave of evidence. As Dr. John Foubert, the author of a sweeping meta-analysis on pornography titled Porn Harms, has pointed out, over fifty studies have now established a connection between porn and sexual violence—and the statistical chance that this connection does not exist is one in 88 decillion.”

“When I debated Dr. Annalise Trudell on the social impact of porn on the Andrew Lawton Show last year, even she admitted that she has worked with many girls who have been the victims of porn-inspired assaults. Although she was arguing for the pro-porn position, by the end of the debate she agreed with me that most pornography is genuinely harmful.”

“It is long past time for nations around the world to look at the damage being inflicted by Internet pornography and ask an important question: Is permitting the widespread availability of this material worth the cost? Is it worth the brutalized women and children, the broken marriages, the shredded social fabric of society, and the normalization of sexual violence? Or is it perhaps time that we began to treat pornography like any other toxic substance?”


How Porn is Changing a Generation of Girls

“…means eroticizing the degradation of women. In a study of behaviors in popular porn, nearly 90% of 304 random scenes contained physical
aggression toward women, who nearly always responded neutrally or with pleasure.”

“Over 40% of children ages 10 to 17 have been exposed to porn online, many accidentally. By college, according to a survey of more than 800 students titled "Generation XXX," 90% of men and one-third of women had viewed porn during the preceding year. Even if what kids watch is utterly vanilla, they're still learning that women's sexuality exists for the benefit of men. An 11th-grade girl confided to me, "I watch porn because I'm a virgin and I want to figure out how sex works."

“There is some indication that porn has a liberalizing effect: heterosexual male users are more likely than their peers to approve of same-sex marriage. On the other hand, they're less likely to support affirmative action for women. And porn users are also more likely than their peers to measure their masculinity, social status and self-worth by their ability to score with "hot" women.”

“Perhaps because it depicts aggression as sexy, porn also seems to desensitize: female porn users are less likely to intervene when seeing another woman being threatened or assaulted and are slower to recognize when they're in danger themselves. Boys, not surprisingly, use porn more than girls. Slightly under half of male college students use it weekly; only 3% of females do.”


**Today’s Pornography and the Crisis of Violence Against Women and Children**

“Youth with greater pornography exposure have been found more likely to: (For a more detailed account of the studies, see Owens, E.W., Behun, R., Manning, J., & Reid, R. (2012). The impact of Internet pornography on adolescents: A review of the research. Sexual Addiction and Compulsivity 19, 99-122)
• have sex at a younger age
• engage in risky sexual behavior
• have negative attitudes toward using condoms
• have oral sex, anal sex, and sex with multiple partners, which increases their risk for sexually transmitted infections
• view women as sex objects
• have attitudes that support violence against women
• believe “rape myths” - beliefs that justify or defend rape
• report decreased empathy for rape victims
• choose not to intervene when witnessing college sexual assault
• have increasingly aggressive behavioral tendencies
• report increased interest in coercing partners into unwanted sex acts
• experience increased difficulty in developing intimate relationships with partners
• report decreased sexual interest in their girlfriends or wives
• develop compulsive Internet use


“According to a 2017 report from a popular porn site, the number one search was “Porn for Women” – “a term that saw 359 percent growth among female users between 2016 and 2017.” (“Current Porn Statistics,” The Road to Grace, accessed June 1, 2018, http://www.roadtograce.net/current-porn-statistics/.)

“This porn site also reported that females accounted for 26 percent of visitors to the site.” (“Current Porn Statistics,” The Road to Grace, accessed June 1, 2018, http://www.roadtograce.net/current-porn-statistics/.)

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Just as it spawns rape, porn fuels child abuse too horrific to describe

“For over a decade, millions of people in our pornified Western culture have been pumping millions of hours of sadistic sexually violent scenes into their skulls, all the while claiming in defiance of all the evidence that this exploding social lust for abuse and degradation has no real-world consequences once the screen has faded to black. This is despite the fact that nearly 90 percent of mainstream porn content now features violence against women—and most of it also includes name-calling so vicious that some scholars are saying it reaches the threshold of hate speech. And despite the insistence of porn users that this fascination with the on-screen destruction of the feminine does not bleed into real life, that is unfortunately and provably not true. (Jonathon Van Maren, “Just as it spawns rape, porn fuels child abuse too horrific to describe, The Bridgehead, September 12, 2018, https://thebridgehead.ca/2018/09/12/just-as-it-spawns-rape-porn-fuels-child-abuse-too-horrific-to-describe/)
As I noted last week, violent porn is one of the key factors in India’s ongoing rape crisis. In the United Kingdom, violent porn has spawned an explosion of child-on-child sexual assaults. Pornography is grooming a generation of young men to be sexual predators, and it is grooming a generation of young women to be the victims of sexual violence.” (Jonathon Van Maren, “Just as it spawns rape, porn fuels child abuse too horrific to describe, The Bridgehead, September 12, 2018, https://thebridgehead.ca/2018/09/12/just-as-it-spawns-rape-porn-fuels-child-abuse-too-horrific-to-describe/)

“Most people remain unaware that pornography is not only a huge driver of sexual assault, but also plays a key role in the abuse of children.” (Jonathon Van Maren, “Just as it spawns rape, porn fuels child abuse too horrific to describe, The Bridgehead, September 12, 2018, https://thebridgehead.ca/2018/09/12/just-as-it-spawns-rape-porn-fuels-child-abuse-too-horrific-to-describe/)

“I’ve seen it firsthand in a couple of different areas,” he said of the connection between porn and child exploitation. “One of the first operations I led in Armenia, Columbia back in October of 2014, we helped take a suspected trafficker in that area who admitted to us...how he got involved in this type of business. He said that when he was 22 years old, he started watching pornography, looking at magazines and videos, and then he just noticed that he needed more and more hard-core, more and more violent pornography to get his fix, so to speak.” (Jonathon Van Maren, “Just as it spawns rape, porn fuels child abuse too horrific to describe, The Bridgehead, September 12, 2018, https://thebridgehead.ca/2018/09/12/just-as-it-spawns-rape-porn-fuels-child-abuse-too-horrific-to-describe/)

“Then he also realized that he needed to physically have forceful sex with these kids, rape them—he’s admitting this to us,” Osborne told me. “And then he actually got in to making pornography. So you see this whole spectrum here—the ‘harmless’ magazine all the way to having to make pornography. Then some of the American would-be sex buyers we helped to arrest with the Department of Homeland Security, they admitted to us
that again, they started with what they thought was harmless pornography and then it got to the point where they actually had to travel to locations to have sex with kids. A couple of them told us, ‘I don’t think I would be here if it wasn’t for pornography.’” (Jonathon Van Maren, “Just as it spawns rape, porn fuels child abuse too horrific to describe, The Bridgehead, September 12, 2018, https://thebridgehead.ca/2018/09/12/just-as-it-spawns-rape-porn-fuels-child-abuse-too-horrific-to-describe/)

“Bluntly put: Pornography is a cultural poison with countless victims, and these victims are largely ignored because “sexual liberation” demands that we never critique someone’s sexual interests—even if that happens to be watching violence being inflicted on women and girls for pleasure. This is a sick and disgusting state of affairs, and it is long past time for us to have an open and honest discussion about what pornography tells us about ourselves, both individually and collectively. It is time for us to take the advice of Langston Hughes…” (Jonathon Van Maren, “Just as it spawns rape, porn fuels child abuse too horrific to describe, The Bridgehead, September 12, 2018, https://thebridgehead.ca/2018/09/12/just-as-it-spawns-rape-porn-fuels-child-abuse-too-horrific-to-describe/)

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Ben Bennett

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For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

- IGen for Jesus
- Overcoming Sin & Setbacks
- You, Me, We
- Wholeness In A Sex Saturated World
- Relevant, Reliable, Relational: The Bible?
WHO’S TALKING ABOUT BEN?

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-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

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-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

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Jake Kissack

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

- When God Talks
- Empowered to Live Life Fully Alive
- Connections that Count
- Wholeness in A Sex Saturated World
- Unshakeable Truth
- Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant. Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

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Alex McClellan

ALEX McCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

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  Plano, TX 75075
Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey Self Image | Sexual Integrity | Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
- Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
- Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
- Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
- Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books--some in over 100 languages--and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

For more information and to book Josh please contact:

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VIRTUAL REALITY

“…human brains are actually being merged with computer intelligence. Rather than viewing games on a screen, users can now experience the program from within their own nervous systems; as though it were an extension of their mind…procedure inserts nanobots…”


“When the user wishes to experience a simulated reality, … suppressing all of the inputs coming from the real senses and replacing them with signals corresponding to the virtual environment…”


“The initial filming struggles prompted VirtualRealPorn to build its own custom cameras to shoot in 360-degree stereoscopic 3D. ‘There are many things to change in the shooting regarding the actor and actress positions,
"GoPro Inc. GPRO, +1.12% became the first mainstream consumer technology company to try and bring virtual-reality production capabilities to everyone when it announced a cube shaped mount in May that can hold six of its action cameras. The footage can be pieced together into 360-degree video segments using technology from Kolor, a virtual-reality production company GoPro bought at the end of April. But for what it's worth, virtual-reality production remains in infant stages." (Jennifer Booton, "Porn industry's billion-dollar new frontier", Market Watch, July 26, 2015, http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15)

"...designed to be so powerful and immersive it tricks people into believing they are fully present in a simulated world. The porn industry has taken that step further, partnering with makers of digitally-connected sex toys – a budding field known as teledildonics – to sync virtual videos with the physical movements of toys." (Jennifer Booton, "Porn industry's billion-dollar new frontier", Market Watch, July 26, 2015, http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15)

"You'll put on 3D glasses and the woman or man will proposition you. And in some cases it'll be interactive – you could say 'Take off your clothes'. (Stuart Jeffries, "Psychologist Philip Zimbardo: 'Boys Risk Becoming Addicted to Porn, Video Games and Ritalin'", The Guardian, May 9, 2015, http://www.theguardian.com/lifeandstyle/2015/may/09/philip-zimbardo-boys-are-a-mess)

A popular cam site is hoping that our brave new world of high-tech lovin' has plenty of people in it that want virtual 'sex' with cam models. Next month, CamSoda is launching a new virtual-reality (VR) platform that will allow patrons to physically 'interact' with performers via teledildonics, a.k.a. connected and coordinating sex toys--technology that's long been bound by patent law, but which soon may finally be let loose.

The site aims to give visitors the fuller VR experience thanks to 'female'- and 'male'-designed stimulators from Kiiroo, which feed "pressure data" from a female performer's toy to a remote viewer's responsive male masturbator, or 'sleeve,' in real time. According to the company, "This
replicates a real life experience creating pulsating vibrations on each end with each person." CamSoda president Daron Lundeen explained in a press release, "We want to provide our users with a unique experience that constantly stimulates their imagination."

CamSoda already maintains a house-ful of brick-and-mortar chat rooms for VR-ready and more traditional performances, and promises to staff "a diverse team of models to entertain viewers at all times" with the new platform's launch. Tech-savvy fans of the site can also look forward to weekly "special events," the company boasts, "pushing the limits of virtual reality and bringing the user into the models’ world."

