

# HOW PORNOGRAPHY HARMS



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UCAP Conference  
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This is difficult

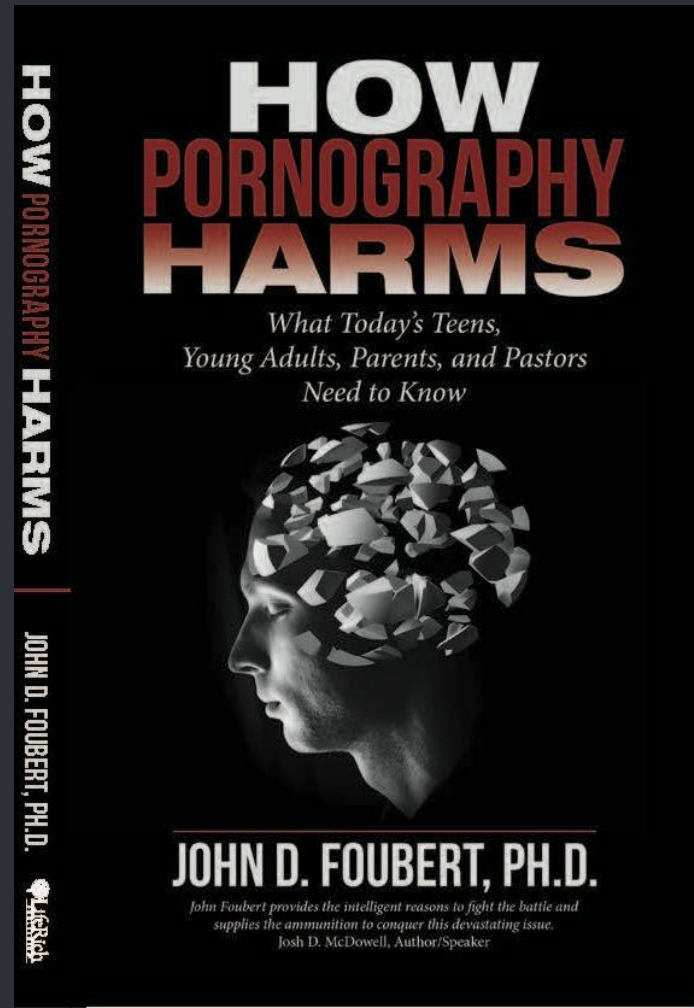
IT'S OK TO TAKE A BREAK

# My Goal Today



# Based on Research For 2017 Book

(and even more recent research)



## “Jennifer”

◦“My brother was sexually abusing my sister. I think they found the [pornographic] tape from my biological parents; there was also drug abuse going on, so while they (my parents) were tending to their habits, my brother and sister were tending to their other habits. And I do remember when I was 5, my sister was 7, and my brother was 9, I can remember walking in and my brother and sister were watching pornography and they were performing sexual acts on each other. And being a 5 year old that scared me so I kind of just left the room and didn't know what to think, but I knew it was bad.”



