



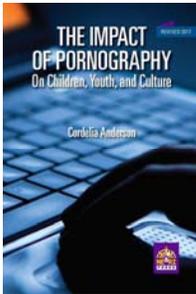
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What's New With Pornography

NEARI Webinar 10/17/17

Cordelia Anderson
Minneapolis, MN
www.cordeliaanderson.com

From 2011-2017...



THE IMPACT OF PORNOGRAPHY
On Children, Youth, and Culture
Cordelia Anderson

And a lot of new attention to the topic...

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Jon Ronson: The Butterfly Effect

- ▶ <http://www.jonronson.com/butterfly.html>;
- ▶ 7 part audible series
- ▶ The tech take over of the porn industry & the result of "free porn"



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Pornhub (Mindgeek, Montreal, Quebec)

- ▶ the largest porn site in the world, **published** its 4th annual Year in Review in Jan, 2017.
- ▶ In 2016, "nearly 92 billion videos were watched over the course of 23 billion visits."
- ▶ The 92 billion videos watched = "64 million visitors per day, or 44,000 every minute.
- ▶ Collectively, that's 4.6 billion hours of porn watching stuffed into just one year."

<https://verilymag.com/2017/07/porn-is-ruining-sex-say-recovering-sex-addicts>

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- ▶ 84% 15–29 year old's watch daily or weekly ; av age 13; most common "hard-core"
 - Sex and sexual desire, natural and normal part of human behavior and wiring for survival (reproduction)
- ▶ Porn is for profit, formulaic industry
 - Porn doesn't support sex
 - It supports its own profit
 - Calling porn "sex" is a veil for the exploitation

<https://verilymag.com/2017/07/porn-is-ruining-sex-say-recovering-sex-addicts>

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General Impact of Technology and social media, Jean M Twenge's book "iGen"

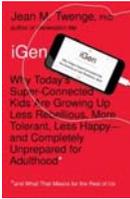
- ▶ iGen 1995–2012
- ▶ Ever want to say: put down phone, turn off lap top and do something? (for yourself, your partner, your kids?)
- ▶ Biggest shift in generational research in a long time shows with this new group
- ▶ What changed? iphones, 2007, ipads 2010, Social media
- ▶ Decline in: allure of independence (LT norm of childhood/adolescents to adulthood); 12th graders in 2015, go out less than 8th graders did in 2009



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iGen

- ▶ Decline in
 - Attention spans
 - Dating
 - Sexual activity (40% drop since 1991)
 - Driving
 - Working
 - Sleep
- ▶ Increase in
 - Depression, anxiety
 - Happiness
 - Getting together with friends



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iGen

- ▶ Bottom line: technology and screen time not what is bad but research repeatedly shows:
 - More time on screen, less happy
 - 10 hours a week or more on social media = 57% less happy
 - 6-9 hours, 47% less happy
 - Getting together too often= get together, document and post
 - Those who spend more actual time with friends (not based in being hooked into social media), report being happier



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Examples of use of social media

- ▶ YouTube's **billion-plus** users upload 400 hours of video every minute. (youtube started in 2005)
 - Every hour, Instagram users **generate** 146 million "likes"
- ▶ Twitter users send 21 million tweets.
- ▶ August (2016), Mark Zuckerberg **posted on Facebook** "an important milestone: For the first time ever, one billion people used Facebook in a single day."

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Internet Effects: Gaming

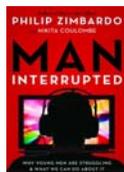
- ▶ 1 in 11 “addicted” to video gaming
- ▶ Others who aren’t addicted have related problems from “excessive” gaming based on
 - Mental health
 - Lack of physical movement
 - Impact on relationships
 - Military
 - Etc.
- Andrew Doan, MD



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Impact on Boys “Man Interrupted” “Demise of Men”

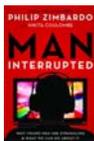
- ▶ Individual > Situational > Underlying systems of power
- ▶ Achievement Gaps



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Zimbardo

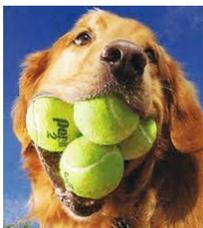
- ▶ Intersection of Video Games and Internet Porn
 - “Excess” can hinder interest developing in face-to-face social skills
 - Problems: obesity, anxiety, lower school performance, violence, social phobia’s shyness, greater impulsivity, depression
 - ▶ **Social Intensity Syndrome:**
 - “shyness” (social awkwardness)
 - attention deficit
- (Man Interrupted, 2016)



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Too Much of a “Good” Thing

▶ How much is too much?



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Predicting the Emergence of Sexual Violence in Adolescence



- ▶ National longitudinal study of 1,586 10–21 year olds. Data collected in waves from 2006–2012.
- ▶ Assessed: Sexual harassment, sexual assault, coercive sex, attempted rape, rape

Ybarra, M.L. & Thompson, R.E. Prev Sci (2017).