In addition to previously unknown realms of self-pleasure, perhaps, the platform's launch may herald an era of new action in the teledildonics industry after years of drought. Over the past decade or so, sex-tech innovators such as FriXion, Vibease, LovePalz, OhMiBod, and Comingle have found their various forays into teledildonics blocked by a wide-ranging patent on such technology, Ars Technica explains. As The Verge points out, however, the rights held by one HasSex, Inc.--"[which] seems to have been created solely for the purpose of licensing this very patent," according to the tech news site--is nearing its end.

The service launches August 1, and would-be participants can get the gear they'll need for remote stimulation from CamSoda's site. If VR cam sex doesn't pan out, of course, users can still utilize their Kiiroo Onyx or Pearl device for remote encounters with real-life partners, and with other strangers and performers via Kiiroo's own platforms (no word yet on female-focused virtual sessions in the CamSoda House). According to Engadget, the company's current VR platform (sans teledildonics) leaves a fair bit to be desired, and has encountered such mood-altering glitches as connection problems, stream lags, and even a cameo from "a large, male crew member [stepping] on set to adjust a piece of equipment."
Only time and perhaps biofeedback data will tell whether such remote-controlled 'mutual' masturbation plays a big role in future sexuality, but the platform may have critics of VR-overload worrying in the mean time that maybe T.S. Eliot was wrong—that our world does, in fact, end with a bang. (Forbes, July 21, 2016, “This VR Platform Invites Users To Have Virtual Sex With Real Performers,” https://www.forbes.com/sites/janetwburns/2016/07/21/teledildonics-platform-lets-you-have-virtual-sex-with-performers/#4429631238c5)
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SGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible
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seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a
developing author, speaker, storyteller and evangelist, supporting the health and
restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends
and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and
shining the light of Christ into the darkest places, and helping believers be prepared
to share with confidence, knowing the reason why Christianity is reliable, relational
and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information and to book Jake please contact:

Jacob.Kissak@cru.org
www.josh.org/Jake
307-299-3208
2001 W Plano Pkwy, Ste 2400
Plano, TX 75075
Alex McClellan

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life | Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more...
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:

Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

For more information and to book Alex please contact:

Alex@josh.org
www.josh.org/Alex

469-440-9152
2001 W Plano Pkwy, Ste 2400
Plano, TX 75075
Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Thank a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey
Self Image | Sexual Integrity | Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
- Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

For more information and to book Josh please contact:
johnnettleton@gmail.com
www.josh.org/event/request-josh/
417-334-8056
2001 W. Plano Pkwy, Ste 2400
Plano, TX 75075
Voices Against Pornography
Voices Against Pornography: Who are some of the Men and Women Seeking Solutions to the Issue of Pornography and What Are Their Works?

Contents

<table>
<thead>
<tr>
<th>Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anderson, Kristen</td>
<td>3</td>
</tr>
<tr>
<td>Black, Nicholas</td>
<td>3</td>
</tr>
<tr>
<td>Challies</td>
<td>3</td>
</tr>
<tr>
<td>Chen, Brian X</td>
<td>4</td>
</tr>
<tr>
<td>Scott Christian</td>
<td>4</td>
</tr>
<tr>
<td>Fradd, Matt</td>
<td>5</td>
</tr>
<tr>
<td>Gilkerson, Luke</td>
<td>5</td>
</tr>
<tr>
<td>Harvest USA</td>
<td>7</td>
</tr>
<tr>
<td>Healthy Sandy Partnership</td>
<td>7</td>
</tr>
<tr>
<td>Herbst, Nate</td>
<td>8</td>
</tr>
<tr>
<td>Hesch, Joel</td>
<td>8</td>
</tr>
<tr>
<td>Hilton, Donald L. Jr.</td>
<td>9</td>
</tr>
<tr>
<td>Korson, Gerald</td>
<td>10</td>
</tr>
<tr>
<td>Mahle, Dan</td>
<td>10</td>
</tr>
<tr>
<td>Monroe, Phil</td>
<td>11</td>
</tr>
<tr>
<td>Piper, John</td>
<td>11</td>
</tr>
<tr>
<td>Ruse, Cathy Cleaver</td>
<td>12</td>
</tr>
<tr>
<td>Russell, Sean</td>
<td>12</td>
</tr>
<tr>
<td>Saunders, Martin</td>
<td>13</td>
</tr>
<tr>
<td>Schroering, Heather</td>
<td>13</td>
</tr>
<tr>
<td>White, David</td>
<td>14</td>
</tr>
<tr>
<td>Wilson, Gary</td>
<td>14</td>
</tr>
<tr>
<td>Works Cited:</td>
<td>16</td>
</tr>
<tr>
<td>Ben Bennett Bio</td>
<td>18</td>
</tr>
<tr>
<td>Jake Kissack Bio</td>
<td>20</td>
</tr>
<tr>
<td>Alex McClellan Bio</td>
<td>22</td>
</tr>
<tr>
<td>Josh McDowell Bio</td>
<td>24</td>
</tr>
</tbody>
</table>
Anderson, Kristen
Kristen Anderson is the D.C. correspondent for LifeSiteNews.com. Her work on pornography includes:

Articles:
“GQ Magazine Tells Men: Quit Watching Porn before it Ruins your Sex Life”
Available at: https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life

“Google Reverses Itself, won’t Block Porn on Blogger from Public Searches after all”
Available at: https://www.lifesitenews.com/news/google-reverses-itself-wont-block-porn-on-blogger-from-public-searches-after

“College Freshman Charged with Rape says he was just Re-Enacting ‘Fifty Shades of Grey’”
Available at: https://www.lifesitenews.com/news/college-freshman-charged-with-rape-says-he-was-just-re-enacting-50-shades-o

“The Real Reason 50 Shades is so Wildly Popular (HINT: It’s not the Sex)”
Available at: https://www.lifesitenews.com/blogs/the-real-reason-50-shades-is-so-wildly-popular-hint-its-not-the-sex

“Ninth Circuit Upholds L.A. Law Requiring Condoms for Porn Actors”
Available at: https://www.lifesitenews.com/news/ninth-circuit-upholds-l.a.-law-requiring-condoms-for-porn-actors

Black, Nicholas
Nicholas Black serves as the education and resources director at Harvest USA. Nicholas’ work at Harvest includes overseeing the editing and writing of all Harvest’s publications. Nicholas is a ruling elder of the Presbyterian Church in America and previously served for fourteen years as the shepherding and childrens’ pastor at New Life Presbyterian Church in Glenside, PA. Nicholas co-leads the Finding Sexual Sanity in a Sex-Crazed Culture seminar and is the author of:

Article:
“The Normalization of Porn in the Church: What The Church Needs to Do Now”

Challies
Challies is a Christian blogger and founder of Challies.com who lives with his wife and three children in Toronto, Ontario. Challies is an elder at Grace Fellowship Church and the co-founder of Cruciform Press where he currently works as a book reviewer. Challies is the author of many works on the pornography issue including:
Books:
*Sexual Detox: A Guide For Guys Who Are Sick of Porn*
*The Next Story: Life and Faith After the Digital Explosion*
*Visual Theology: Seeing and Understanding the Truth About God*

Articles:
“8 Sins You Commit Whenever You Look at Porn”
“Ask Me Anything (Abortion, 13 Reasons Why, Local Church, Cartoon Pornography, etc)”
“10 Ugly Numbers Describing Pornography Use in 2017”
“5 Ways Porn Lies To You”
“The Bestsellers: Every Man’s Battle”
“Before the Birds and the Bees”
“Letters to the Editor #7 (Homemaking, Plausibility, Porn)”
“A Simple But Life-Changing Realization”
“Protect Your Family With Circle”
“My Wife’s Plea to Christian Men”
“Ashley Madison and Who You Are Online”
“The Voice of the Masculine”
“10 Articles on Pornography”
“The Most Difficult Time to Lead”
“Please Don’t Give Them Porn for Christmas”
“Purity Is Possible.”
Available at: [https://www.challies.com/tag/pornography](https://www.challies.com/tag/pornography)

**Chen, Brian X.**
Brian X. Chen lives in San Francisco and is the lead consumer technology writer for the *New York Times*. Chen also writes reviews on products and other articles for *Tech Fix*. Chen previously reported for *Wired* on Apple and other movements in the wireless industry. His work on the subject of pornography includes:

Article:
“For Parental Controls, iPhones Beat Androids”
Available at: [https://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0](https://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

**Scott Christian**
Scott Christian an author for *GQ* magazine.

Article:
“10 Reasons Why You Should Quit Watching Porn”
Fradd, Matt
Matt Fradd is a Catholic apologist and speaker who speaks to tens of thousands of people every year. Matt also serves as the executive director of the theporneffect.com. His work on pornography includes:

**Books:**
Delivered: True Stories of Men and Women who Turned From Porn to Purity.
Restored: True Stories of Love and Trust After Porn – this book contains stories of couples struggling with the porn issue. It serves a great resource for the wives of those struggling with pornography.

**Web Resources:**
http://theporneffect.com/ - this website features many articles and videos designed to help men and women break free from pornography. It also has a place where you can ask any question you have about pornography and get an expert’s answer.

**Articles:**
“6 Ways to Protect your Kids from Porn”
“My Hour Long Radio Debate On Pornography”
“A Creative Way To Give Up Porn This Lent (and Afterwards!)”
“Should We Stop Calling Porn an Addiction?”
“A Meditation on the Reality of Porn Through The Lens of Dante”
“My Back and Forth With Cosmo Author”
“Why I No Longer Work for Covenant Eyes . . . but Still Promote the Heck Out of Them”
“Pamela Anderson: I was molested and raped as a child”
Available at: http://mattfradd.com/category/pornography/

Gilkerson, Luke
Luke Gilkerson is currently one of the primary authors of IntoxicatedOnLife.com. Luke previously worked as a campus minister at the University of Toledo and as the educational resource manager at Covenant Eyes. Luke holds a BA in philosophy and an MA in religion from the Reformed Theological Seminary. His resources on pornography include:

**Books:**
The Talk: 7 Lessons to Introduce Your Child to Biblical Sexuality

**Articles:**
“The #1 Mistake Christians Parents Make When Talking About Puberty”
Available at: http://www.intoxicatedonlife.com/having-the-talk-day1-1

“What if my Child is Addicted to Porn?”
Available at: http://www.covenanteyes.com/2014/01/15/child-addicted-porn/
“10 Surprising Pornography Stats”
Available at: http://www.covenanteyes.com/2013/09/10/10-surprising-pornography-stats/

“Porn Use as Grounds for Divorce: How My Opinion Changed”
Available at: http://www.covenanteyes.com/2015/10/08/porn-use-as-grounds-for-divorce-how-my-opinion-changed/

“Why Some Christians Dislike Covenant Eyes”
Available at: http://www.covenanteyes.com/2008/01/07/why-some-christians-dislike-covenant-eyes/

“Be Aware: Porn Harms – How Is Pornography Linked to Sex Trafficking?”
Available at: http://www.covenanteyes.com/2011/07/25/be-aware-porn-harms-how-is-pornography-linked-to-sex-trafficking/