# Prevalence of Use Young Adults in U.S. 18-30

## Men

Monthly	79%
Daily	29%

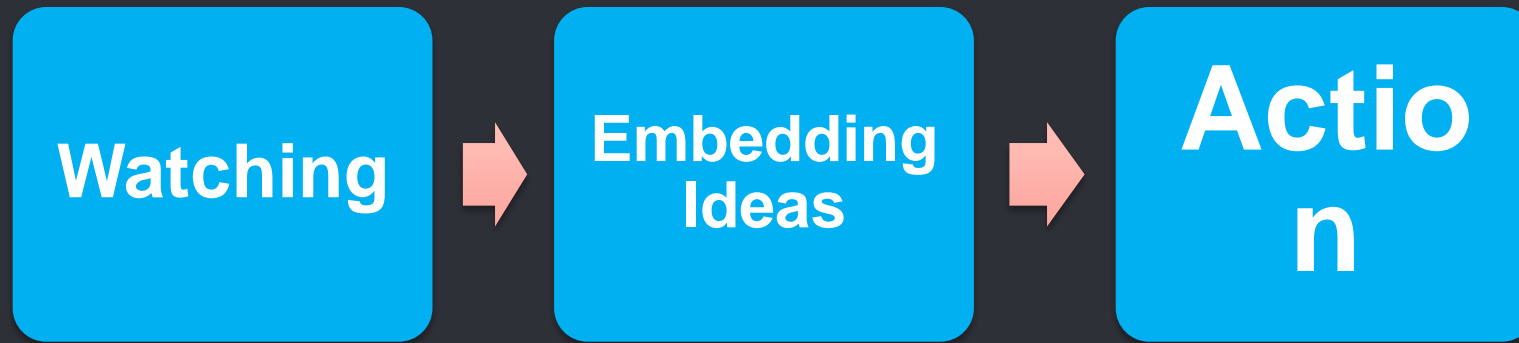
## Women

Monthly	42%
Daily	7%

**We now live in the era of  
ubiquitous porn.**

2014 ProvenMen.org Pornography Addiction Survey (conducted by Barna Group). The survey results are located at [www.provenmen.org/2014pornsurvey/pornography-use-and-addiction](http://www.provenmen.org/2014pornsurvey/pornography-use-and-addiction).

# Sexual Scripts



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

Wright, P. J. (2013). A Three-Wave Longitudinal Analysis of Preexisting Beliefs, Exposure to Pornography, and Attitude Change. *Communication Reports*, 26:1, 13-25.

# Experiences

- John recalled, “When I first had sex, I thought I was using all my encounters from porn, trying to do different positions, trying to make things up, it was all based on the porn I had seen. I told the girl [during sex], ‘This is boring,’ and she got mad and left. Looking back on it today, that 100% had to do with my view of what porn was and how that translated into sex. I was 18. I don’t know what I was trying to do, but I was basing it all on the porn I had watched from a young age.”
- I asked John what he expected and then did not experience based on pornography. He replied, “based on how the girl is supposed to react, she is supposed to be making noises, begging for more, everything you see in a porno I was trying to recreate in the sexual experience I was with. It didn’t go well at all.”

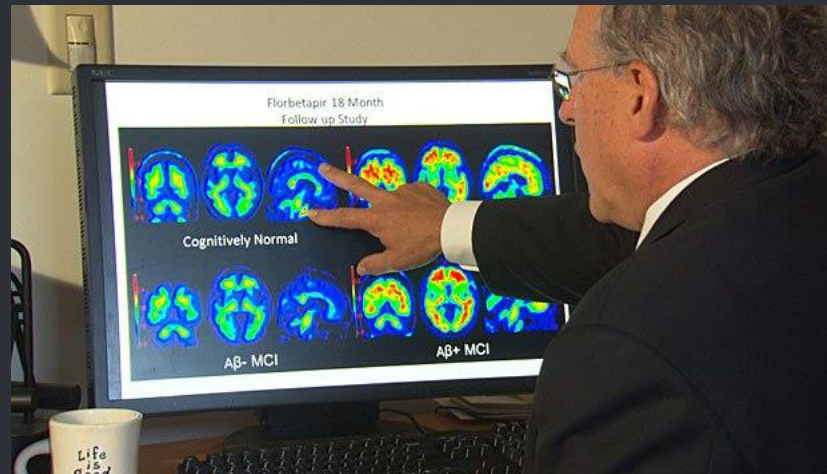


# Objectification



# BRAIN SCAN STUDY

**Brains: Women are objects, not people.**



Eberstadt, M. & Layden, M.A. (2010). *The social costs of pornography: A statement of findings and recommendations*. Princeton, NJ: The Witherspoon Institute.

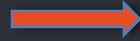
Haslam, N., & Loughnan, S. (2014). Dehumanization and inhumanization. *Annual Review of Psychology*, 65, 399-423.