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Predicting the Emergence of Sexual Violence in Adolescence

- ▶ Average first perpetration 15–16 (but varied with type)
- ▶ Compared to non-perpetrating behavior:
 - Prior exposure to parental spousal abuse
 - **Current exposure to pornography**

Are strongly associated with emergence of SV perpetration.

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UK Survey & Related Interviews with Children

1000 children aged 11-16, found at least 1/2 exposed to online porn and 94% by age 14

- ▶ Sarah Champion (Shadow Minister, UK) said, one young boy asked:
"If I have a girlfriend, do I need to strangle her when I have sex with her?"
- ▶ Younger girls told her they believed it was obligatory to have anal sex or to be shared between a partner's friends if they wanted a boyfriend to remain faithful.

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Age and Experience of First Exposure to Pornography: Relations to Masculine Norms

- ▶ Found 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."
- ▶ <https://medicalxpress.com/news/2017-08-age-exposure-pornography-men-attitudes.html>;

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Age of Exposure

- ▶ Research by Elysia Walker and Dr Emily Doe from the University of Buckingham (9/17, medical express.com;)Online questionnaires of 18-25 year old's
- ▶ Found age of exposure (av 12) stronger influence on engaging in "sexually risky behavior" (defined in study as beh's that put one at higher risk of STI) than quantity of use for both males and females
 - **** note other studies that show impact of younger age exposure**

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Barnardos ORG, UK (2/3/17)

- ▶ Police figures show 80% rise of reports of child-on-child “sex offenses”

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http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11899811

*Police are receiving two to three reports every week about Kiwi children and teenagers posting sexually explicit images or footage of themselves online - including children as young as 6.
(8/8/17)*

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A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies

Paul J. Wright, Robert S. Tokunaga, & Ashley Kraus (2015)

22 studies from 7 countries analyzed

As with all behavior, sexual aggression is caused by a confluence of factors and many consumers are not sexually aggressive.

- ▶ The accumulated data leave little doubt that, on average, individuals who consume pornography more frequently, are more likely to hold attitudes conducive to sexual aggression **and to engage in actual acts of sexual aggression** than those who don't consume porn or who consume it less frequently **(Causative)**

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Your Brain On Porn



The Porn Trap, Maltz, 2008

Porn stimulates "Hedonic Hwy" or median forebrain
Dopamine is released when sexually aroused
Porn causes dopamine to spike
Dramatic increase in dopamine is drug-like high
Porn increases other feel good chemicals in brain like adrenaline, endorphins, serotonin
With such an overload, porn reduces the body's own ability to produce and effectively release the under normal life circumstances

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Brain Study

Gallese, et al, *Brain* 1996



Show that mirror cells
- brain circuits fire in the same way when we observe someone doing something; as when we actually do it

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Max Planck Institute, Germany

Journal of American Medical Society Psychiatry

- ▶ Pornography is associated both with shrinkage in the brains reward center as well as impairment in connectivity in the frontal judgement and control areas
- ▶ Hours and years of pornography use are correlated with decrease in gray matter in regions of the brain associated with reward sensitivity. Less gray matter means less dopamine and few dopamine receptors

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Don Hilton, MD (San Antonio, TX)

- ▶ It is about how the brain processes & what it perceives as reward
- ▶ Novelty not nudity
- ▶ Doidge research showed the Brain is malleable
- ▶ **Supranormal stimulus**
- ▶ Emotionally disconnecting (visual pheromone effect)
- ▶ Educationally harmful (mirror systems)
- ▶ Porn is biologically addicting

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PORN CULTURE

(Megan Johnson)



- In the US "Sex" is a legal act with consequences.
US legislates "sex": rape, statutory rape, molesting a child (sex needs to be consenting/force is illegal)
- ▶ Selling/Buying sex is "generally" illegal unless the bought sex is filmed and distributed online. Then its not only legal, **but culturally** celebrated, encouraged, viewed as a marital inspiration and PROTECTED FREE SPEECH.
 - **There is light hearted acceptance of the porn culture while there's outrage about sex trafficking**

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Toxic decisions seem rational in toxic environments



Dr. John Briere

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“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.”

-- Institute of Medicine health promotion study, 2006

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Language and “Sex/Abuse” Acts

- ▶ MILF
- ▶ Money Shot
- ▶ Shaved Pubic Hair (now a norm)
- ▶ Gag Oral
- ▶ “Rough A”
- ▶ ATM
- ▶ “Gay”
- ▶ Racist stereotypes

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What happens when pain is depicted as pleasure

And inflicting pain and degrading the other person is depicted as “sex”



BDSM distinctions

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Peggy Orenstien, **Girls & Sex**, 100 interviews:



- Girls feel need to compete with porn stars
- Emotionally disconnect with their bodies and expect sex to hurt and that they shouldn't say anything

(NOTE: link to dissociation CSA/SV or "need to learn to take it")

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Impact on Relationships



- ▶ Pixels Instead of People
- ▶ Social Anxieties
- ▶ Screens are "easy" – No Demands – "Rewards" without work – endless supply of new and different
- ▶ Time on screens, means time away from real life people and lack of social-emotional learning

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HELP OR HARM? Dysfunction (PIED)

- ▶ www.rebootnation.org; (forums for men with problems related to pornography)
- ▶ www.reddit.com/r/nofap; (forums for men with problems related to pornography)

Gabe Deem



NOTE: SOLUTION OF CARING CONNECTIONS FINDING SUPPORT & RESOURCES

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WHY Focus on Public Health vs Criminal Justice Systems?