“Updated Pornography Statistics”
Available at: http://www.covenanteyes.com/2010/01/06/updated-pornography-statistics/

“Yes, Using Porn is Cheating. Here’s Why”
Available at: http://www.covenanteyes.com/2015/01/19/using-porn-is-cheating/

“Four Reasons Men Like Porn”
“The Missing Ingredient for Sexual Purity”
“4 Strategies from Proverbs for Breaking the Grip of Porn”
“4 Approaches to the Use of the Label ‘Porn Addiction’”
“Porn-Free Home: 3 Proven Tactics for Proactive Parents”
“14 Gospel Promises That Trump the Power of Lust: A Buzz Better Than Porn”
“5 Things Your Teen Must Hear You Say about Porn”
“Enslaved to Porn: Why I Returned Again and Again to Pornography”
“3 Healthy Tensions in Porn Addiction Groups”
“3 Critical Steps to Making a Covenant with Your Eyes and Overcoming Lust”
“7 Dangers of the Internet for Kids”
“5 Internet Monitoring Approaches for Parents”
Available at: https://biblicalcounselingcoalition.org/author/lukegilkerson/ and https://biblicalcounselingcoalition.org/author/lukegilkerson/page/2/

Video:
video series on having the talk with your kids
Available at: http://www.intoxicatedonlife.com/having-the-talk-day1-1

Audio:
Your Brain On Porn – Interview with Dr. William Struthers
Harvest USA
Harvest USA is a ministry that seeks to care for sexually hurting people in Jesus’ name while equipping churches to minister in a sexually broken world. Harvest USA began in 1983 as an outreach to the homosexual community but has now expanded their mission to include all kinds of sexual struggles including pornography and sexual addictions. At their website, HarvestUSA.org, the ministers of Harvest provide hundreds of blog articles designed to help people grow in their faith and conquer sexual addiction. They also offer a free call-in service for those seeking help with pornography, homosexuality, sexual addiction, or other sex related struggles. For those doing ministry, Harvest features a wide variety of articles and materials on ministering to the sexually broken. In addition to these resources, Harvest also runs events designed to raise awareness concerning the sexual problems in our culture today and provide training/consulting services for those seeking to minister to the sexually broken. Harvest’s resources on pornography include:

Articles and Videos:
Available at: [http://www.harvestusa.org/category/pornography/](http://www.harvestusa.org/category/pornography/)

Free Call-in Service – designed for those dealing with pornography, homosexuality, or sexual addiction.
Available at: [http://www.harvestusa.org/get-help-for-yourself/](http://www.harvestusa.org/get-help-for-yourself/)

Seminars - Information on bringing in harvest for a seminar on pornography/sexual issues
Available at: [http://www.harvestusa.org/harvest-usa-seminar-resources/](http://www.harvestusa.org/harvest-usa-seminar-resources/)

Leaders/students Guide – designed for leading small groups on pornography/sexual issues

Healthy Sandy Partnership
The Healthy Sandy Partnership is a government initiative for the town of Sandy, Utah. They produced this safety net for parents seeking to defend their family against pornography.

Article:
“Safety Net Resources to Protect your Families from Pornography”
Available at: [http://sandy.utah.gov/home/showdocument?id=2436](http://sandy.utah.gov/home/showdocument?id=2436)
**Herbst, Nate**
Nate Herbst and his wife Erin are ministers of Master Plan Ministries where they serve multiple different campus and men’s ministries. Nate also hosts the apologetic and evangelistic radio broadcast: “The God Solution Show.” Nate holds a bachelor’s degree in chemistry from Fort Lewis College, a seminary degree from Liberty University and a PhD from Piedmont International University. Nate and Erin are currently beginning the process of founding and leading the MPM Great Commission Training Center, an internship program which seeks to equip believers around the world to practically reach the world for Jesus Christ. Herbst’s work on the subject of pornography includes:

**Sermons:**
Conquering Sin: Jesus' View of Sin
Sex
Understanding The Times
The Top 12 Lies You'll Hear In College
Beating Pornography

Available at: https://www.sermoncentral.com/Sermons/Search/?page=2&sortBy=Newest&keyword=&contributorId=55358&rewrittenurlltype=contributor&searchResultSort=Newest&CheckedScriptureBookId=&minRating=&maxAge=&denominationFreeText=

**Radio Shows:**
Defeating Sex Slavery
God's View of Sex (A valentine's day God Solution special)
Freedom

Available at: http://www.godsolutionshow.com/past-shows.html

**Hesch, Joel**
Joel Hesch was a successful government lawyer with “secret” clearance whose job was prosecuting companies cheating the military. Unfortunately, Joel’s own secret life of sexual fantasy led him to cheat on his wife. In his grace, God worked through this tragedy to restore Joel. Now Joel has experienced 15-years of lasting victory over his struggle with sex addiction and is the founder of Proven Men Ministry as well as a law professor at Liberty University. Proven Men’s vision statement is to “equip, empower and educate the Bride of Christ against sexual sin so that she may experience growth, healing, and freedom through the power of a personal relationship with Jesus Christ.” Proven Men accomplishes this by providing educational articles and taking men through a 12-week study program. Joel’s resources on pornography include:

**Books:**
*Proven Men: Proven Path* and other leader guides/work books
Available at: https://www.provenmen.org/shop/
Articles:
“Why Accountability is Key to Breaking and Remaining Free”
Available at: https://www.provenmen.org/wp-content/uploads/2016/04/Accountability-Article.pdf

“What About Masturbation?”

Other Resources:
Resources on starting a Proven Men small-group
Available at: https://www.provenmen.org/for-pastors/

Resources for those struggling with porn addiction
Available at: https://www.provenmen.org/are-you-struggling/

Hilton, Donald L. Jr.
Donald L. Hilton, Jr. is an associate clinical professor of neurosurgery at the University of Texas Medical School, San Antonio. Hilton holds an M.D. in neurosurgery from the University of Texas and speaks internationally in the field of minimally invasive spinal surgery. Hilton also writes and speaks on pornography and sexual addiction. Hilton’s resources on pornography include:

Book:
*He Restoreth My Soul* – this book explores the effects of pornography on the brain.

Articles:
“Slavemaster: How Pornography Drugs and Changes Your Brain”
Available at: http://www.salvomag.com/new/articles/salvo13/13hilton.php

“As a Swallowed Bait: How Pornography Addicts and Changes the Brain.”
Available at: http://www.justinstum.com/articles/How_Pornography_Addicts_and_Changes_the_Brain.pdf

“5Qs about Pornography with Dr. Donald L. Hilton, Jr. MD”

“Pornography Addiction: A Neuroscience Perspective”
Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/

Video:
Donald L. Hilton Jr., MD, Speaks to Youth and Parents about Pornography and its Impact on the Brain. Available at: https://www.youtube.com/watch?v=0ADYe5w75yk

Pornography and the Neoroplastic Brain: The Ultimate Process Addiction Available at: https://www.hopeandhealinglds.com/2013/01/25/donald-hilton-at-byu-pornographysexual-addiction-conference/

Korson, Gerald
Gerald Korson is an editor and writer for the Catholic press where he has served for more than 28 years. He and his wife, Christina, reside in Indiana.

Articles:
“Overcoming Obstacles: Pornography” Available at: http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/


Mahle, Dan
Dan Mahle is a group facilitator, program coordinator and blogger on the topic of men and masculinity. Dan lives in Seattle, WA and blogs at WholeheartedMasculine.org. Mahle’s work on pornography includes:

Articles:


“Getting Real: Talking About Pornography & Sexuality with Middle School Boys” Available at: http://wholeheartedmasculine.org/getting-real/
Monroe, Phil
Phil Monroe is the Thomas V. Taylor Professor of Counseling & Psychology as well as the director of the Graduate School of Counseling at the Biblical Theological Seminary where he has served for over 16 years. Phil has 27 years of clinical counseling experience and currently works as a licensed and practicing psychologist with Diane Langberg & Associates. His work in the area of pornography includes:

Articles:
“Do men need sex? Wants vs. Needs and the Making of Weak Men”

“OP Ed Piece on Pornography you Should Read”
Available at: https://philipmonroe.com/2010/03/31/op-ed-piece-on-pornography-you-should-read/

“Pastors and Porn: What to do?”
Available at: https://philipmonroe.com/2016/03/30/pastors-and-porn-what-to-do/

Audio:
“When Sex in Marriage Does Not Work”
Available for purchase at: https://www.ccef.org/shop/product/when-sex-marriage-does-not-work

Piper, John
John Piper is the founder of desiringGod.org, a Christian resource webpage that feature articles, books and sermons designed to deepen your faith. Piper is also the chancellor of Bethlehem College & Seminary as well as a pastor of Bethlehem Baptist Church in Minneapolis, Minnesota where he has served for over thirty years. Piper is the author of over 50 books including: Reading the Bible Supernaturally. His work concerning the subject of pornography includes:

Audio:
You Can Say No to Porn: A Pleasure Greater Than Lust – short sermon clip with transcript
Can Pleasure in God Really Compete with the Pleasures of Porn? – audio with transcript
Is It Sinful to Watch Porn with My Spouse? – audio with transcript
Does Porn Use Disqualify a Pastor? – audio with transcript
Has My Sexual Sin Made Me Unsavable? – audio with transcript
The Real Cost of Pornography – audio with transcript
Is Fornication Worse Than Porn? – audio with transcript
Is Porn the Unforgivable Sin?
Available at: http://www.desiringgod.org/topics/pornography/all

Is My Husband’s Porn a Marriage Deal Breaker?
Is My Boyfriend’s Porn a Marriage Deal-Breaker?
Fighting Porn Addiction with Grudem’s Systematic Theology – audio with transcript
How Does Unbelief Contribute to the Need I Feel for Pornography? – video with transcript
Available at: http://www.desiringgod.org/topics/pornography/interviews

Articles:
Hijacking Back Your Brain from Porn
Pornography: The New Narcotic
Women Increasingly Pursue Porn
Available at: http://www.desiringgod.org/topics/pornography/articles

Video:
The Key to Escaping Pornography - video
Available at: https://www.youtube.com/watch?v=NQ4FHQZ8cT0

Ruse, Cathy Cleaver
Cathy Cleaver Ruse is a former legal director and a current senior fellow of legal studies at the Family Research Council (FRC). Ruse previously held an appointment as the chief counsel to the House of Representative’s constitution subcommittee where she had oversight over civil and human rights issues including religious freedom and free speech matters. Ruse also served as the chief spokesperson on human life issues for the U.S. Catholic Bishops. Ruse co-hosted the cable television program: Legal Notebook and made appearances on CNN's "Crossfire" and Fox News' "The O'Reilly Factor." Ruse was the legal counsel and program director for the National Law Center for Children and Families and served as an expert witness for congressional hearings. Ruse holds a law degree from Georgetown University and a certificate from the National Institute for Trial Advocacy. Wired magazine referred to Mrs. Ruse as "one of the most influential opinion shapers in the country." Ruse’s work on pornography includes:

Articles:
“Pornography and its Consequences”
Available at: https://www.lifesitenews.com/opinion/pornography-and-its-consequences

“How Sick of Porn? Here’s Some Good News for a Change”
Available at: http://www.frcblog.com/2015/03/sick-porn-heres-some-good-news-change/

