

# **Pornography:**

**Research on its Harms and Helping Students Who Use It.**



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# Goals

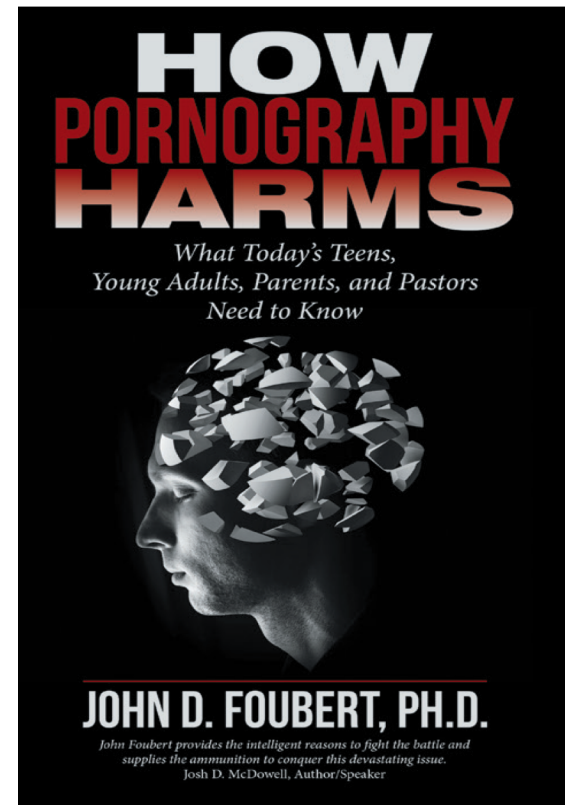
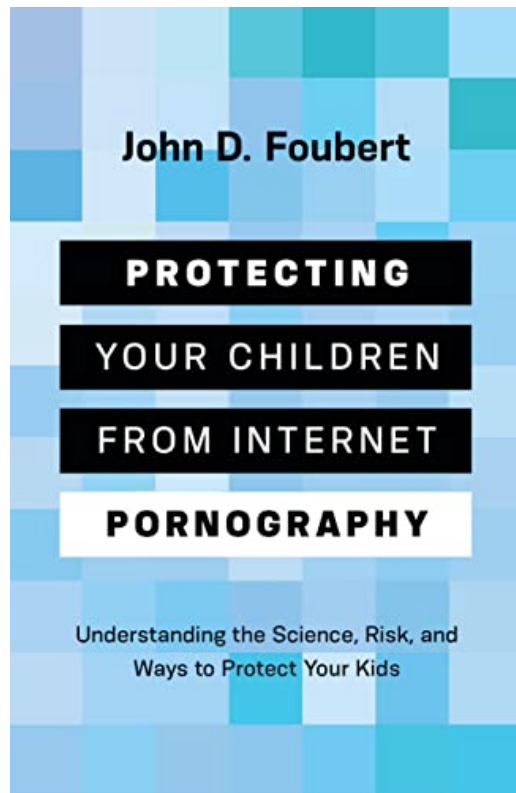
- **Help you have well-informed conversations with your students about pornography.**
- **Give you information to help someone to stop using pornography.**



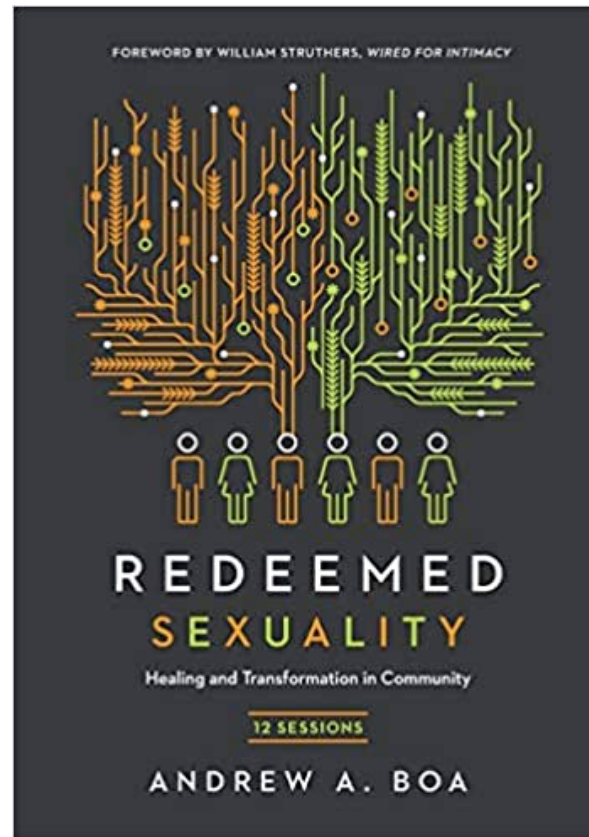
**This Can Be Difficult and Graphic!**



## Based on Research For 2 Books



# Recommended Curriculum



# Definition

- **Sexually explicit media:** Any kind of material aimed at creating or enhancing sexual feelings or thoughts in the recipient and at the same time containing explicit exposure and/or descriptions of the genitals and/or sexual acts. (Hald, 2006).
- Hald, G. M. (2006). Gender differences in pornography consumption among young heterosexual Danish adults. *Archives of Sexual Behavior*, 35, 577–585

