THINGIFICATION: THE IMPACT OF PORN ON PEOPLE, RELATIONSHIPS & SOCIETY

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HOW EXPLICIT MATERIALS ARE USED IN THE US:

- 12% OF INTERNET WEBSITES ARE PORNOGRAPHIC IN NATURE (24.6 MILLION WEBSITES AND GROWING)
- Every second 3-million dollars are being spent on these materials
- 28,258 users on average are looking at explicit materials
- 40 million Americans are regular-viewers of explicit materials
- 1 in 3 of these are women
HOW EXPLICIT MATERIALS ARE USED IN THE US:

• In the US - Porn is a 2.84 Billion/year industry - 4.9 billion for the world annually
• 2.5 billion emails a day have pornographic materials
• 35% of internet users surveyed have seen unwanted/unsolicited adult materials
• 25% of internet searches are porn-related (68 million a day)
• 20% of men and 13% of women look at porn at work
• There are 116,000 searches for child pornography daily
• The average age of exposure is 11 per research, most say it is more accurate that the ages of 6-8

(Techaddiction.ca)
While many users can view these materials and have limited impact to their lives, there is a growing number of people, particularly those who are teens to early adulthood age that are experiencing problematic use.

• Some things to watch for:
  • Impacted ability to be physically attracted to and responsive towards a physically present partner
  • Looking at explicit materials 11 hours or more a week
  • Becoming secretive about the use
  • Continuously viewing porn despite consequences
  • Creating emotional detachment
  • Troubled relationships
  • Engaging in sexually risky behaviors
YOUTH AND PORN
WE NEED TO BE AWARE SO THAT WE CAN TALK ABOUT WHAT IS REALLY HAPPENING...

Don’t have sex, because you will get pregnant and die.
LIVING IN DENIAL...

• KIDS & TEENS VIEW ADULT MATERIAL OUT OF CURIOSITY, BOREDOM, FOR SEX-ED, AND TO MASTURBATE

• 40% OF PARENTS POLLED WHOSE CHILDREN HAD BEEN EXPOSED TO PORNOGRAPHY, DID NOT BELIEVE THEIR CHILDREN HAD VIEWED OR BEEN EXPOSED TO PORN (CORDELIAANDERSON.COM)
“Whether they want to or not, the majority of teens are getting some of their sex education from porn. Researchers have repeatedly found that people who have seen a significant amount of porn are more likely to start having sex sooner and with more partners; and to engage in riskier kinds of sex, putting them at greater risk of contracting sexually transmitted infections.”

(fightthenewdrug.org)
THE QUALITY OF TEEN-TARGETED INFORMATION ONLINE REGARDING APPROPRIATE SEX EDUCATION IS LACKING, SO TEENS LOOK TO WHAT INFORMATION THEY CAN FIND, AND CANNOT EVALUATE THE SOURCE OR THE QUALITY OF INFORMATION PROVIDED ...
What is the overall lesson that youth are learning from porn?

• A recent study of adolescent porn use concluded that the major messages presented by porn are male domination, hyper-masculinity, and making male sexual pleasure the top priority.

• That’s what porn is: indoctrination, the process of teaching a person or group to accept a set of beliefs uncritically. It isn’t just entertainment. It isn’t just titillating. It teaches a detrimental message from a specific worldview. We can limit the advancement of porn’s ideals by spreading the truth, especially to young people.

(fightthenewdrug.org)
The growing trend of pornography use and development sexual problems is especially serious for teens and young adults. Their brains are particularly vulnerable to being rewired by porn, and they are in a period where they are forming crucial attitudes, preferences, and expectations for their future.
While porn is often called “adult material,” many of its viewers are well under the legal age. In fact, the majority of teens are getting at least some of their sex-ed from porn, whether they mean to or not. And just like cigarette commercials show healthy people puffing away instead of the cancer-causing reality, porn is offering a completely warped idea of what partners, sex, and relationships are really like.

Studies show that people who consume porn are far more likely to believe that things like group sex or dangerous sex acts are more common than their non-porn-consuming peers. Why? Because that’s what they’ve seen in porn. In one study of popular porn videos, the average number of sexual partners in a scene was three, although the number ranged as high as 19. Today’s mainstream porn sites include whole categories of unprotected sex with strangers, brutal gang rape, and other dangerous and violent sex acts.
Thirty years ago, when a man developed erectile dysfunction (ED), it was almost always because he was getting older, usually past 40. As his body aged it became more difficult to maintain an erection. Chronic ED in anyone under 35 was nearly unheard of, but those were the days before internet porn.

These days, online message boards are flooded with complaints from porn users in their teens and 20s complaining that they can’t maintain an erection. They want to know what’s wrong with their body, but the problem isn’t in the penis—it’s in the brain.

Study after study has shown that porn is directly related to problems with arousal, attraction, and sexual performance. Porn leads to less sex and to less sexual satisfaction within a relationship. Researchers have shown a strong connection between porn use and low sex drive, erectile dysfunction, and trouble reaching orgasm. Many frequent porn users reach a point where they have an easier time getting aroused by internet porn than by having actual sex with a real partner. [19] One recent study even concluded that porn use was likely the reason for low sexual desire among a random sample of high school seniors. Who has ever heard of that? Low sexual desire among high school seniors!
WHAT MIGHT BE SOME OTHER ISSUES FOR YOUTH IN THE FOSTER CARE SYSTEM WITH ONLINE PORNOGRAPHY?