# Study of 20,000 Men

- The more men view media that treats women as objects, the more men thought women really *are things* existing to sexually please men.



# Porn Teaches Violence



95  
%



Pleasure



No  
response

She likes to  
be hit.

If he hits me,  
I should like it.



(Bridges, Wosnitzer,  
Scharrer, Sun,  
& Liberman, 2010)

# Adolescence into Young Adulthood

- **As adolescents become young adults, they use more porn.**
- **However, if adolescents are immersed in a religious community, the increase in their porn use isn't as strong.**
- **In other words, being in a religious community helps protect people from more porn use.**

◦ Rasmussen, K. & Bierman, A. (2016). How does religious attendance shape trajectories of pornography use across adolescence? *Journal of Adolescence*, 49, 191-203.

# Deceptive Fiction: Porn Improves Your Sex Life

- More porn use during sex
- Request porn sex acts
- Performance and body
- Enjoys sex *less*



•Sun, C. Bridges, A., Johnson, 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

# Men Under 30 Erectile Dysfunction

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

◦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.

◦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



# Impact on Women

1. More they engage in porn sex, then the more they have lower self-esteem, lower bodily self image, less satisfied with their relationship.
2. Most common reason women use: To please a partner
3. More accepting of sexual violence toward them
4. Less skilled at determining who a dangerous man is

◦Wright, P.J., Bae, S. & Funk, M. (2013). United States women and pornography through four decades. Exposre, attitudes, behaviors, dindividual differences. Archives of Sexual Behavior, 42(7) 1131-1144.

◦Sun, C. Bridges, A, Johnson, J, & Ezzell, M. (2014). Pornography and the male sexual script: AN analsis of donsumption and sexual relations. Archives of Sexual Behavior, 1-12.doi: 10.1007/s10508-014-0381-2

◦Foubert, J.D. & Bridges, A. J. (2017). What is the attraction? Understanding gender differences inreasons for viewing pornography in relationship to bystander intervention. *Journal of InterpersonalViolence*, 32 (20), 3071-3089

◦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.



# Portraits of American Life Study

1. Porn use up, marital satisfaction down
2. Spousal religiosity up, marital satisfaction up
3. Porn use up, have religious spouse, marital satisfaction way down
  - “For married Americans, having a religiously committed spouse increases the social and psychic costs of porn consumption such that marital satisfaction decreases more drastically as a result.” -- Sam Perry, University of Oklahoma



Perry, S.L. (2016). From Bad to Worse? Pornography Consumption, Spousal Religiosity, Gender, and Marital Quality. *Sociological Forum*, Vol. 31, No. 2.

# Follow Up Study: Impact of a Spouses' religiosity on Porn Use

- Over 1,000 people surveyed
- If you have a spouse who is very religious, you are 30% less likely to view pornography in the last year.
- If your spouse and you are very religious, you are less likely to view pornography. Research found that this is due to spouses praying together and reading religious material together.
- These effects were most strong for the impact of religious wives on their husbands.
- Married adults who used pornography were less satisfied with their sex life.
- [Perry, S.L. \(2017\). Spousal religiosity, religious bonding, and pornography consumption. Archives of Sexual Behavior, 46\(2\), 561-574.](#)