# Prevalence of Use

# Prevalence of Use

- Half of 8<sup>th</sup> graders have viewed pornography
- 94% of men and 87% of women have seen it in their lifetime.
- Among users of Amazon.com, 92% of men and 60% of women viewed some form of pornography in the previous month



- Solano, I., Eaton, N., & O'Leary, K.D. (2020). Pornography Consumption, Modality and Function in a Large Internet Sample, *The Journal of Sex Research*, 57:1, 92-103, DOI: [10.1080/00224499.2018.1532488](https://doi.org/10.1080/00224499.2018.1532488)
- Herbenick et al., 2020

## Boys Under 13

- 2008: 14%
- 2011: 49%
- Daily use doubled
- Average age = 11.

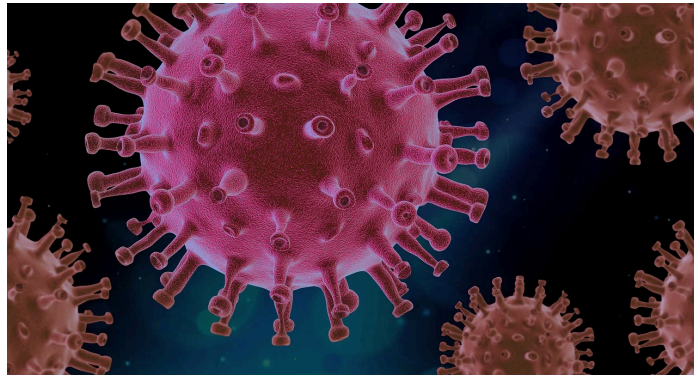


- Sun, C., Bridges, A., Johnson, J., & Ezzell, M. (2014). Pornography and the male sexual script: An analysis of consumption and sexual relations. *Archives of sexual behavior*, 1-12.



## Covid Impact?

- **During the Covid-19 pandemic, pornography use increased by 11%.**



Mestre-Bach G, Blycker GR, Potenza MN. (2020) Pornography use in the setting of the COVID-19 pandemic. *Journal of Behavioral Addictions*.



# Just One of Millions of Porn Sites

- **42 Billion visitors accessed pornography in 2019.**
- **Daily visits to the site now exceed 100 million.**
- **The site logs 962 searches a second.**
- **Every minute 63,992 new visitors access its content.**
- **168 years to watch all videos uploaded in one year.**



McTavish, J. (2020). Internet Pornography: Some Medical and Spiritual Perspectives. *The Linacre Quarterly*, 87(4), 451-463.

# Why Do People Use Porn?

- **Men: Masturbation**
- **Women: Part of sexual activity with partner**



- Bridges, A.J., & Morokoff, P.J. (2011). Sexual media use and relational satisfaction in heterosexual couples. *Personal Relationships*, 18, 562-585. doi: 10.1111/j.1475-6811.2010.01328.x

# Scripts Reinforced by Porn

**Watching -> Embedding Ideas -> Action**

**Pornography creates a sexual script that guides sexual experiences.**

**(Wright, 2013)**



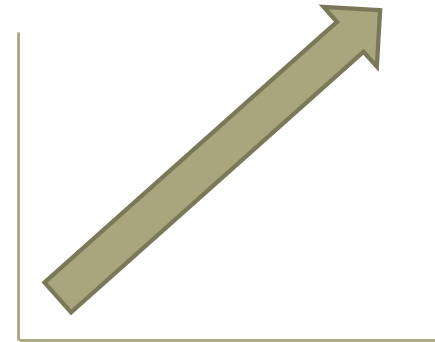
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# **Violence in Pornography**

# Past 10 years, Exponential Increase in...

- **Violent Porn**
- **Gore Porn**
- **Child Porn**
- **Racist Acts in Porn**



- DeKeseredy, W. S. (2015). Critical criminological understandings of adult pornography and woman abuse: New progressive directions in research and theory. *International Journal for Crime, Justice and Social Democracy*, 4, 4–21.