TRAUMA, ACTING OUT, NEW ‘NORMS’ IN NEW HOMES, EXPOSURE WHILE IN FOSTER CARE, AND MORE
• 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.

• 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 and **WHAT FIRES TOGETHER WIRES TOGETHER**
• 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.” When you’re in flow, you get so deep into what you’re doing that nothing else seems to matter. 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.

• When you’re in flow, 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.

• (fightthenewdrug.org)
Many porn consumers 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 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.
IS THERE NO HOPE FOR CHANGE THEN?

JUST LIKE ANY ADDICTION, CHANGES CAN BE MADE WITH SUPPORT, ABSTIENENCE AND THERAPY.
SOCIETAL and RELATIONAL IMPACTS
THINGS TO MAKE YOU GO ‘HMMM’...

• 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.”

Regan Starr, Former Porn Actor
“MEDIA TODAY HAS CREATED A ‘CULTURE OF CRUELTY’ WHERE INEQUITY, VIOLENCE AND EXPLOITATION ARE NORMALIZED” -

WHERE PAIN IS DEPICTED AS PLEASURE, INFlicting PAIN & DEGRADING THE OTHER PERSON IS DEPICTED AS SEX

(CORDELIAANDERSON.COM)
“YESTERDAY’S PORN CULTURE IS TODAY’S MAIN STREAM MEDIA -- WE LIVE IN A SEXUALLY TOXIC AND PORNIFIED CULTURE” – CORDELIA ANDERSON
• Per Vendita Carter (Breaking Free)
• Porn is prostitution on paper, strip clubs are live porn
• Consumption of these leads to belief:

I SEE - I WANT - I HAVE THE RIGHT TO BUY IT
“Toxic decisions seem rational in toxic environments...”

Dr. John Briere
(Cordelia Anderson)
RELATIONAL/SOCIETAL IMPACTS

• In a survey of 1,500 young adult men, 56% said their tastes in porn had become “increasingly extreme or deviant.” 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.

• 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.

• Once consumers start viewing extreme and dangerous sex acts, things that they thought were disgusting or degrading can start to seem normal, acceptable, and more common than they really are.

• 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.

When people believe a behavior is normal, they’re more likely to try it.
RELATIONAL/SOCIETAL IMPACTS

• 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.”

• (fightthenewdrug.org)
Crime and Justice - Education

U of M football player says team didn’t consider alleged sexual assault victim

Bob Collins  January 6, 2017, 8:40 AM  88 Comments

A University of Minnesota football player has provided new insight into what the team was thinking when it called a boycott of football activities to protest the suspension of 10 players who were accused of sexually assaulting a woman after a September party.

Junior Gaelin Elmore, of Somerset, Wis., told the Pioneer Press’ John Shipley that the team didn’t think about the alleged victim of the assault.

I think some people also have to understand it’s hard to get insight into how those people might feel if you don’t know people in your own life who have gone through that. It’s bad. We acknowledge that it’s bad that it never crossed our minds, and it’s something we have to fix, as far as being active in our relationship with that side of it.

Because after all this went down, I knew that if we had better knowledge of sexual assault victims, and how they feel and how they experience things, I think we would have handled it so much better, and I think that’s
ARE WE WHAT WE CONSUME?

• It’s no secret that much of porn is violent, but many people don’t understand the extent to which porn’s underlying messages influence behavior. Porn is full of people, particularly women, being disrespected, coerced, and physically and verbally abused, and that’s shaping how society thinks and acts.

• A few years ago, a team of researchers looked at 50 of the most popular porn films— the ones purchased and rented most often. Of the 304 scenes the movies contained, 88% contained physical violence and 49% contained verbal aggression. On average, only one scene in 10 didn’t contain any aggression, and the typical scene averaged 12 physical or verbal attacks. One particularly disturbing scene managed to fit in 128!

RELATIONAL AND SOCIETAL IMPACT

• Sociologist Dr. Michael Kimmel has found that men’s sexual fantasies have become heavily influenced by porn, which gets tricky when their partners don’t want to act out the degrading or dangerous acts porn shows.

• As a result, individuals who consume pornography have been shown to be more likely to go to prostitutes, often looking for a chance to live out what they’ve seen in porn. In one survey of former prostitutes, 80% said that customers had shown them images of porn to illustrate what they wanted to do (fightthenewdrug.org)
WHAT MIGHT BE SOME OTHER ISSUES FOR YOUTH IN THE FOSTER CARE SYSTEM WITH ONLINE PORNOGRAPHY?
In a worldview of slavery, society generally agrees that it is inhumane and degrading, and most people are astonished that there have been times in history where slavery was accepted as normal and acceptable. Somehow, still, many people are accepting of a form of modern-day slavery: human sex trafficking. And while many people claim to be opposed to human sex trafficking, what many don’t know is that the demand for human sex trafficking is fueled by pornography and the porn industry.

(fightthenewdrug.org)
RECOVERY RESOURCES

• www.smartrecovery.org/addiction/sex-addiction.html
• Sex Addicts Anonymous  https://saa-recovery.org/
• There are physical places that offer sexual addiction support just like residential and out-patient programs for chemical addiction, this information can be searched for online in your area.

HOW TO TALK TO KIDS ABOUT PORN:
• https://smartsocial.com/talking-to-kids/
REFERENCES


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