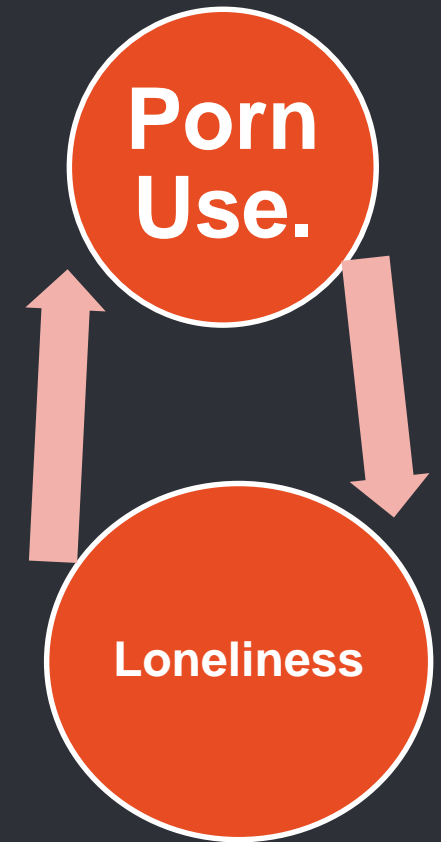
# Porn and Divorce

- **Longitudinal survey of 2,000+ Americans**
- **Divorce was 220% more likely for women and men who began watching porn while they were married.**
- **Divorce even more likely for younger people and less religious people who started using pornography.**
- **Stopping porn use led to a lower likelihood of divorce for women, but not men.**

◦Perry, S. L. & Schleifer, C. (in press). Till porn do us part? A longitudinal examination of pornography use and divorce. *Journal of Sex Research*.

# Does Pornography Make You Lonely?

- 1,247 people surveyed in an empirical study.
- People who use more pornography are more lonely.
- Loneliness influenced porn use, porn use influenced loneliness
- Because sex is a relational activity and porn use isolates a person, they become more lonely.



◦Butler, Mark H.; Pereyra, 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>

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

- An important life skill is the ability to resist short term rewards in favor of larger later rewards.

For example, having the ability to save money for retirement (a large later reward) instead of spending all one's money as soon as they get it (short term rewards).

- People who use more pornography are lower on the life skill of working for a large delayed reward.
- People who abstain from pornography use for 3 weeks begin to regain the skill to work toward larger, 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.

# My Research:

## How Does Watching Porn Affect Bystander Intervention?

- **Men and women less confident they could intervene**
- **Men and women less willing to intervene**
- **Difference between sex and violence?**
- **Don't understand: need to intervene.**
- **Replication: Men more likely to rape.**

◦ **Foubert**, J.D., Brosi, M.W., & Bannon, R.S. (2011). Pornography viewing among fraternity men: Effects on bystander intervention, rape myth acceptance and behavioral intent to commit sexual assault. *Journal of Sex Addiction and Compulsivity*, 18, 212-231.

◦ Brosi, M.W., **Foubert**, J.D., Bannon, R.S., & Yandell, G. (2011). Effects of women's pornography use on bystander intervention in a sexual assault situation and rape myth acceptance. *Oracle: The Research Journal of the Association of Fraternity/Sorority Advisers*, 6(2), 26-35.

# Reasons for Viewing Pornography

- **Men:**

- **to relieve sexual tension**
- **to learn about sex,**
- **for sexual thrills.**

- **Men have stronger motivation to view porn, except for one case:**

- **to turn a partner on sexually.**

◦ **Foubert, J.D. & Bridges, A. J. (2017).** What is the attraction? Understanding gender differences in reasons for viewing pornography in relationship to bystander intervention. *Journal of Interpersonal Violence*, 32 (20), 3071-3089.

# Child Sexual Abuse Pictures

- **20% of profits**
- **21% of male porn users**
- **Users become more sexually interested in children than adults.**

A large, 3D, red graphic of the text '20%'. The numbers and the percentage symbol are rendered in a bold, sans-serif font with a thick, three-dimensional appearance. The color is a vibrant red, and the lighting gives it a metallic or glossy look with some highlights and shadows.

◦ 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.