# Child Sexual Abuse Pictures

- **20% of the profits to the pornography industry.**
  - **21% of male porn users view child porn.**
  - **Users are more sexually interested in children than adults.**
- 
- Ropelato J. (2010) Internet pornography statistics. TopTenReviews.com. Available at <http://Internet-filter-review.toptenreviews.com/Internet-pornography-statistics.html> (accessed November 5, 2015).
  - 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)
  - 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.
  - Seto, M.C. (2006). Child Pornography Offenses Are a Valid Diagnostic Indicator of Pedophilia. *Journal of Abnormal Psychology*, 115 (3), 610-615.

# Why so much child porn?

- **Demand increasing with childification of mainstream pornography.**
- **18 year olds who look 14.**
- **For some, adult porn leads to child porn use.**

- Layden, M.A. & Eberstadt, M. (2010). The social costs of pornography: A statement of findings and recommendations. Princeton, NJ: The Witherspoon Institute.
- DeKeseredy, W. (2015). Personal Communication.
- Dines, G. (2015). Personal Communication.

## During Last Decade...

- **Interest in pornography featuring teens (above and below the age of consent) has significantly increased (Walker, Makin, & Morczek, 2016).**





# **Violent Content = The *New* Mainstream**

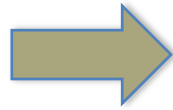
- **45% of online pornography:**

- **Spanking**
- **Gagging**
- **Slapping**
- **Hair Pulling**
- **Choking**

- Fritz et al., 2020



# Porn Teaches Violence



**97%**



**Pleasure**



**Neutral**

**She likes to  
be hit.**

**If he hits me,  
I should like it.**



- Fritz et al., 2020

# Female Performers Reactions in Online Porn

- **Express pleasure during forced vaginal or anal penetration, and forced gagging; particularly if the performer is a teenager.**
- **Teaches viewers that women enjoy aggressive and demeaning sexual behaviors**
- **Though the female actor may speak words of enjoyment, the facial expressions, tears, and positions make the woman out to be pained, prostituted, and humiliated. Furthermore, the language used by pornography users encourages the denigration of women.**

- Kimmel, M. (2008). *Guyland: The Perilous World Where Boys Become Men*. Harper: New York.
- Shor, E. (2018). Age, aggression, and pleasure in popular online pornographic videos. *Violence Against Women*, DOI: 10.1188/1077801218804101.



# Internet Clips

- **45% show at least one man “finishing” on woman’s face.**
- **72% of men and 46% of women have seen pornography where a man ejaculated on a woman’s face**

- (Herbenick et al., 2020)
- Gorman S, Monk-Turner E, Fish J. (2010). Free adult Internet web sites: How prevalent are degrading acts? *Gender Issues*, 27 (3-4), 131-145.

# Imitating Violence in Pornography

- **Pornography showing rape has been seen by 21% of men and 11% of women.**
- **BDSM porn has been seen by 45% of men and 33% of women.**
- **20% of men and 12% of women have choked someone during sex, 11% of men and 21% of women have been choked during sex, and 48% of men have ejaculated on a woman's face.**
- **Among those who have seen “rough sex” in pornography (behaviors including hair pulling, spanking, scratching, biting, bondage, fisting, and double penetration) 91% wanted to take part in such behaviors and 82% had taken part in at least one of the behaviors.**

- Herbenick, D., Fu, T.C., Wright, P., Gradus, R., Bauer, J., & Jones, R. (2020). Diverse sexual behaviors and pornography use: Findings from a nationally representative probability survey of American's aged 18 to 60 years. *The Journal of Sexual Medicine* <https://doi.org/10.1016/j.jsxm.2020.01.013>
- Vogels, E.A. & O'Sullivan, L.F. (2019). The relationship among online sexually explicit material exposure to, desire for, and participation in rough sex. *Archives of Sexual Behavior*, 48, 653–665. <https://doi.org/10.1007/s10508-018-1290-8>

# Watching Pornography In Some Cases Leads to...

- Sexual violence
- Risky sexual behaviors such as multiple partners and unprotected sex



- (Van Oosten, Jochen, & Vandenbosch, 2017).

# Porn to Sexual Violence Connection

- **Viewers develop sexual scripts that involve coercion and then seek to act them out in real life**



- Marshall, E.A., Miller, H.A., & Bouffard, J.A. (2018). Bridging the theoretical gap: Using sexual script theory to explain the relationship between pornography use and sexual coercion. *Journal of Interpersonal Violence*, DOI: 10.1177/0886260518795170.