- ▶ We can't arrest, prosecute, incarcerate, legislate, treat or educate our way out of this. It will take all that and more and the more is **broad based social & environmental change**.
- ▶ **We can't make change when we invest too heavily only in a "response after harm" system**

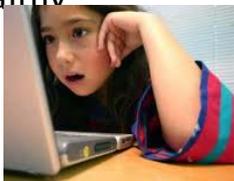


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WHAT

- ▶ Public health is what we, as a society, **do collectively to assure the conditions** in which people can be healthy

Institute of Medicine



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Change is Possible: Individual vs Public Health



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Warning: Pornography is (potentially) harmful to your health



20 mg "tar" 1.3 mg. nicotine av. per cigarette. FTC Report AUG '71.

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Truth Campaign



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Don't Buy It Project www.dontbuyitproject.org (Men as Peacemakers)

Phase 1:

- Women are not products
- People are not products
- Men are more than consumers
- Join the movement

<https://youtu.be/uu053znGEdY>;



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Don't Buy It Project

www.dontbuyitproject.org;

(Men as Peacemakers)

ACTIONS:

- Start seeing (OPEN YOUR EYES)
- Don't Buy it
- Become an effective ally
 - * take the pledge (SEE PLEDGE ON WEBSITE)



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Engage Youth: "Fight for love" be bold; be real



www.Fortifyprogram.org

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Fortify Program: (2/14 to 9/16)



- ▶ 35,310 youth – 14,922 adults
- ▶ 87% male – 13% female
- ▶ 75% viewed first porn between the ages of 9–13
- ▶ 85% reduction in depression symptoms by the end of program
- ▶ 88% reduction in pornography viewed by the end of the program
- ▶ 95% of users feel that Fortify is moving them toward complete freedom from pornography
- ▶ 60% increase in overall accountability (meaning upon signing up most don't have anyone helping or supporting them through this struggle.
- ▶ By the end of the program we saw a 60% jump in overall accountability)
(email communication from Clay Olsen)

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FTND: www.fightthenewdrug.org;

› Which one do youth want to associate with? Which would be social death to associate with?



› THE NEW ANTI-Porn Movement



◦ **REBELLION CARD** - help them rebel against an industry that is manipulating them and a drug that is messing with their lives

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Thorn Deterrence Project



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Empathetic



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Canadian Centre for Child Protection

- ▶ <https://www.protectchildren.ca/app/en;>
- ▶ Child Sexual Abuse Images on the Internet Impact Study
- ▶ Self/Peer Exploitation: It's Not Okay
- ▶ Internet Safety Resources

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Policy

- UK Age Verification
- Former "Digital filter" Opt in - NOT Opt Out:

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- ▶ Dirty Dozen List
- ▶ POLICY AGENDA
- ▶ Collection of Research

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Take Back Our Sexuality

Do not allow "sex sells" as a sellout

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- ▶ Sex, sexual desire & sexuality are natural and normal part of human behavior & survival
- ▶ We are all sexual beings from birth to death
- ▶ Porn is an industry that uses a formula for profit
- ▶ Porn isn't helping sex, its helping its own profit
- ▶ It is exploitive use of sex.
- ▶ Largest sex organ is not between the legs, but between the ears and that is where porn hits

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Power of Imagination

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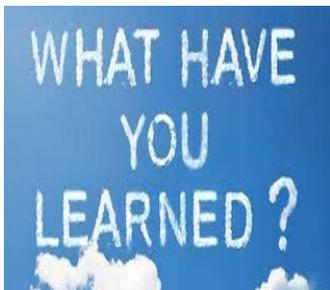
Re-Learning Touch & Caring Connectedness



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What Can You Do?

Take Away's



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Resources

- ▶ National Center on Sexual Exploitation, www.endsexualexploitation.org;
- ▶ Your Brain on Porn www.yourbrainonporn.com;
- ▶ Fortify www.Fortifyprogram.org;
- ▶ Fight the New Drug www.fightthenewdrug.org;
- ▶ Culture Reframed <http://www.culturereframed.org>; Compose Yourself; <http://www.culturereframed.org/compose-yourself>;
- ▶ www.rebootnation.org
- ▶ www.nofap.com

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ATSA

- ▶ [ATSA Guidelines for Adolescents Who Have engaged in Sexually Abuse Behaviors \(October, 2016\)](#) and "5 Things to Know" about those who sexually offend and infographic and related information useful educational efforts.

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