## Tommy's Answer

**“What is the youngest person you’ve seen?”**

**“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. It’s like forcing her because they are so young. ...It’s kinda hard to watch I guess. I don’t find anything like that arousing, just seeing someone in pain, clearly not enjoying it, feeling like it is abusive.”**

**Foubert, J.D. (2017). *How Pornography***



## Katie's Answer

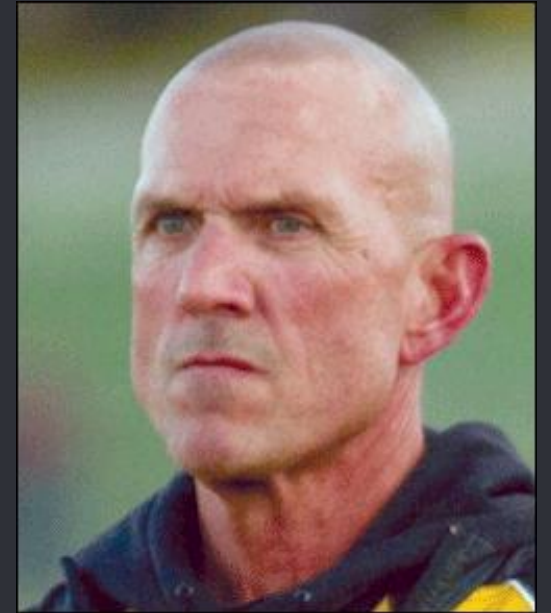
◦ “Probably 14. They were with an older person.” “We walked into one of our friend’s rooms, and he had it up, and he was like trying to shut it off, so clearly you can see it when it is on your computer. I thought it was kind of awkward (in the video clip) for a 14-year-old boy to be with a 30-year-old woman.”

◦ **Foubert, J.D. (2017). *How Pornography Harms***



## A Porn Industry Veteran Said...

◦“I’d like to show what I believe the men want to see: **violence against women**. I firmly believe that we serve a purpose by showing that. The most violent we can get is the (end of every scene). Men get off behind that, because they get even with the women they can’t have. We try to inundate the world with orgasms in the face.”



◦(Jensen, 2007, p. 70).

Is there any hope?



# Neuroplasticity

◦ 2 months to 2 years



# Resource for Women

- I talk about porn, sex, singleness,
- sexual exploitation, and grace.
- I am a former porn addict and in 2009, I started [beggarsdaughter.com](http://beggarsdaughter.com) to share my story and help women and girls know they are not alone in their struggles. It is my passion to help change the conversation and to help build communities where women find hope and healing. We cannot be silent.



**Jessica Harris**

# Over 18

## A Documentary about Pornography

"Over 18 is the best documentary I have ever seen that explains how pornography harms kids. The film strikes a great balance between providing helpful information, scholarly perspectives, and stories of personal impact. Interviews with women and men who have been in the industry provide an unvarnished view into the devastation pornography causes. This is a movie that every parent of a boy — or girl — should see."

John D. Foubert, Ph.D.



# Google Safe Search is Easy!

## If You Use Google on a Computer: To Do Today

1. Open Google
2. Type in “Safe Search” into the browser
3. Click
4. Go to “Turn Safe Search on or off”
5. Turn it on
6. Click on “Lock Safe Search”
7. Enter your password.



# Advice from Sean McDowell

Practical questions to ask Millennials:

1. When did you start viewing porn?
2. How often do you view it?
3. What kind of porn do you view?
4. How does it make you feel about yourself?
5. How badly do you want to stop?
6. When do you most commonly view it?
7. What do you think it will take to stop?

# TheFreedomfight.org

**CodeFF2016 = 20% off**

## FEATURES

- Watching and responding to the forty seven (5-8 min) videos is only the first step toward freedom. We have built the program to help you apply and practice these proven principles of recovery.

## Topics:

- The neuroscience of addiction; True power for breaking free Applications and practices essential to freedom; Discover what you are medicating; Winning the shame & identity battle; Pinpoint & destroy the lies that keep you in bondage; The power of daily check ins; Relapse prevention; Surviving a crash; How to apply God's wisdom to your fight

## Excellent Secular Program: Fortifyprogram.org

- **2-5 Months, cheap**
- **25,000 people**
- **95% say that the program is moving them toward complete freedom from pornography.**
- **Drop in depression from 57% to 9%.**
- **4 times a week to 1 time a week.**