“A Man Who Thinks Child Porn is Free Speech Is Not Fit for Justice”

Russell, Sean
Sean Russell is an entrepreneur and owner of Menprovement.com. After overcoming anxiety and chronic fatigue syndrome, Sean now seeks to be his best self and help others do the same through
sites such as Menprovement.com. Sean has personally chosen against viewing pornography and advocates for others to do the same with resources such as:

**Articles:**
“Porn Addiction”
Available at: [http://www.menprovement.com/porn-addiction](http://www.menprovement.com/porn-addiction)

**Video:**
Your Brain on Porn (This is Shocking!)
Available at: [https://www.youtube.com/watch?v=9z3Ggx1zoVU](https://www.youtube.com/watch?v=9z3Ggx1zoVU)

**Saunders, Martin**
Martin Saunders is Youthscape's director of creative development where he is in charge of the creation/design of Youthscape’s new resources, training and events. Martin is the author of *Youth Work from Scratch* and *The Ideas Factory: 100 Discussion Starters to get Teens Talking*. Marin also hosts the annual Youthwork Summit. Martin’s work as a writer and blogger is often featured at premierchristianity.com and *Christianity Today*. Saunders’ work on pornography includes:

**Articles:**
“Grey Matter: 50 Shades, Pornography and the Shaping of our Brains”

“A Discussion Resource for Young People on Pornography”
Available at: [https://martinsaunders.wordpress.com/tag/pornography/](https://martinsaunders.wordpress.com/tag/pornography/)

“The Agonising Truth Behind the World's Most Popular Porn Search”
Available at: [https://www.christiantoday.com/article/the.agonising.truth.behind.the.worlds.most.popular.porn.search/60020.htm](https://www.christiantoday.com/article/the.agonising.truth.behind.the.worlds.most.popular.porn.search/60020.htm)

“Eliminate Chronic Internet Pornography Use to Reveal Its Effects (2016)”

**Schroering, Heather**
After serving as RedEye's beverage critic and nightlife reporter, Heather Schroering became the breaking news reporter for the *Chicago Tribune*. Her work on pornography includes:

**Article:**
“The Porn Problem”
White, David
David White is a minister at Harvest USA where his primary roles are discipling men struggling with sexual sin, leading support groups, and partnering with churches to address the critical issues of pornography and sexual addiction. David’s resources on pornography include:

Books:
*Sexual Sanity for Men: Re-creating Your Mind in a Crazy Culture* (there is also a female counter-part for this book entitled: *Sexual Sanity for Women* by Ellen Dykas)

Articles:
“Renewing Your Mind from Pornography” – a 3-part article series
Available at: http://www.harvestusa.org/category/pornography/

Videos:
“Pornified Mind: Reclaiming your thought life” – a 3-part video series with transcript
Available at: http://www.harvestusa.org/category/pornography/

Wilson, Gary
Gary Wilson is an atheist who previously served for over twenty years as an anatomy, physiology and pathology teacher. Gary is best-known for his website YourBrainOnPorn.com that provides information on the addictive nature of porn as well as materials for men and women to fight it. Gary also writes for the Good Men Project. Gary’s works on pornography include:

Books:
*Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction*
*Cupid's Poisoned Arrow: From Habit to Harmony in Sexual Relationships.*

Scholarly Articles:
“Is Internet Pornography Causing Sexual Dysfunctions? A Review with Clinical Reports”
Available at: https://yourbrainonporn.com/eliminate-chronic-internet-pornography-use-reveal-its-effects-2016

“A List of 110 Experts on the Existence of Porn Induced Erectile Dysfunction”
Available at: https://yourbrainonporn.com/porn-induced-ed-media

Popular Articles
“Porn, Novelty, and the Coolidge Effect”
“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”
“Porn Then and Now: Welcome to Brain Training”
“Why Shouldn’t Johnny Watch Porn If He Likes?”
“Why Do I Find Porn More Exciting Than A Partner?”
“Porn, Pseudoscience and ΔFosB”
“Porn-Induced Sexual Dysfunction Is A Growing Problem”
“Can You Trust Your Johnson?”
“Are Sexual Tastes Immutable?”
“Young Porn Users Need Longer To Recover Their Mojo”
“Recent Internet Addiction Brain Studies Include Porn”
“Toss Your Textbooks: Docs Redefine Sexual Behavior Addictions”
“Porn Addiction is Not Sex Addiction--And Why It Matters”
“The Other Porn Experiment”
“Men: Does Frequent Ejaculation Cause A Hangover?”
“Porn, Masturbation and Mojo: A Neuroscience Perspective”
Available at: https://www.yourbrainonporn.com/understanding_porn_addiction

Videos
Wilson’s Ted Talk on the Great Porn Experiment
Available at: https://www.youtube.com/watch?v=vTD_itXrR6E

Your Brain on Porn video series
Available at: https://yourbrainonporn.com/your-brain-on-porn-series
Works Cited:

Anderson, Kristen– source: https://www.lifesitenews.com/author/kirsten-anderson


Challies - Source: https://www.challies.com/

Chen, Brian X. - source: https://www.nytimes.com/by/brian-x-chen


Fradd, Matt– source: http://mattfradd.com/about/


Healthy Sandy Partnership – source: http://sandy.utah.gov/residents/healthy-sandy


Hilton, Donald L. - source: https://ldshopeandrecovery.com/donald-l-hilton-jr-md/

Korson, Gerald - source: https://www.catholic.com/profile/gerald-korson

Mahle, Dan– source: https://goodmenproject.com/author/dan-mahle/

Monroe, Phil– source: https://philipmonroe.com/about/ and http://www.biblical.edu/faculty-phil-monroe

Piper, John– source: http://www.desiringgod.org/authors/john-piper

Ruse, Cathy Cleaver - source: http://www.frc.org/cathy-ruse

Russell, Sean - source: https://www.youtube.com/user/seanandrewrussell/about http://www.seanrussell.me/

Saunders, Martin– source: https://www.premierchristianity.com/Christianity-Authors/Martin-Saunders


Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible
WHO’S TALKING ABOUT BEN?

"Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, relatable, and relational way."

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

"While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben's that renews hope, gives a roadmap to healing, and inspires next steps. I've personally benefited greatly from what Ben has to share and I think many people in all walks of life will too."

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben."

-Marylyn // Texas College Student

Ben is the author of:
Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:

Ben.Bennett@josh.org
www.josh.org/Ben

972-907-1000 ext 135
2001 W. Plano Pkwy, Ste 2400
Plano, TX 75075

For more information and to book Ben please contact:
Jake Kissack

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in a Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesamle // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information and to book Jake please contact:

- Jacob.Kissak@cru.org
- www.josh.org/jake
- 307-299-3208
- 2001 W Plano Pkwy, Ste 2400
  Plano, TX 75075
Alex McLellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life | Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more...
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alex’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

For more information and to book Alex please contact:

Alex@josh.org
www.josh.org/Alex
469-440-9152
2001 W Plano Pkwy, Ste 2400
Plano, TX 75075
Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Thank a Carpenter, with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

- Relationships
- Parenting
- Reliability of Scripture
- My Journey
- Self Image
- Sexual Integrity
- Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.

For more information and to book Josh please contact:

johnnettleton@gmail.com
www.josh.org/event/request-josh/

417-334-8056

2001 W. Plano Pkwy, Ste 2400
Plano, TX 75075
# Resources to Help with Overcoming Pornography

- **Seminars/Workshops** ................................................................. 3
- **Videos** ....................................................................................... 7
- **Articles** .................................................................................... 9
- **Books, Audios, eBooks** ............................................................ 10
- **Internet Filters** ........................................................................ 18
- **Websites** .................................................................................. 19
- **Counselors** ............................................................................. 21
- **Pure Desire Recovery Resources** ........................................... 23
- **Ben Bennett Bio** .................................................................... 26
- **Jake Kissack Bio** ................................................................... 28
- **Alex McLellan Bio** ................................................................. 30
- **Josh McDowell Bio** ............................................................... 32
## RESOURCES TO HELP WITH OVERCOMING PORNOSGRAPHY
### SEMINARS/WORKSHOPS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Seminar/Workshop</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. American Association of Christian Counselors</td>
<td>• Conferences</td>
<td>aacc.net</td>
</tr>
<tr>
<td>2. Association of Biblical Counselors</td>
<td>• Equip church leaders, pastors, lay counselors</td>
<td><a href="http://www.christiancounseling.com">www.christiancounseling.com</a></td>
</tr>
<tr>
<td>3. Authentic Intimacy</td>
<td>• Conferences</td>
<td><a href="http://authenticintimacy.x362.com">authenticintimacy.x362.com</a></td>
</tr>
<tr>
<td>4. Awaken Recovery</td>
<td>• Equip church leaders, pastors, lay counselors – develop ministry plan</td>
<td><a href="http://www.awakenrecovery.com">www.awakenrecovery.com</a></td>
</tr>
<tr>
<td>5. Bethesda Workshops</td>
<td>• Healing from sexual addiction</td>
<td><a href="http://www.bethesdaworkshops.org">www.bethesdaworkshops.org</a></td>
</tr>
<tr>
<td>6. Biblical Counseling Center</td>
<td>• Trains to care for the hurting and their spouse</td>
<td><a href="http://www.biblicalcounselingcenter.org">www.biblicalcounselingcenter.org</a></td>
</tr>
<tr>
<td>7. Biblical Counseling Coalition</td>
<td>• The Pastor and Counseling Workshop</td>
<td><a href="http://www.biblicalcounselingcoalition.org">www.biblicalcounselingcoalition.org</a></td>
</tr>
<tr>
<td>9. Center for Parent/Youth Understanding</td>
<td>• Pornography and Your Kids: What You Need to Know and What You Need to Do</td>
<td><a href="http://www.cpyuresourcecenter.org">www.cpyuresourcecenter.org</a></td>
</tr>
<tr>
<td>10. Christian Counseling and Education Foundation</td>
<td>• National Conferences w/ workshops for counseling in ministry</td>
<td><a href="http://www.ccef.org">www.ccef.org</a></td>
</tr>
<tr>
<td>11. Christian Family Services Ministry</td>
<td>• The Scourge of Pornography (for leaders)</td>
<td><a href="http://www.christianfamilyservice.com">www.christianfamilyservice.com</a></td>
</tr>
<tr>
<td>13. Dads</td>
<td>• Seminars / Conferences to help men break free with Steve Wood</td>
<td><a href="http://www.dads.org">www.dads.org</a></td>
</tr>
</tbody>
</table>
## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