# Porn/Sexual Violence Connection

- When the pornography is especially violent
- When the user has peer support for sexual violence
- When the user is hypermasculine and emphasizes impersonal sex



- Hald, G., & Malamuth, M. (2015). Experimental effects of exposure to pornography: The moderating effect of personality and mediating effect of sexual arousal. *Archives of Sexual Behavior*, 44(1), 99-109.



# Men's Consumption of Pornography

- **Impacts their views of women**
  - **Objectification**
  - **acceptance of sexual mistreatment of women**
  - **making unwanted sexual advances toward women**
- (Mikorski & Syzmanski, 2017; Wright & Bae, 2015).



# Adolescents Who View Pornography

- **More likely to have been sexually assaulted**



- (Alexandraki et al., 2018).

# Effects on Women

**Pornography use in women =  
Greater acceptance of  
sexual victimization.**



- Davis, K.C., Norris, J., George, W.H., Martell, J., & Heiman, J.R. (2006). Rape-myth congruent beliefs in women resulting from exposure to violent pornography: Effects of alcohol and sexual arousal. *Journal of Interpersonal Violence*, 21(9), 1208-1223.
- Norris, J., Davis, K.C., George, W.H., Martell, J., & Heiman, J.R. (2004). Victim's response and alcohol-related factors as determinants of women's responses to violent pornography. *Psychology of Women Quarterly*, 28, 59-69.

# Porn and Rape

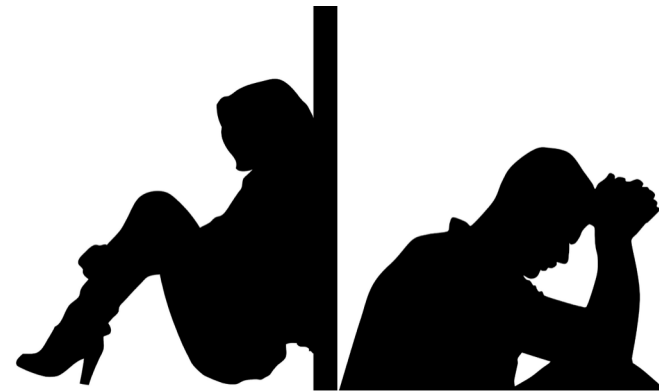
- With increasingly high use of porn, it becomes more likely that men will be likely to rape, likely to commit sexual assault, be sexually entitled, and have hostility toward women (Goodson, et al., 2020).
- Men who consume more pornography, particularly male-dominant pornography, are more likely to use sexual force in their own relationships (De Heer et al., 2020).



# Relationships

# Effects on Relationships

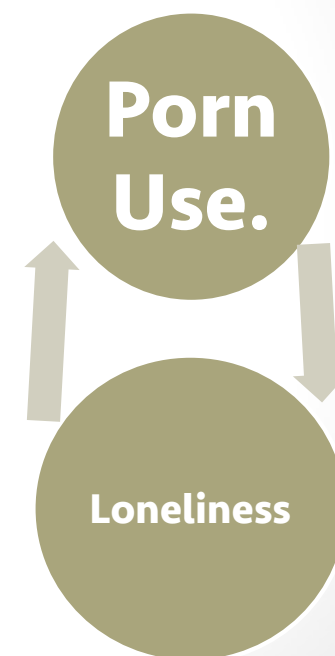
- **Less satisfaction in relationships**
- **Less close relationships**
- **More loneliness**
- **More depression**



- Hesse, C. & Floyd, K. (2019). Affection substitution: The effect of pornography consumption on close relationships. *Journal of Social and Personal Relationships*. DOI: 10.1177/0265407519841719.

# Does Pornography Make You Lonely?

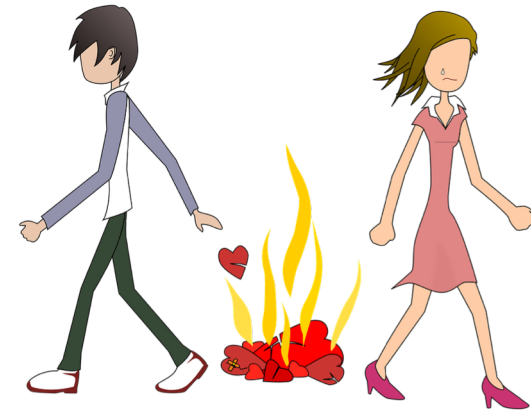
- **1,247 people surveyed**
- **More pornography = more lonely.**
- **Loneliness influenced porn use,**
  - **porn use influenced loneliness**
- **Because sex is a relational activity and porn use isolates a person, people become more lonely.**