# Pure Desire Ministries

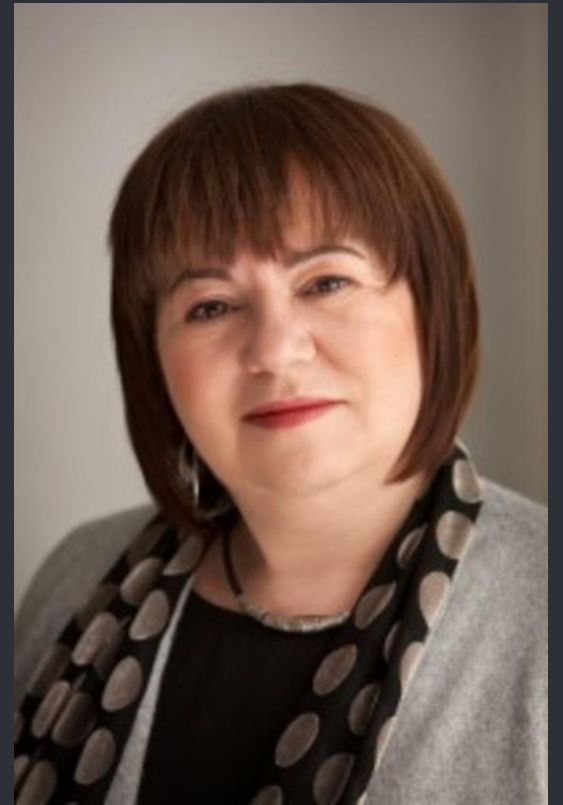
- [www.puredesire.org](http://www.puredesire.org)
- Men, Women, Teens, College Students
- Books, Videos, Groups, In-Person
- Skype counseling
- Living Free Workbook & Leaders Guide (excellent!)
- Fall 2017 – Parent Material (Raising Digital Natives)

# Let's close by debunking some deceptive fictions!



# “Ethical” Porn: Another Deceptive Fiction

“Real ethical porn would be saying to them, ‘Look, you are 18 or 19 now, this might look like a good idea. Let’s say in 5 years you’ve left the porn industry and you look for a job. Your image is everywhere; they can find it in two minutes. You go get a job, and if you do, you’ll be fired when they find it. And you might live on and marry and have children, and your children are going to see that you did porn. It is going to follow you the rest of your life. So when you sign here on the dotted line, you are signing that you have lost control of the most intimate parts of your life. Are you ready for that?’ And I’d guess the answer in most cases is no. And the other question here is what does it mean for people who you do not know, having the rights to be voyeurs to the most intimate part of your life? Do we have that right? My answer would be no. So I don’t see how you can have anything ethical that invites people into a part of your life that they have no right to be in.” -- Dr. Gail Dines



# Saying This Doesn't Make it True:

- Porn to violence connection is merely assumed





# Porn and Violent Behavior

- **100+ studies - violent behavior**
- **50+ studies sexual violence**



- Malamuth, N. M., Addison, T. & Koss, M. P. (2000). Pornography and sexual aggression: Are there reliable effects and can we understand them? *Annual Review of Sex Research*, 11, 26-91.
- Kingston, D. A., Malamuth, N. M., Fedoroff, P., & Marshall, W. L. (2009). The importance of individual differences in pornography use: Theoretical perspectives and implications for treating sexual offenders. *Journal of Sex Research*, 46(2/3), 216-232. doi:10.1080/00224490902747701



# What Porn Does: Permission Giving Beliefs

- **Porn use = higher likelihood of sexual violence especially when:**
  - 1. Porn use is more frequent and more violent**
  - 2. Impulsive + Frequent Use = Sexual Violence**
  - 3. Impersonal Sex + Hostility + Frequent Use = S.V.**
- **Porn isn't sole cause.**
- **It gives these men permission to be sexually violent.**

◦Kingston, D. A., Malamuth, N. M., Fedoroff, P., & Marshall, W. L. (2009). The importance of individual differences in pornography use: Theoretical perspectives and implications for treating sexual offenders. *Journal of Sex Research*, 46(2/3), 216-232. doi:10.1080/00224490902747701