### SEMINARS/WORKSHOPS

<table>
<thead>
<tr>
<th></th>
<th>Organization</th>
<th>Programs/Activities</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.</td>
<td>ENC Stop Human Trafficking Now</td>
<td>• Anti-Human Trafficking Meetings</td>
<td><a href="https://encstophumantrafficking.org">https://encstophumantrafficking.org</a></td>
</tr>
<tr>
<td>17.</td>
<td>Every Man Ministries</td>
<td>• Father Factor&lt;br&gt;• Ignite&lt;br&gt;• Sweet Spot&lt;br&gt;• Connecting with your Wife (coming soon)</td>
<td><a href="http://www.everymanministries.com">www.everymanministries.com</a></td>
</tr>
<tr>
<td>18.</td>
<td>Explicit Content</td>
<td>• Events</td>
<td><a href="http://explicit-content.net/">http://explicit-content.net/</a></td>
</tr>
<tr>
<td>19.</td>
<td>Faithful &amp; True</td>
<td>• Man of Valor</td>
<td><a href="http://www.faithfulandtrue.com">www.faithfulandtrue.com</a></td>
</tr>
<tr>
<td>20.</td>
<td>Fight the New Drug</td>
<td>• Live presentation</td>
<td><a href="http://www.fightthenewdrug.org">www.fightthenewdrug.org</a></td>
</tr>
<tr>
<td>21.</td>
<td>First Baptist Church at the Mall (Jay Dennis)</td>
<td>• 1 Million Men – pastor and leader training</td>
<td><a href="http://www.churchatthemall.com">www.churchatthemall.com</a></td>
</tr>
<tr>
<td>22.</td>
<td>Forgiven Much Ministries</td>
<td>• Training for pastors/leaders and those struggling</td>
<td><a href="http://www.forgivenmuchministries.org">www.forgivenmuchministries.org</a></td>
</tr>
<tr>
<td>23.</td>
<td>Gateway to Freedom</td>
<td>• 3-day workshops for those struggling</td>
<td><a href="http://www.gateway.com">www.gateway.com</a></td>
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<td></td>
<td></td>
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<td><a href="http://www.gatewaymen.com">www.gatewaymen.com</a></td>
</tr>
<tr>
<td>24.</td>
<td>Genesis Counseling</td>
<td>• Training for pastors/leaders</td>
<td><a href="http://www.joedallas.com">www.joedallas.com</a></td>
</tr>
<tr>
<td>25.</td>
<td>Growing Leaders</td>
<td>• Coaching, mentoring, supporting leaders</td>
<td><a href="http://www.lastingleaders.com">www.lastingleaders.com</a></td>
</tr>
<tr>
<td>26.</td>
<td>Healing Sexual Hurt</td>
<td>• Dr. Sam Serio (speaker)</td>
<td><a href="http://www.healingsexualhurt.com/">http://www.healingsexualhurt.com/</a></td>
</tr>
<tr>
<td>27.</td>
<td>IITAP (International Institute for Trauma &amp; Addiction Professionals)</td>
<td>• Conferences for pastors/leaders and those struggling</td>
<td><a href="http://www.sexhelp.com">www.sexhelp.com</a></td>
</tr>
<tr>
<td>28.</td>
<td>Integrity Restored</td>
<td>• Clergy Intensive Training&lt;br&gt;• Diocesan Symposiums&lt;br&gt;• Parish Workshops&lt;br&gt;• School/Parent Workshops&lt;br&gt;• Corporate Events</td>
<td><a href="http://integrityrestored.com/">http://integrityrestored.com/</a></td>
</tr>
</tbody>
</table>
# RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY
## SEMINARS/WORKSHOPS

<table>
<thead>
<tr>
<th>Resource</th>
<th>Description</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>30. Life Enrichment Ministries</strong></td>
<td>Teaching ministry to pastors/church leaders</td>
<td><a href="http://www.carolclemans.org">www.carolclemans.org</a></td>
</tr>
<tr>
<td><strong>31. LoveIsMore</strong></td>
<td>Video course on leaving pornography behind, Designed to help those directly involved and those indirectly affected like partners and parents</td>
<td><a href="http://www.loveismore.eu/coarse">www.loveismore.eu/coarse</a></td>
</tr>
<tr>
<td><strong>33. New Life</strong></td>
<td>Every Man’s Battle – pastor/leader training, Women in the Battle workshop</td>
<td><a href="http://www.newlife.com">www.newlife.com</a></td>
</tr>
<tr>
<td><strong>34. One By One</strong></td>
<td>Conferences for pastors/leaders and those struggling</td>
<td><a href="http://www.oneby1.org">www.oneby1.org</a></td>
</tr>
<tr>
<td><strong>35. One Million Men</strong></td>
<td>Our Hard Core Battle Plan</td>
<td><a href="http://www.join1millionmen.org">www.join1millionmen.org</a></td>
</tr>
<tr>
<td><strong>37. Pure Coaching</strong></td>
<td>Conferences for pastors/leaders and those struggling</td>
<td><a href="http://www.puritycoaching.com">www.puritycoaching.com</a></td>
</tr>
<tr>
<td><strong>38. Pure Desire</strong></td>
<td>Conquer Series – pastor/leader training, Pure Desire University Leadership Training Conference</td>
<td><a href="http://www.conquerseries.com">www.conquerseries.com</a> <a href="http://www.puredesire.com">www.puredesire.com</a></td>
</tr>
<tr>
<td><strong>39. Pure Integrity</strong></td>
<td>Bernie Anderson, speaker</td>
<td><a href="http://www.bernieanderson.org">www.bernieanderson.org</a></td>
</tr>
<tr>
<td><strong>40. Restoring the Soul</strong></td>
<td>Workshop for porn addiction</td>
<td><a href="http://www.restoringthesoul.com">www.restoringthesoul.com</a></td>
</tr>
<tr>
<td><strong>41. SAFE Families</strong></td>
<td>Pastoring Porn Addicts Workshop, 7 Steps for Pastoring Someone with Porn Addiction</td>
<td><a href="http://www.safefamilies.org">www.safefamilies.org</a></td>
</tr>
<tr>
<td><strong>42. Sexual Sanity</strong></td>
<td>Conferences for pastors/leaders and those struggling</td>
<td><a href="http://www.sexualsanity.com">www.sexualsanity.com</a></td>
</tr>
</tbody>
</table>
### RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

#### SEMINARS/WORKSHOPS

<table>
<thead>
<tr>
<th>No.</th>
<th>Resource Name</th>
<th>Description</th>
<th>Website/Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>43.</td>
<td>Summit Counseling Training</td>
<td>• Conferences for pastors/leaders and those struggling</td>
<td><a href="http://www.bradhambrick.com">www.bradhambrick.com</a></td>
</tr>
<tr>
<td>44.</td>
<td>The Center for Internet and Technology Addiction</td>
<td>• Dr. David Greenfield – training professionals</td>
<td><a href="http://www.virtual-addiction.com">www.virtual-addiction.com</a></td>
</tr>
<tr>
<td>45.</td>
<td>The Porn Effect</td>
<td>• Presentation with Matt</td>
<td><a href="http://theporneffect.com/">http://theporneffect.com/</a></td>
</tr>
<tr>
<td>46.</td>
<td>Ultimate Escape (Teens)</td>
<td>• Event</td>
<td><a href="http://www.ultimateescape.org/teens">http://www.ultimateescape.org/teens</a></td>
</tr>
<tr>
<td>47.</td>
<td>Vicki Tiede</td>
<td>• Vicki Tiede, speaker</td>
<td><a href="http://www.vickitiede.com/">http://www.vickitiede.com/</a></td>
</tr>
<tr>
<td>48.</td>
<td>Willow Tree Counseling</td>
<td>• Conferences for pastors/leaders and those struggling</td>
<td><a href="http://www.willowtreesantarosa.com">www.willowtreesantarosa.com</a></td>
</tr>
</tbody>
</table>
## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

### VIDEOS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Video Series</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Enough is Enough</td>
<td>• Internet Safety 101 DVD series</td>
<td><a href="http://www.Enough.org">www.Enough.org</a></td>
</tr>
<tr>
<td>2. Every Man Ministries</td>
<td>• Sex, Love, Date Sleeping Giant • Video Sermons/Series</td>
<td><a href="http://www.everymanministries.com">www.everymanministries.com</a></td>
</tr>
<tr>
<td>3. <strong>Fight the New Drug</strong></td>
<td>• Fortify: video-based online recovery for teens and adults</td>
<td><a href="http://www.fightthenewdrug.org">www.fightthenewdrug.org</a></td>
</tr>
<tr>
<td>4. <strong>Heart to Heart Counseling Center</strong></td>
<td>• Marriage Mondays</td>
<td><a href="http://drdougweiss.com/">http://drdougweiss.com/</a></td>
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<tr>
<td>5. L.I.F.E. Recovery International</td>
<td>• Video library on multiple topics</td>
<td><a href="http://www.freedomeveryday.org">www.freedomeveryday.org</a></td>
</tr>
<tr>
<td>6. Love is More</td>
<td>• Leaving Pornography Behind</td>
<td><a href="http://www.loveismore.eu">www.loveismore.eu</a></td>
</tr>
<tr>
<td>7. Moral Revolution</td>
<td>• Let’s Talk about Sexuality</td>
<td><a href="http://moralrevolution.com/">http://moralrevolution.com/</a></td>
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<tr>
<td>8. New Life</td>
<td>• Every Young Man’s Battle • Healing is a Choice • New Life Perspectives</td>
<td><a href="http://newlife.com/">http://newlife.com/</a></td>
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<tr>
<td>9. Pure Desire</td>
<td>• Pure Desire Leadership Training DVD • Betrayal and Beyond Starter Kit • Conquer Series • Sexy Christians</td>
<td><a href="http://www.conquerseries.org">www.conquerseries.org</a> <a href="http://www.puredesire.com">www.puredesire.com</a></td>
</tr>
<tr>
<td>10. Pure Hope</td>
<td>• Quest</td>
<td><a href="http://purehope.net/">http://purehope.net/</a></td>
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<tr>
<td>11. The Center, A place of Hope</td>
<td>• Navigating Technology Pitfalls with your Children</td>
<td><a href="https://www.aplaceofhope.com">https://www.aplaceofhope.com</a></td>
</tr>
<tr>
<td>13. Pure Coaching</td>
<td>• 21-Day Purity Jump Start</td>
<td><a href="http://www.puritycoaching.com">www.puritycoaching.com</a></td>
</tr>
<tr>
<td>15. The Freedom Fight</td>
<td>• The Freedom Fight</td>
<td><a href="http://www.thefreedomfight.org">www.thefreedomfight.org</a></td>
</tr>
</tbody>
</table>
## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

### VIDEOS

<table>
<thead>
<tr>
<th>Number</th>
<th>Resource Name</th>
<th>Description</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.</td>
<td>Heart to Heart Counseling Center</td>
<td>Videos on many different topics</td>
<td><a href="http://www.drdougweiss.com">www.drdougweiss.com</a></td>
</tr>
<tr>
<td>18.</td>
<td>Restoring the Soul</td>
<td>30 minute video episodes each Monday – Michael John Cusick</td>
<td><a href="http://www.restoringthesoul.com">www.restoringthesoul.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>True Betrayal: Overcoming the Betrayal of Your Spouse’s Sexual Sin</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>Forgiven Much Ministries</td>
<td>Core Issue: Addiction Recovery</td>
<td><a href="http://www.forgivenmuchministries.com">www.forgivenmuchministries.com</a></td>
</tr>
<tr>
<td>21.</td>
<td>One Million Men</td>
<td>Pink Elephant Resources</td>
<td><a href="http://www.join1millionmen.org">www.join1millionmen.org</a></td>
</tr>
<tr>
<td>22.</td>
<td>The Porn Effect</td>
<td>Online videos by Matt Fradd</td>
<td><a href="http://www.theporneffect.com">www.theporneffect.com</a></td>
</tr>
<tr>
<td>23.</td>
<td>Vicki Tiede</td>
<td>Online videos for wives of men addicted to porn</td>
<td><a href="http://www.vickitiede.com">www.vickitiede.com</a></td>
</tr>
<tr>
<td>24.</td>
<td>Abundant Redemption</td>
<td>Online study course for wives of men addicted to porn</td>
<td><a href="http://www.abundantredemption.net">www.abundantredemption.net</a></td>
</tr>
</tbody>
</table>
## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