- Butler, Mark H.; Perry, Samuel A.; Draper, Thomas W.; Leonhardt, Nathan D.; Skinner, Kevin B. (2017). Pornography use and loneliness: A bi-directional recursive model and pilot investigation. *Journal of Sex and Marital Therapy*, <http://dx.doi.org/10.1080/0092623X.2017.1321601>

# Marriage

- **Men who have high levels of pornography use are less likely to get married**
- **Married people who view pornography**
  - **More likely to believe that their marriage is in trouble**
  - **More likely to discuss ending the marriage**
  - **More likely to repeatedly break up**
  - **Less likely to view their relationship as good or strong**
  - **Less likely to feel like a team with their spouse**
  - **Less likely to think their relationship makes them happy**
  - **Less likely to believe their relationship is nearly perfect**
  - **Less satisfied with their marriage**



- Perry, S. & Longest, K. (2018). Pornography use and marriage entry during early adulthood: Findings from a panel study of young Americans. *Archives of Sexual Behavior*, DOI:10.31235/osf.io/xry3z
- Perry, S.L. (2020). Pornography and relationship quality: Establishing the dominant pattern by examining pornography use and 31 measures of relationship quality in 30 national surveys. *Archives of Sexual Behavior*, 49, 1199–1213 <https://doi.org/10.1007/s10508-019-01616-7>
- Perry, S.L. (2016). From bad to worse? Pornography consumption, spousal religiosity, gender, and marital quality. *Sociological Forum*, 31(2), 441-464.



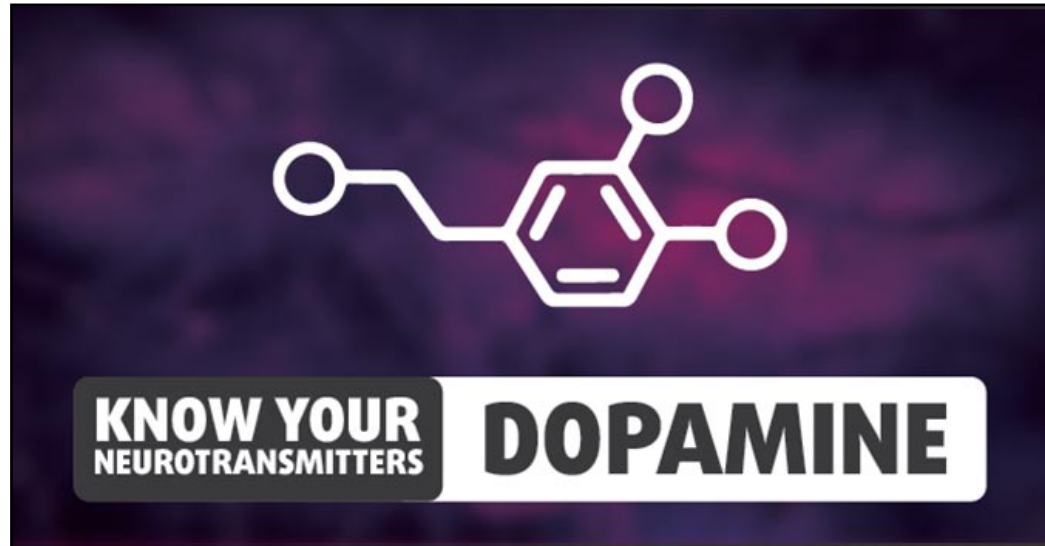
# Married Men

- **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

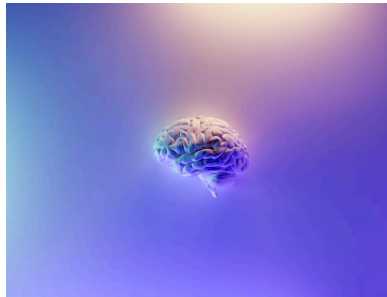
# Brain Development



- **Motivates you**
  - **More = makes you want**
  - **Most dopamine – orgasm**
  - **Glue binds nerves assuring repeated behavior.**
- 
- Daigle, N. (2010). Acquiring tastes and loves. In (J.R. Stoner & D.M. Hughes, Eds.) The social costs of pornography. USA: Witherspoon Institute.