◦Baer, J. L., Kohut, T., & Fisher, W. A. (2015). Is pornography use associated with anti-woman sexual aggression? Re-examining the Confluence Model with third variable considerations. *Canadian Journal of Human Sexuality*, 24(2), 160-173. doi:10.3138/cjhs.242-A6

# A Man Who Committed Rape: Did Porn Influence You?

◦“Yes, because I think when you view pornography you see that men are supposed to be the aggressor and make that first move, I’ve never been like that until I saw porn. I would have been really shy in trying to make that first move but watching porn has given me the courage and I have become brave to make that first move so I would say yeah, definitely watching porn has made me, especially in that instance, be the aggressor and be the first person to make that first move. Because it goes back to when you feel like you are a man. Yeah, like if you define what a man is, that is the definition of what a man is right there, when you are making that first move and being a guy, being a man, having sex.”



# Porn & Sexual Violence Connected?

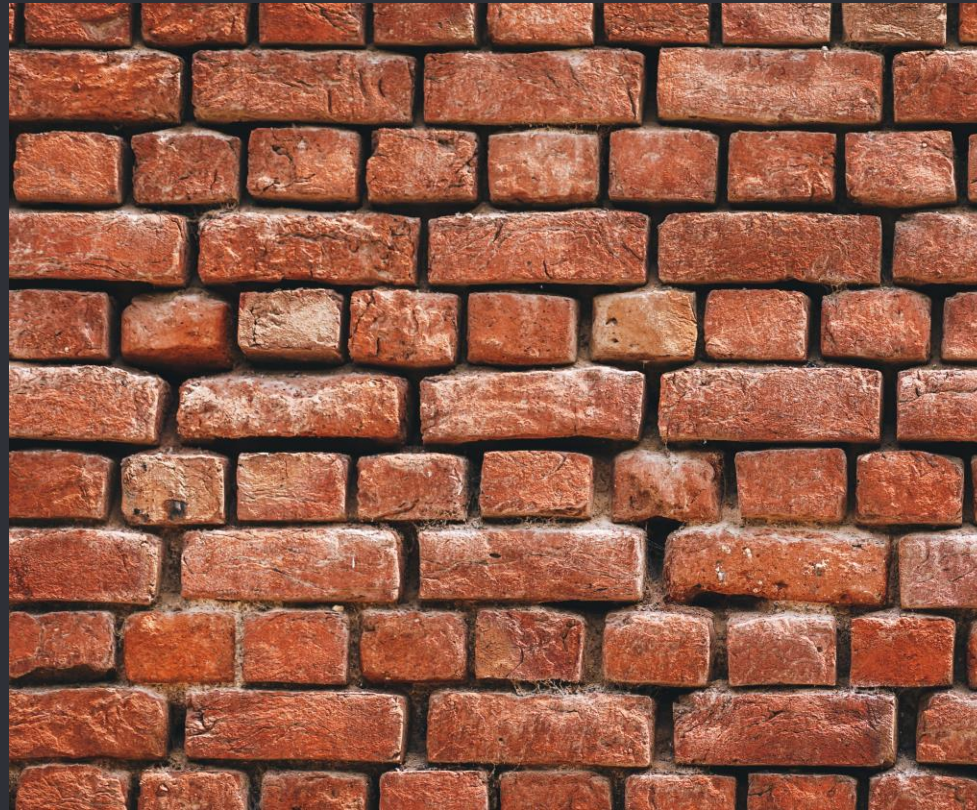
- 50 studies
- 1 in 88,817,841,970,012,523,233,890,533,447,265,625.
- Imagine a pile of pennies...



