

DEALING WITH PORNOGRAPHY DURING A PANDEMIC

This is a time of unprecedented challenges.

COVID-19 is impacting nearly every aspect of our lives in Utah. The loss of life and long-term health challenges are devastating. The economic impact on businesses and families is overwhelming. The pandemic has also raised concerns about increased risk of domestic violence¹, sex trafficking², and suicide³. The growing use of pornography during the pandemic may be exacerbating these other concerns.

PORNOGRAPHY'S DANGEROUS LINKS

PORNOGRAPHY'S LINK TO DOMESTIC VIOLENCE

Pornography fuels aggression.^{5,6,7,8} Over 100 studies show that pornography use is correlated with and is the cause of violence.⁹

PORNOGRAPHY'S LINK TO SEX TRAFFICKING

Pornography and sex trafficking are intertwined.¹⁰ They fuel each other. Consumers of pornography often seek to act out what they have seen, driving demand for trafficked people. And sex trafficking victims are frequently forced to record pornography, either for distribution, or to be used as "advertising" for their services.

PORNOGRAPHY'S LINK TO SUICIDE

Risk of suicide is associated with mental health issues such as depression¹¹ and anxiety¹², and with loneliness¹³ and relationship problems¹⁴, all of which increase with the use of pornography.^{15,16,17,18}

Pornography use has increased by 11% during the COVID-19 pandemic⁴

A THERAPIST'S TAKE ON THE EFFECTS OF THE PANDEMIC

Jeff Ford, LMFT, is a marriage and family therapist and a UCAP board member. He describes changes he is seeing in his clients during the pandemic:

- Increased anxiety due to current events is making it harder for couples to find the calm and stability that will allow them to build trust that has been disturbed by pornography use.
- Worry and concern about COVID-19, politics, mask wearing, race relations, etc. is so great there is little room for energy for couples to devote to their relationships.
- Increased time at home together can lead to growing tension, sometimes resulting in arguments or other problems.
- Most people are spending much more time in front of screens, both increasing availability to pornography, and causing triggers in both those who are trying to stay away from it, and in their loved ones who have felt betrayed.

PORNOGRAPHY STRAINS FAMILIES

Did you know that married people who use pornography are:

- Less satisfied with their marriage?¹⁹
- More likely to believe that their marriage is in trouble?²⁰
- More likely to discuss ending the marriage?²¹
- Less likely to think their relationship makes them happy?²²

Did you know that adolescents who use pornography are:

- More likely to have disturbed family relationships?²³
- More likely to have lower commitment to their family?²⁴
- Less frequently communicating with their parents?²⁵

JOIN US IN THE FIGHT!
Get educated. Get involved.

References cited available at:
utahcoalition.org/fact-sheet-works-cited/



Utah Coalition Against Pornography's Approach to

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Pornography Harms, Understanding Heals

WE ARE BUILDING CONNECTION

UCAP connects people with the knowledge and practical tools they need to make the changes in their lives, homes, families, and communities that bring about lasting change. Even as pornography continues to expand at an alarming rate, we believe that people can still choose to **live healthy, happy lives free from the damaging effects of pornography when they are educated and have the resources and support they need.**

UCAP CONFERENCES FOR CONNECTION

COVID-19 is compelling us to adapt our annual conferences to become mostly virtual events. Since 2002, the UCAP conference has been one of the largest conferences in the country on the harms of pornography. **We have created a safe, hopeful event that has empowered people to talk about this topic with confidence.**

We have been pleased to discover that making our conferences virtual has created the unintended side effect of making our conferences much more widely available. The livestream of our event in St. George in September 2020 was **viewed by 2000 people in 26 states and four countries.**



ONLINE RESOURCES FOR INFORMATION

UCAP has been recording the presentations at our conferences for many years now. Over time, we have compiled an impressive video library of information from experts on such topics as personal recovery, support for loved ones, help for parents, ideas for church and community leaders, and continuing education for mental health professionals. **All of these videos may be viewed at no charge at utahcoalition.org.**

COALITION BUILDING FOR IMPACT

UCAP strengthens the effort in Utah to oppose pornography by providing leadership and bringing local organizations together to network and collaborate. **We know that it will take people working together to counter the huge influence of pornography and sexualized media in our culture.** As the center for cooperative effort among these partners, we are excited to see the expansion of services available to Utah families and individuals.

LET'S EXPAND OUR EFFORTS AND HELP MORE PEOPLE

UCAP provides a crucial service for families in Utah that would not otherwise exist. We are not afraid to take on this pressing issue. It's a huge problem, but we have great hope for healing for those in need.

**Thank you for being part of the solution.
Together we can help people live happier lives free from pornography.**