# Youth and Adolescents

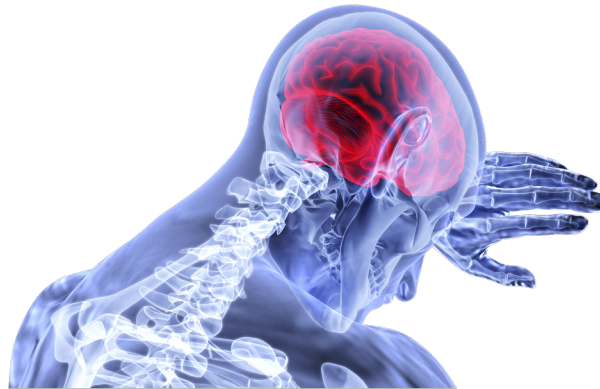
- **The impact of seeing pornography on a young person with a developing brain can be even more impactful than what is seen by an adult.**
- **An adolescent brain has not yet fully matured, particularly in the control center for suppressing of anti-social sexual behaviors they see in pornography.**
- **Thus, adolescents may be particularly vulnerable to the impact of violent pornography and are at particular risk for acting on what they see.**



- Owens, E. W., Behun, R. J., Manning, J. C., & Reid, R. C. (2012). The impact of Internet pornography on adolescents: A review of the research. *Sexual Addiction & Compulsivity*, 19(1/2), 99-122. doi:10.1080/10720162.2012.660431
- Casey, B. J., & Jones, R. M. (2010). Neurobiology of the adolescent brain and behavior: Implications for substance use disorders. *Journal of the American Academy of Child & Adolescent Psychiatry*, 49 (12), 1189–1201.
- Somerville, L. H., Hare, T., & Casey, B. J. (2011). Frontostriatal maturation predicts cognitive control failure to appetitive cues in adolescents. *Journal of Cognitive Neuroscience*, 23 (5), 7102–7114.

# Yes, Pornography Can Be Addictive

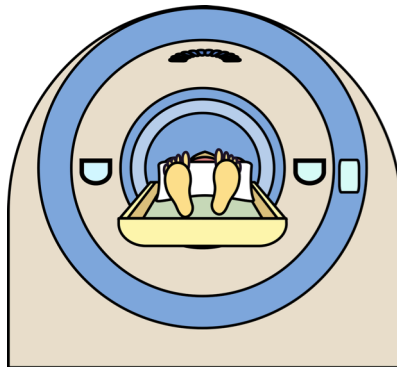
**In a study looking at brain scans of males, neurologists found that the brain activity among heavy porn users showed a behavioral addiction, much like substance and gambling addiction.**



- Gola, M. Wordecha, M., Sescousse, G., Lew-Starowicz, M., Kossowski, B., Wypch, M., Makeig, S., Potenza, M.N. & Marchewka, A. (2017). Can pornography be addictive? An fMRI study of men seeking treatment for problematic pornography use. *Neuropsychopharmacology*, 42(10), 2021-2031.

# Analyzing Men's Brain Scans

- All men who were tested *liked* pornography
- Addicted men felt like they *had to have it*.
- Men who were addicted to pornography had first seen porn much earlier in their lives than did the healthy men.

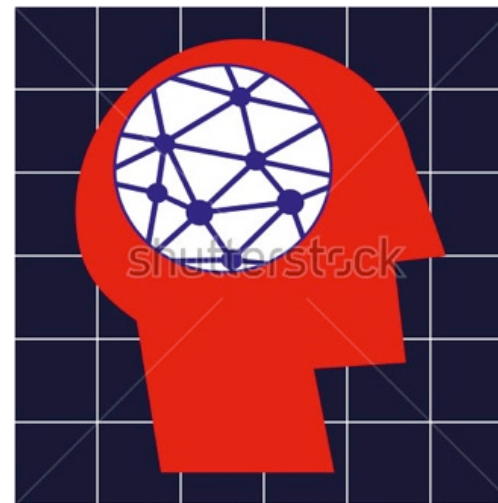


- Voon V, Mole TB, Banca P, Porter L, Morris L, Mitchell S, et al. (2014) Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors. *PLoS ONE* 9(7): e102419. doi:10.1371/journal.pone.0102419

# Rerouting Roadways: Neuroplasticity

- The maps that nerve cells travel through the brain become re-routed as people use more and more pornography.
- “Nerve cells that fire together, wire together”

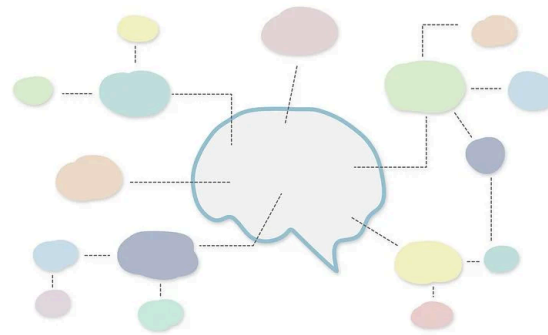
- (Wilson, 2014, p. 68).