# A Clear Advantage!

**Our Side  
Exploitation  
Industry**

**Data!**



**The**

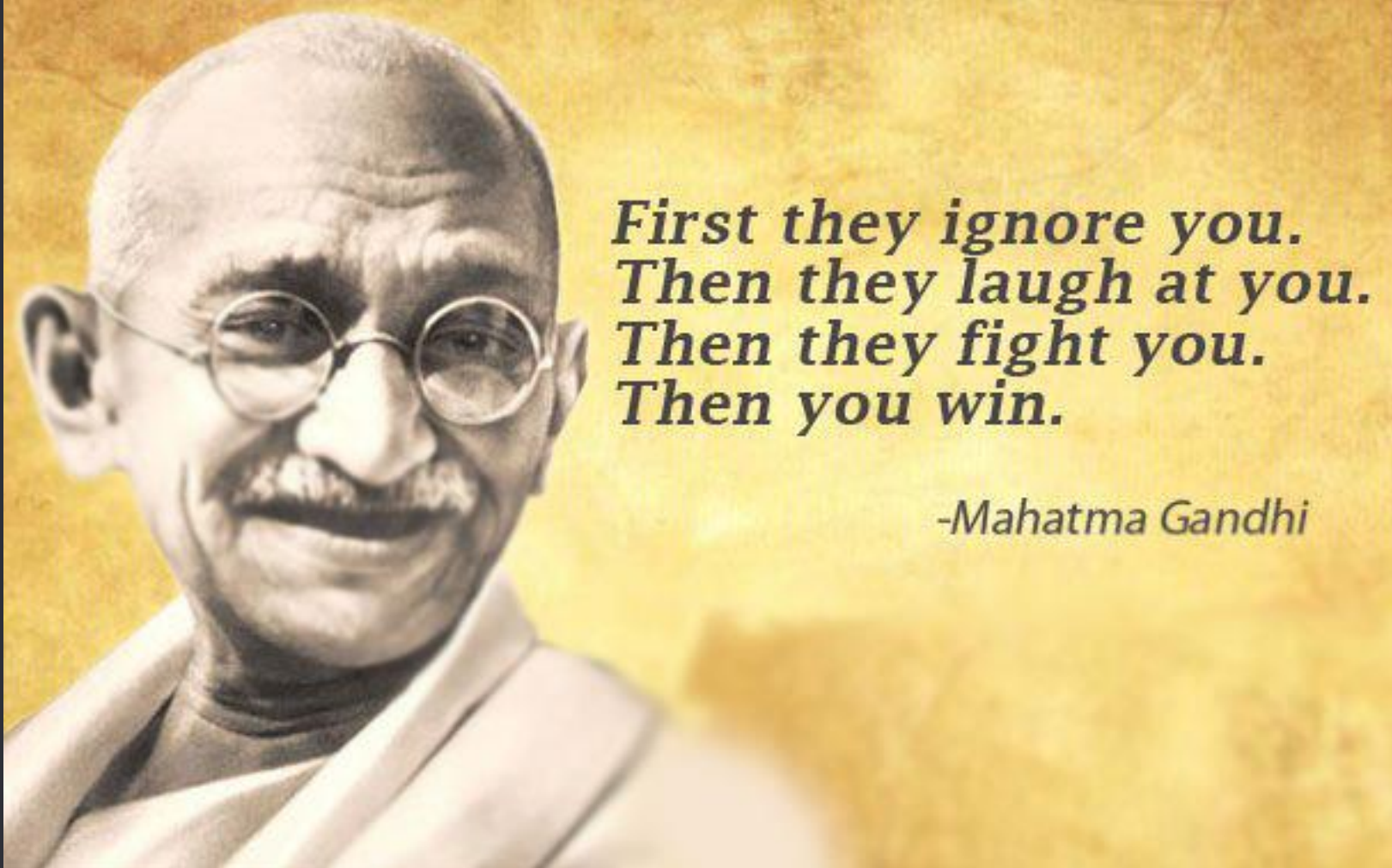
**Deceptive  
Fictions<sup>44</sup>**



# Use the Anvil of Data to Crush the Bull of the Sexual Exploitation Industry!



# Lets Remember!



# Thank you for your time!



## Dr. John D. Foubert, LLC

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