### ARTICLES

<table>
<thead>
<tr>
<th>Organization</th>
<th>Article</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Protect Young Minds (Kristen Jensen)</td>
<td>• SMART Parents Make a Plan to Address Pornography Exposure</td>
<td><a href="https://protectyoungminds.org/2014/05/08/1622/">https://protectyoungminds.org/2014/05/08/1622/</a></td>
</tr>
<tr>
<td>3. Protect Young Minds (Kristen Jensen)</td>
<td>• Should Kids describe the Porn They've Seen? Experts Advise Mom</td>
<td><a href="https://protectyoungminds.org/2018/08/14/should-kids-describe-porn-experts-advise/">https://protectyoungminds.org/2018/08/14/should-kids-describe-porn-experts-advise/</a></td>
</tr>
<tr>
<td>4. Protect Young Eyes (Chris McKenna)</td>
<td>• What’s the Right Age to Give my Kid Social Media</td>
<td><a href="https://protectyoungeyes.com/whats-right-age-social-media/">https://protectyoungeyes.com/whats-right-age-social-media/</a></td>
</tr>
</tbody>
</table>
## Resources to Help with Overcoming Pornography
### Books, Audios, eBooks

<table>
<thead>
<tr>
<th>Organization</th>
<th>Books, Audios, eBooks</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Andy Stanley</strong></td>
<td>• Enemies of the Heart</td>
<td><a href="http://www.andystanley.com">www.andystanley.com</a></td>
</tr>
</tbody>
</table>
| **2. Anne Marie Miller**              | • Five Things Every Parent Need to Know about their Kids and Sex  
  • Apps every parent needs to know about. | http://www.annemariemiller.com/            |
<p>| <strong>3. Archibald Hart</strong>                 | • The Sexual Man                                          | <a href="http://www.thomasnelson.com/the-sexual-man">www.thomasnelson.com/the-sexual-man</a>         |
| <strong>4. Authentic Intimacy</strong>             | • What kind of love are you making?                       | authenticintimacy.x362.com                  |
|                                       | • Pulling Back the Shades                                  |                                             |
|                                       | • 25 Questions you’re afraid to ask about love, sex, and intimacy |                                             |
| <strong>5. Barbara Steffens &amp; Marsha Means</strong> | • Your Sexually Addicted Spouse                          | <a href="http://www.drbarbarasteffens.com">www.drbarbarasteffens.com</a>                   |
| <strong>6. Be Broken Ministries</strong>           | • eCourse                                                 | <a href="http://www.2bebroken.com">www.2bebroken.com</a>                           |
|                                       | • eBooks                                                   |                                             |
|                                       | • Books                                                    |                                             |
|                                       | • DVDs                                                     |                                             |
|                                       | • 40 Day Recovery Program                                 |                                             |
|                                       | • Chaos Compass Smartphone App                            |                                             |
|                                       | • Pure Sex Radio                                          |                                             |
| <strong>7. Beggar’s Daughter</strong>              | • Books                                                   | <a href="http://www.beggarsdaughter.com">www.beggarsdaughter.com</a>                     |
|                                       | • audio                                                    |                                             |
|                                       | • video                                                   |                                             |
| <strong>10. Bill Perkins</strong>                  | • When Good Men are Tempted                                | <a href="http://www.zondervan.com/when-good-men-are-tempted">www.zondervan.com/when-good-men-are-tempted</a> |
| <strong>11. Blazing Grace</strong>                 | • Videos                                                   | <a href="http://www.blazinggrace.org">www.blazinggrace.org</a>                        |
|                                       | • Books                                                    |                                             |</p>
<table>
<thead>
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<tbody>
<tr>
<td><strong>12. Brave Hearts</strong></td>
<td><em>Radio</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Porn Nation: Conquering America’s #1 Addiction</td>
<td><a href="http://www.bravehearts.org">http://www.bravehearts.org</a></td>
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<tr>
<td><strong>13. Candeo</strong></td>
<td><em>Behavior Change Program</em></td>
<td><a href="http://candeobehaviorchange.com/">http://candeobehaviorchange.com/</a></td>
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<tr>
<td></td>
<td><em>DVD</em></td>
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<td></td>
<td><em>Audio</em></td>
<td></td>
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<tr>
<td></td>
<td><em>Workbooks</em></td>
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<tr>
<td><strong>15. Cindy Beall</strong></td>
<td><em>Healing Your Marriage When Trust is Broken: Finding Forgiveness and Restoration</em></td>
<td><a href="http://www.cindybeall.com">www.cindybeall.com</a></td>
</tr>
<tr>
<td><strong>16. Covenant Eyes</strong></td>
<td><em>Internet accountability</em></td>
<td><a href="http://www.covenanteyes.com">www.covenanteyes.com</a></td>
</tr>
<tr>
<td></td>
<td><em>eBooks</em></td>
<td></td>
</tr>
<tr>
<td><strong>17. Craig Gross</strong></td>
<td><em>Open</em></td>
<td><a href="http://www.everymanministries.com">www.everymanministries.com</a></td>
</tr>
<tr>
<td><strong>18. Crosswalk</strong></td>
<td><em>Video</em></td>
<td><a href="http://www.crosswalk.com">www.crosswalk.com</a></td>
</tr>
<tr>
<td></td>
<td><em>Web Articles</em></td>
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<td><strong>19. Dads.org</strong></td>
<td><em>The Call of God the Father</em></td>
<td>Dads.org</td>
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<td></td>
<td><em>How to build a Legacy of Faith in your Family</em></td>
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<tr>
<td><strong>20. Debra Laaser</strong></td>
<td><em>Shattered Vows</em></td>
<td><a href="http://www.faithfulandtrue.com">www.faithfulandtrue.com</a></td>
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<tr>
<td><strong>21. Dennis Frederick</strong></td>
<td><em>Conquering Pornography: Overcoming the Addiction</em></td>
<td><a href="http://www.discerninghearts.com">www.discerninghearts.com</a></td>
</tr>
<tr>
<td><strong>22. Destiny Rescue</strong></td>
<td><em>Church Pack</em></td>
<td><a href="http://www.destinyrescue.org">www.destinyrescue.org</a></td>
</tr>
<tr>
<td><strong>23. Dirty Girls Ministries</strong></td>
<td><em>90 Days to Wholeness</em></td>
<td><a href="http://dirtygirlsministries.com/">http://dirtygirlsministries.com/</a></td>
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<td></td>
<td><em>Dirty Girls come clean</em></td>
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<tr>
<td><strong>25. Dr. Doug Weiss</strong></td>
<td><em>Clean: A Proven Plan for Men Committed to Sexual Integrity</em></td>
<td><a href="http://drdougweiss.com/">http://drdougweiss.com/</a></td>
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<tr>
<td><strong>26. Dr. Harry Schaumberg</strong></td>
<td><em>False Intimacy</em></td>
<td><a href="http://www.stonegateresources.com">www.stonegateresources.com</a></td>
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<td></td>
<td><em>Undefiled</em></td>
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<tr>
<td><strong>27. Dr. Judith Reisman</strong></td>
<td><em>Kinsey, Sex and Fraud</em></td>
<td><a href="http://www.drjudithreisman.com/">http://www.drjudithreisman.com/</a></td>
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<tr>
<td></td>
<td><em>“Soft Porn” Plays Hardball</em></td>
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<td></td>
<td><em>Kinsey: Crimes and Consequences</em></td>
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<td></td>
<td><em>Sexual Sabotage</em></td>
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<td></td>
<td><em>Restructuring the Immature Brain</em></td>
<td></td>
</tr>
</tbody>
</table>
## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

### BOOKS, AUDIOS, EBOOKS

<table>
<thead>
<tr>
<th>Resource</th>
<th>Description</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>30. Elevate Youth</strong></td>
<td>DVD, Stripped (book)</td>
<td><a href="http://www.elevateyouth.org">www.elevateyouth.org</a></td>
</tr>
<tr>
<td><strong>31. Enough is Enough</strong></td>
<td>Kids Online, Internet Safety 101 Workbook</td>
<td>Enough.org</td>
</tr>
<tr>
<td><strong>32. Every Man Ministries</strong></td>
<td>Get Strong Products, Get Healthy Products</td>
<td><a href="http://www.everymanministries.com">www.everymanministries.com</a></td>
</tr>
<tr>
<td><strong>33. Faithful &amp; True</strong></td>
<td>DVD, Books, Healing Wounds of Sexual Addiction, Radio, Phone apps</td>
<td><a href="http://www.faithfulandtrue.com">www.faithfulandtrue.com</a></td>
</tr>
<tr>
<td><strong>38. Gabe Deem</strong></td>
<td>Porn Myths</td>
<td>Porn Myths</td>
</tr>
</tbody>
</table>
### RESOURCES TO HELP WITH OVERCOMING PORNOSGRAPHY