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# Addiction to Pornography

- **Their maps for normal sexuality are rewired and reinforced by pornography to prefer more explicit, graphic images in order to maintain arousal.**



- (DeSousa & Lodha, 2017)



## With More Hours Per Week Using Porn...

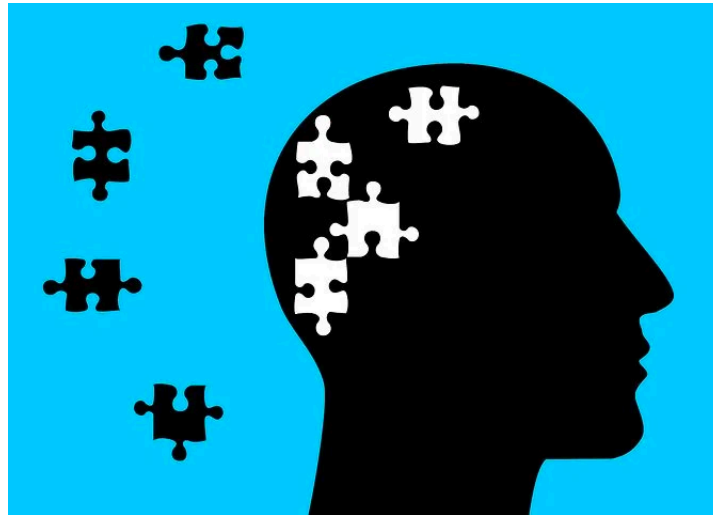
- The less gray matter volume they have in their brain and less connective tissues associated with healthy brain functioning.



- DeSousa & Lodha, 2017

## If Addicted

- Pornography addiction impairs recent verbal memory.



# Resisting small short-term rewards for larger, later rewards.

- **More porn use = less able to resist short term rewards**



- **Abstaining from porn for even 3 weeks helps people work toward long-term goals.**

- Negash, S., Sheppard, N.V., Lambert, N.M., & Fincham, F.D. (2015). Trading later rewards for current pleasure: Pornography consumption and delay discounting. *Journal of Sex Research*, 1-12.

# Religious Impacts

# The more frequently young people view pornography...

- The less frequently they attend religious services
- The less important their faith is to them
- The less frequently they pray and feel close to God
- The more religious doubts they have
- They become less religious over time
- **This is a spiritual battle!**
- (Alexandraki et al., 2018).



# Men Who View Porn Frequently

- **Less committed to their religion.**
- **Less likely they are to hold a leadership position in their congregation during the following 6 years**

- (Perry, 2018).



# Adolescents who are more attached to religious leaders

- Have lower levels of pornography consumption



- (Alexandraki et al., 2018).

# Among Adolescents...

- **Pornography use increases with age, especially with boys.**
- **Adolescents who attend religious services frequently are less likely to view pornography**



- **(Rasmussen & Bierman, 2016).**



# **Sexual Impacts**

# Sexting/Self Esteem

- **Sexting is increasingly common among people age 18-29. In that age group, 38% of sent sext messages and 42% have received them. 15% of people have had their sext messages forwarded without their permission (Mori et al., 2020).**
- **Men with low self esteem are especially likely to use pornography as a way to over-conform to male norms like having emotional control and being self-reliant (Borgogna et al., 2020).**



## Men Under 30 Erectile Dysfunction

- **A**      **<1%**
- **B**      **7%**
- **C**      **33%**
- **D**      **60%**

# ED with Men Under 30

- 1948: **< 1%**
- 1992: **7%**
- 2014: **33%**



- Kinsey, A.C., Pomeroy, W.B., & Martin, C.E. (1948) Sexual behavior in the human male. Philadelphia: WB Saunders.
- Laumann, E.O., Paik, A., & Rosen, R.C. (1999). Sexual dysfunction in the United States: Prevalence and predictors. *Journal of the American Medical Association*, 281(6), 537-544.
- O'Sullivan, L.F., Brotto, L.A., Byers, E.S., Majerovich, J.A., Weust, J.A. (2014). Prevalence and characteristics of sexual functioning among sexually experienced mid to late adolescents. *The Journal of Sexual Medicine*, 11, 630-641.

## Result in Addicted Men: Erectile Dysfunction (ED)

- Can't obtain/maintain erection
- 60% can't with partner
- No trouble 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

# Effects of Porn Scripts on Men

- More porn use during sex
- Request porn sex acts of a partner
- Conjure images of pornography during sex
- Concerned about his performance and body
- Enjoys sex less with a partner



- Sun, C. Bridges, A., Johnason, J., Ezzell, M. (2015). Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations. Archives of Sexual Behavior. DOI 10.1007/s10508-014-0391-2

# Condom Use

- When adolescents are exposed to pornography, they are less likely to use condoms if they engage in sexual intercourse. However, if these adolescents had conversations with their parents about the importance of wearing condoms, the “pornography effect” went away (Wright et al., 2020).