**BOOKS, AUDIOS, EBOOKS**

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>39. Gary Wilson</td>
<td>• Your Brain in the Cybersex Jungle Radio Show</td>
<td>Your Brain in the Cybersex Jungle Radio Show</td>
</tr>
<tr>
<td>40. Gerald G. May</td>
<td>• Addiction and Grace</td>
<td>Available at <a href="http://www.amazon.com">www.amazon.com</a></td>
</tr>
<tr>
<td>41. Global Christian Center</td>
<td>• Books</td>
<td><a href="http://www.globalchristiancenter.com">www.globalchristiancenter.com</a></td>
</tr>
<tr>
<td>42. Growth Trac</td>
<td>• Radio</td>
<td><a href="http://www.growthtrac.com">www.growthtrac.com</a></td>
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<tr>
<td>43. Healing for the Soul</td>
<td>• Pure Passion TV Show</td>
<td><a href="http://www.healingforthesoul.org/">http://www.healingforthesoul.org/</a></td>
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<tr>
<td>44. Heart to Heart Counseling Center</td>
<td>• 5 Sex Languages</td>
<td><a href="http://drdougweiss.com/">http://drdougweiss.com/</a></td>
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<td></td>
<td>• Early Recovery</td>
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<td>• Servant Marriage</td>
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<td>• Emotional Fitness</td>
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<td>• Sex Addiction Book Set</td>
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<td></td>
<td>• Radio</td>
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<td>• Web articles</td>
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<td>• DVD</td>
<td></td>
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<tr>
<td></td>
<td>• Audio</td>
<td></td>
</tr>
<tr>
<td>45. Hope for the Heart</td>
<td>• Radio broadcasts</td>
<td><a href="http://www.hopefortheheart.org">www.hopefortheheart.org</a></td>
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<tr>
<td></td>
<td>• Books</td>
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<td></td>
<td>• DVD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Audio</td>
<td></td>
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<tr>
<td>46. Hope Quest</td>
<td>• Building for Freedom</td>
<td><a href="http://www.hopequestgroup.org">www.hopequestgroup.org</a></td>
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<tr>
<td></td>
<td>• First Steps</td>
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</tr>
<tr>
<td>47. Integrity Restored</td>
<td>• Integrity Restored</td>
<td><a href="http://integrityrestored.com/porn-addiction/">http://integrityrestored.com/porn-addiction/</a></td>
</tr>
<tr>
<td>48. J. Brian Bransfield</td>
<td>• Overcoming Pornography Addiction: A Spiritual Solution</td>
<td>Available at <a href="http://www.amazon.com">www.amazon.com</a></td>
</tr>
<tr>
<td>49. Jay Dennis</td>
<td>• Our Hard Core Battle Plan: Joining in the War Against Pornography</td>
<td><a href="http://www.churchatthemall.com">www.churchatthemall.com</a></td>
</tr>
<tr>
<td>50. Jen Ferguson &amp; Craig Ferguson</td>
<td>• Pure Eyes, Clean Heart: A Couple’s Journey to Free from Pornography</td>
<td>Pureeyescleanheart.com</td>
</tr>
<tr>
<td>51. Jessica Harris</td>
<td>• Beggars Daughter</td>
<td><a href="http://www.beggarsdaughter.com">www.beggarsdaughter.com</a></td>
</tr>
<tr>
<td>52. Joe Dallas</td>
<td>• The Game Plan</td>
<td><a href="http://www.joedallas.com">www.joedallas.com</a></td>
</tr>
<tr>
<td></td>
<td>• 5 Steps to Breaking Free from Porn</td>
<td></td>
</tr>
<tr>
<td>53. Joe S. McIlhaney, M.D.</td>
<td>• Hooked</td>
<td><a href="http://www.medinsttute.org">www.medinsttute.org</a></td>
</tr>
<tr>
<td>54. John Impavido</td>
<td>• Recovery from Sexual and Pornography Addiction</td>
<td>Available at <a href="http://www.amazon.com">www.amazon.com</a></td>
</tr>
</tbody>
</table>
## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY
### BOOKS, AUDIOS, EBOOKS

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>56</td>
<td>Keith Miller</td>
<td>• A Hunger for Healing</td>
<td><a href="http://www.keithmiller.com">www.keithmiller.com</a></td>
</tr>
<tr>
<td>57</td>
<td><strong>Mark Laasar</strong></td>
<td>• Healing Wounds of Sexual Addiction</td>
<td><a href="http://www.faithfulandtrue.com">www.faithfulandtrue.com</a></td>
</tr>
<tr>
<td>58</td>
<td><strong>Kenny Luck</strong></td>
<td>• Sleeping Giant</td>
<td><a href="http://www.everymanministries.com">www.everymanministries.com</a></td>
</tr>
<tr>
<td>59</td>
<td>Kristen A. Jensen</td>
<td>• Good Pictures, Bad Pictures</td>
<td><a href="http://www.protectyoungminds.org">www.protectyoungminds.org</a></td>
</tr>
<tr>
<td>60</td>
<td>L.I.F.E. Recovery International</td>
<td>• Free video newsletters</td>
<td><a href="http://www.freedomeveryday.org">www.freedomeveryday.org</a></td>
</tr>
<tr>
<td>61</td>
<td>Laurie Hall</td>
<td>• An Affair of the Mind</td>
<td><a href="http://afteranaffairofthemind.com/">http://afteranaffairofthemind.com/</a></td>
</tr>
<tr>
<td>62</td>
<td>Love is More</td>
<td>• Daily online video series</td>
<td><a href="http://www.loveismore.eu">www.loveismore.eu</a></td>
</tr>
<tr>
<td>63</td>
<td><strong>Mary Anne Layden</strong></td>
<td>• The Social Costs of Pornography</td>
<td><a href="http://www.socialcostsofpornography.com/">http://www.socialcostsofpornography.com/</a></td>
</tr>
<tr>
<td>64</td>
<td>Mastering Life Ministries</td>
<td>• PurePassion TV</td>
<td><a href="http://www.purepassion.us">www.purepassion.us</a></td>
</tr>
<tr>
<td>65</td>
<td>Moral Revolution</td>
<td>• The Naked Truth about Sexuality</td>
<td><a href="http://moralrevolution.com/">http://moralrevolution.com/</a></td>
</tr>
<tr>
<td>66</td>
<td><strong>New Life</strong></td>
<td>• Life Recovery Bible</td>
<td><a href="http://newlife.com/">http://newlife.com/</a></td>
</tr>
<tr>
<td>67</td>
<td>Noah Church</td>
<td>• Story of Porn Addiction and Recovery</td>
<td>Story of Porn Addiction and Recovery</td>
</tr>
<tr>
<td>68</td>
<td>Operation Integrity</td>
<td>• Books</td>
<td><a href="http://www.operationintegrity.org">www.operationintegrity.org</a></td>
</tr>
<tr>
<td>69</td>
<td><strong>Patrick Carnes</strong></td>
<td>• Out of the Shadows: Understanding Sexual Addiction</td>
<td><a href="http://www.sexhelp.com">www.sexhelp.com</a></td>
</tr>
<tr>
<td>70</td>
<td>Philip A. Harrison</td>
<td>• Clean Hands, Pure Heart</td>
<td><a href="http://www.sexhelp.com">www.sexhelp.com</a></td>
</tr>
<tr>
<td>71</td>
<td>Philip Zimbardo</td>
<td>• The Demise of Guys?</td>
<td>The Demise of Guys?</td>
</tr>
<tr>
<td>72</td>
<td>Porn Know</td>
<td>• Let’s Talk Workshops</td>
<td><a href="http://www.pornknow.org/">http://www.pornknow.org/</a></td>
</tr>
<tr>
<td>73</td>
<td>Power of Purity</td>
<td>• Stories (book)</td>
<td><a href="http://powerofpurity.org/">http://powerofpurity.org/</a></td>
</tr>
<tr>
<td>Resources to Help With Overcoming Pornography Books, Audios, Ebooks</td>
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<td>--------------------------------------------------------------------</td>
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<tr>
<td><strong>74. Probe Ministries</strong></td>
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<td></td>
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<tr>
<td>- The Power of Purity (book)</td>
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<td><strong>75. Protect Young Minds</strong></td>
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<td>- Proven Men: A Proven Path to Sexual Integrity</td>
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<td>- Conquer Series – DVD, downloadable books</td>
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<td><strong>82. Ralph Earle &amp; Mark Laaser</strong></td>
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<td><strong>84. Renee &amp; Clay Crosse</strong></td>
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<td>- Reclaiming Stolen Intimacy – When Your Marriage is Invaded by Porn</td>
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<td><strong>85. Restoring the Soul</strong></td>
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<td><a href="http://www.restoringthesoul.com">www.restoringthesoul.com</a></td>
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## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY
### BOOKS, AUDIOS, EBOOKS

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<table>
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<td>86. Russell Willingham</td>
<td>• Breaking Free</td>
<td><a href="http://www.faithfulandtrue.com">www.faithfulandtrue.com</a></td>
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| 87. Safe Families | • Books  
• Articles  
• Media | www.safefamilies.org |
| 88. Samuel M. Shoemaker | • Courage to Change | Available at www.amazon.com |
| 89. Setting Captives Free | • Books | www.focuspublishing.com |
| 90. **Stephen Arterburn & Fred Stoeker** | • Every Man’s Battle | www.newlife.com |
| 91. Stephen Kuhn | • 10 Lies Men Believe About Porn | Available at www.amazon.com |
| 92. Steve Gallagher | • At the Altar of Sexual Idolatry  
• A Biblical Guide to Counseling the Sexual Addict | www.purelifeministries.org |
| 93. Steven Maestas | • Heart of a Lion: 14 Days of Punching Your Porn Addiction in the Face | Available at www.amazon.com |
| 94. **Ted Roberts** | • Pure Desire: Helping People Break Free from Sexual Struggles | www.puredesire.org |
| 95. The Center for Internet & Technology Addiction | • Virtual Addiction book | http://virtual-addiction.com/library/ |
| 96. The Dr. Oz Show | • Porn-Induced ED |  
• Porn Induced ED - Part 1  
• Porn Induced ED - Part 2  
• Porn Induced ED - Part 3  
• Porn Induced ED - Part 4 |
| 97. The Porn Effect | • Delivered (book)  
• Restored (book)  
• The Hidden Battle CD | http://theporneffect.com/ |
| 98. The Pure Man Ministry | • My Purity Coach App | http://www.thepureman.org/ |
| 99. The Reboot Nation | • Porn on the Brain | www.challies.com |
| 100. Tim Challies | • Sexual Detox: A Guide for Guys Who are Sick of Porn  
• The Porn-Free Family Plan | www.challies.com |
| 101. **Tim Chester** | • Closing the Window: Steps to Living Porn-Free | Available at www.amazon.com |
# RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

## BOOKS, AUDIOS, EBOOKS

<table>
<thead>
<tr>
<th>102. UK Documentary</th>
<th>● Porn on the Brain</th>
<th>Porn on the Brain</th>
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</thead>
</table>
| 103. Ultimate Escape | ● Questions that need answers  
● Hooked | http://www.ultimateescape.org/ |
| 104. Vicki Tiede | ● When Your Husband is Addicted to Porn: Healing After Betrayal  
● Parenting on Your Knees | http://www.vickitiede.com/ |
| 105. We Stand Guard | ● Say No and Tell Children’s Personal Safety  
● Say No and Tell Parents Guide | www.westandguard.com |
| 106. WhatsUpGold | ● Network monitoring | www.whatsupgold.com |
| 107. X3Watch | ● Online Accountability | www.x3watch.com/ |
| 108. XXX Church | ● 30-Day Porn-Free Challenge | 30 Day Porn-Free Challenge |
| 109. You Tube Video | ● Your Brain on Porn: How Internet Affects the Brain | Your Brain on Porn: How Internet Porn Affects the Brain |
| 110. You Tube Video | ● Adolescent Brain Meets High Speed Internet Porn | Adolescent Brain Meets High Speed Internet Porn |
| 111. You Tube Video | ● The Science of Pornography Addiction | The Science of Pornography Addiction |
| 112. You Tube Video | ● Generation X-Rated | Generation X-Rated |
| 113. You Tube Video | ● Young Guys Speak Out About Porn-Induced ED | Young Guys Speak Out About Porn-Induced ED |
| 114. You Tube Video | ● Things You Didn't Know About Porn | Things You Didn't Know About Porn |
| 116. Sean Russell | ● The Top 10 Reasons to Stop Watching Porn | The Top 10 Reasons to Stop Watching Porn |
| 119. | | |
## Internet Filters