# **Additional Harms**



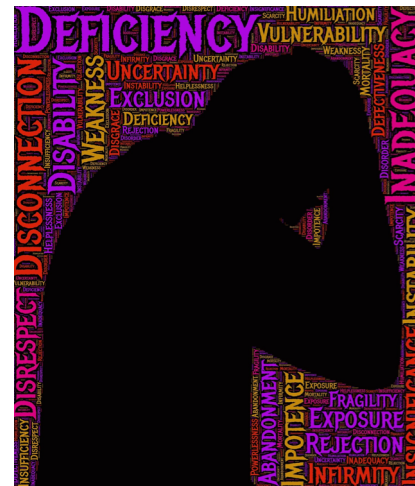
# Race and Pornography

- In a study of mainstream pornography and aggression, black women were more often the target of aggression than white women (Fritz et al, 2020).
- Black men are more often portrayed as the perpetrators of aggression against women and are depicted as significantly less intimate with their partners compared to white men (Fritz et al., 2020).
- The most aggression in porn scenes occurs between black couples (Fritz et al., 2020).



# Regular Pornography Users

- Lower levels of satisfaction with their sexual performance
- Questions about their virility
- Lower levels of self-esteem
- More body-image issues



- (Sun, Bridges, Johnson, & Ezzell, 2016).

# Eating Disorders

- **Women whose partners use pornography are more likely to have eating disorders**



- **(Tylka & Calogero, 2019).**

# Tommy's Story

- **"I think the youngest I've seen would probably be 15 or 14; mainly the female. It's mainly like an older adult, like a homemade video with a younger girl. ...Usually the guy is like 18 but not much older. It's always a girl who doesn't really know what to do, so the male just kind of takes over and controls the whole thing. ...It's almost like abuse."**



**Is there any hope?**



# **Practical Advice**

# Hope After Pornography

- **Reducing use increases commitment to a romantic partner**
- **The more someone is committed to their faith, reads the Bible, attends church, the less they view porn**

- Lambert, N.M., Negash, S., Stillman, T.F., Olstead, 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 and Clinical Psychology, 31*, 410-438. doi: jscp.2012.31.4.410
- Foubert, J. D., & Rizzo, A. J. (2013). Integrating religiosity and pornography use into the prediction of bystander efficacy and willingness to prevent sexual assault. *Journal of Psychology and Theology, 41*(3), 242-251.



# Quick Advice to Share with a Friend

1. **Use filtering and accountability**
  - **Google Safe Search**
  - **Covenant Eyes (Foubert coupon code)**
2. **Accountability Partner/Mentor**
3. **Get Regular Counseling**
4. **Learn to say “I am feeling spiritually weak, can we hang out?”**





# Dumb Phones

- **Step 1: Go to amazon.com**
- **Step 2: Search for “Dumb Phone”**
- **Step 3: Buy one.**



# TheFreedomFight.org

**47 short videos**  
**Biblically based**



# In Person Group Option



Celebrate  
Recovery

A CHRIST CENTERED Recovery Program

# Puredesire.org

- **Lots of resources for men and women, groups and individuals**
- **Online Counseling**



# Questions to Stimulate Conversation

- 1. In the past, what have you done when a friend of yours handed you a smart phone and it had pictures of people who didn't have clothes on?**
- 2. How did looking at the pictures make you feel inside?**
- 3. Were any of the images you've seen in pornography violent?**
- 4. What do you think the makers of pornography want you to think when they show violent content in their video clips?**

## Questions to Stimulate Conversation (2)

- 1. What are some of the ways that watching pornography can affect the brain?**
- 2. When brain scans are taken of men watching pornography, the parts of the brain that light up are those that deal with objects, not people. What do you think the implications of this is for people who look at pornography?**
- 3. In what ways does pornography “retrain” the brain?**

## Questions to Stimulate Conversation (3)

- 1. In what ways do you think the pornography you have seen has set expectations for you on what sex is like?**
- 2. What are your thoughts about one day having sex with someone who has used a lot of violent pornography?**
- 3. What kinds of behaviors can lead to the transmission of an STI? How does what is shown in pornography relate to that?**
- 4. What kind of sexual violence is depicted in some pornography? What affect might this have on the viewer?**

# Questions?

**For More Information Go to:**  
**[www.johnfoubert.com](http://www.johnfoubert.com)**



**<https://www.johnfoubert.com/ACSD-2022>**

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