<table>
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<tr>
<td>1. BSecure</td>
<td><a href="http://www.internetsafetyproject.org">www.internetsafetyproject.org</a></td>
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<td>2. Clean Internet Filter</td>
<td><a href="http://www.cleaninter.net">www.cleaninter.net</a></td>
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<td>3. Clear Play</td>
<td><a href="http://www.clearplay.com">www.clearplay.com</a></td>
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<td>5. Family Cyber Alert</td>
<td><a href="http://www.itcompany.com">www.itcompany.com</a></td>
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<td>6. InterGuard Web Filtering</td>
<td><a href="http://www.interguardsoftware.com">www.interguardsoftware.com</a></td>
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<td>9. Open DNS</td>
<td><a href="http://www.opendns.com">www.opendns.com</a></td>
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<td>11. Pure Desire</td>
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<td>12. Pure Sight</td>
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<td>13. Safe Eyes</td>
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<td>16. TechRepublic</td>
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<td>17. TuEagles Parental Controls</td>
<td><a href="http://www.tueagles.com">www.tueagles.com</a></td>
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<td>18. TVO Blockit (True Vine Online)</td>
<td>safe.truevine.net</td>
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<td>20. X3 Watch</td>
<td><a href="http://www.x3watch.com">www.x3watch.com</a></td>
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<td>22. XXX Church</td>
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<td><a href="http://www.allaboutlove.com">www.allaboutlove.com</a></td>
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<td>2. American Family Association</td>
<td><a href="http://www.afa.net">www.afa.net</a></td>
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<td>3. Antipornography</td>
<td><a href="http://www.antipornography.org">www.antipornography.org</a></td>
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<td>5. Be Free in Christ</td>
<td><a href="http://www.befreeinchrist.com">www.befreeinchrist.com</a></td>
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<td>7. BraveHearts</td>
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<td>8. Breakpoint</td>
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<td>9. Care for Pastors</td>
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<td>15. Enough Is Enough</td>
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<td>16. Epic Parent TV</td>
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<td>17. Every Man’s Battle</td>
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<td>18. Family Life</td>
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<td>20. Fight the New Drug</td>
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<td>29. Joe Dallas</td>
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<td>33. Love Like Jesus</td>
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<td>37. Oklahoma Wesleyan University</td>
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RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

WEBSITES

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RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY

WEBSITES
## RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY COUNSELING

<table>
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<td>5. Be Broken Ministries</td>
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<td>7. Biblical Counseling Center</td>
<td><a href="http://www.biblicalcounselingcenter.org">www.biblicalcounselingcenter.org</a></td>
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<td>8. Biblical Counseling Institute</td>
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<td>10. Cairn Counseling</td>
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<td>11. Capstone Treatment Center</td>
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<tr>
<td>13. Christian Counseling &amp; Training Center, Inc.</td>
<td><a href="http://www.cctcinc.org">www.cctcinc.org</a></td>
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<td>15. Christian Counseling and Training Center</td>
<td><a href="http://www.cctcinc.org/">http://www.cctcinc.org/</a></td>
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<td>17. Christian Counseling Center of First Presbyterian Church Inc.</td>
<td><a href="http://www.christiancounseling.ws">www.christiancounseling.ws</a></td>
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<td>22. Dirty Girls Ministry</td>
<td><a href="http://www.dirtygirlsministry.com">www.dirtygirlsministry.com</a></td>
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<td>23. Dr. Adam M. Moore</td>
<td><a href="http://www.adammmoore.com">www.adammmoore.com</a></td>
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<td>24. Dr. Henry Cloud</td>
<td><a href="http://www.drcloud.com">www.drcloud.com</a></td>
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<td>25. Eagles Wings Counseling Center</td>
<td><a href="http://www.eagleswingscounseling.com">www.eagleswingscounseling.com</a></td>
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<td>26. Faithful and True (Mark Laasar)</td>
<td><a href="http://www.faithfulandtrue.com">www.faithfulandtrue.com</a></td>
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<td>27. Family Strategies Counseling Center</td>
<td><a href="http://familystrategies.org/">http://familystrategies.org/</a></td>
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<td>28. First Baptist Church at the Mall</td>
<td><a href="http://churchatthemall.com/supportgroups/">http://churchatthemall.com/supportgroups/</a></td>
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<td><strong>29. Focus on the Family</strong></td>
<td><a href="http://www.focusonthefamily.com">www.focusonthefamily.com</a></td>
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<td><a href="http://www.fotf.com">www.fotf.com</a></td>
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<td>30. Genesis Counseling</td>
<td><a href="http://www.joedallas.com">www.joedallas.com</a></td>
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<td>31. Healing for the Soul</td>
<td><a href="http://www.healingforthesoul.org">www.healingforthesoul.org</a></td>
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<td>32. Healing Sexual Hurt</td>
<td><a href="http://www.healingsexualhurt.com">http://www.healingsexualhurt.com</a></td>
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<td>33. Heart to Heart Counseling Center</td>
<td><a href="http://drdougweiss.com">http://drdougweiss.com</a></td>
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<td>Resources to Help with Overcoming Pornography Counseling</td>
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<td>34.</td>
<td>Hope and Freedom Counseling Services</td>
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<td>35.</td>
<td>Hope for the Heart</td>
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<td>36.</td>
<td>Hope Quest</td>
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<td>37.</td>
<td>IITAP (International Institute for Trauma and Addiction Professionals)</td>
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<td>38.</td>
<td>Insights Therapy</td>
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<td>40.</td>
<td>Life Star Therapy</td>
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<td>Life Works Recovery</td>
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<td>Meier Clinics</td>
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<td>Merry Heart Guidance Center</td>
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<td>Mill Creek Christian Counseling</td>
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<td>New Life</td>
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<td>Overcome Sex Addiction</td>
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<td>Oxbow Academy</td>
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<td>Pastoral Care, Inc.</td>
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<td>Provident Living</td>
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<td>Pure Desire</td>
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<td>Pure Life Alliance</td>
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<td>Pureheart Ministries</td>
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<td>Restoring the Soul</td>
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<td>SANE resources</td>
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<td>Sexual Control</td>
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<td>61.</td>
<td>Soul Detox Lifestyle</td>
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<td>62.</td>
<td>Stone Gate Resources</td>
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<td>63.</td>
<td>The Center – A Place of Hope</td>
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<td>64.</td>
<td>The Center for Internet &amp; Technology Addiction</td>
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<td>65.</td>
<td>The Center, a Place of Hope</td>
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<td>66.</td>
<td>The Christian Treatment Center: Road to Freedom</td>
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<td>68.</td>
<td>Total Life Counseling</td>
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<td>70.</td>
<td>Vantage Point Counseling Services</td>
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<td>71.</td>
<td>Wholeness to Freedom Counseling Center</td>
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RESOURCES TO HELP WITH OVERCOMING PORNOSGRAPHY COUNSELING

Pure Desire Recovery Resources

FOR-WOMEN STRUGGLING WITH BETRAYAL ISSUES:

- Betrayal & Beyond I, II, and III

FOR WOMEN STRUGGLING WITH SEXUAL ADDICTION OR LOVE ADDICTION:

- 8 Pillars Workbook I and II

FOR MEN STRUGGLING WITH SEXUAL ADDICTION:

- The Conquer Series DVD Set
- The Conquer Series Study Guide
- Seven Pillars of Freedom

FOR MEN STRUGGLING WITH BETRAYAL ISSUES:

- Hope for Men,

FOR YOUNG MEN (AGES 13-17):

- Top Gun

FOR YOUNG WOMEN (AGES 13-25):

- Behind the Mask.

FOR STRUGGLING PASTORS, THE ABOVE APPROPRIATE RESOURCES PLUS:

- The PD University
- The Conquer Series
- Setting Us Free
- The Forgiveness Factor
- The Silent Battle
RESOURCES TO HELP WITH OVERCOMING PORNOGRAPHY
COUNSELING

- Exposed

PLEASE VISIT PUREDESIRE.ORG/STORE TO FIND THESE RESOURCES AND MORE
Ben Bennett

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible
WHO’S TALKING ABOUT BEN?

“Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way.”

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

“While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben’s that renews hope, gives a roadmap to healing, and inspires next steps. I’ve personally benefited greatly from what Ben has to share and I think many people in all walks of life will too.”

-Karl Armentrout // Cru National Conference and Events Director

“My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben’s session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben’s personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben.”

-Marylyn // Texas College Student

Ben is the author of:

Living Free
FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.

For more information or to book Ben please contact:
Ben.Bennett@josh.org
www.josh.org/Ben

972-907-1000 ext 135
2001 W. Plano Pkwy, Ste 2400
Plano, TX 75075
Jake Kissack

JAKE KISSACK
SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master’s degree thesis work on how pornography negatively affects the church.

His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love
WHO’S TALKING ABOUT JAKE?

Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scriptures. He wins the hearts and minds of students through stories.”

-Josh D. McDowell // Author/Speaker

Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God’s work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.

-Sherry Broesame // Field Director of People & Culture, CRU

Jake’s heart and passion is to participate in and see God heal wounds and restore people.

-Austin Adams // Family Pastor, Crossroads Community Church

Jake passionately plants seeds of gospel hope and invites people to live wholeheartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!

-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries

For more information and to book Jake please contact:

Jacob.Kissak@cru.org

www.josh.org/Jake

307-299-3208

2001 W Plano Pkwy, Ste 2400

Plano, TX 75075
Alex McClellan

ALEX MCCLELLAN
SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

Alex is available to speak on:
You Can Handle the Truth! | How To Find The Meaning Of Life Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .
WHO’S TALKING ABOUT ALEX?

“Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work.”

—Ravi Zacharias, Ravi Zacharias International Ministry

“Alec’s ministry has been immensely beneficial to the church in helping to train, equip and prepare God’s people for the task of bringing the gospel to the world and the world to Christ.”

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

“Alec is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word.”

—Peter Thomas, National Director, Capernwray Bible School, Australia

Alex is the author of:


Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.

For more information and to book Alex please contact:

Email: Alex@josh.org
Website: www.josh.org/Alex
Phone: 469-440-9152
2001 W Plano Pkwy, Ste 2400
Plano, TX 75075
Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including More Than a Carpenter with over 27 million copies distributed and Evidence That Demands a Verdict, named one of the twentieth century’s top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. Evidence That Demands a Verdict also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

- Relationships
- Parenting
- Reliability of Scripture
- My Journey
- Self Image
- Sexual Integrity
- Truth in Today’s Culture
WHO’S TALKING ABOUT JOSH?

“This has helped me more than any other kind of seminar on speaking”
-Cru Staff Member, Young Communicators Seminar

“His message spoke to all of us but certainly impacted the hearts and minds of the teens the most.”
-Alpha Women’s Center of Grand Rapids Staff Member

“Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups.”
-Ministry Leader and Event Host

“Josh’s message was a deep examination of God’s truth made relevant for your contemporary, apathetic youth culture.”
-Tim Rickman, High School Principal, Wesleyan Education Center

Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books—some in over 100 languages—and has spoken to approximately 35 million people in 140 countries.

For more information and to book Josh please contact:

johnncottleston@gmail.com
www.josh.org/event/request-josh/
417-334-8056
2001 W. Plano Pkwy, Ste 2400
Plano, TX 75075

Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.