

A Husband's Regret – Lust & Pornography
Men's Breakfast
November 15, 2008
Eric Lasch

Introduction

1. Lust is one of the most destructive sins; it deeply harms our relationships with wives.
2. Our society is obsessed with sex and sensuality - temptations to lust everywhere:
 - a. Immodestly dressed females
 - b. Advertisers
 - c. TV
 - d. Catalogs
 - e. Magazines
 - f. Internet
3. The main problem? – not society, but our own heart

Definitions

1. All sexual sin begins with Lust. The Greek word for lust is Epithumia: “to have a strong desire that is focused on satisfaction or attaining what is desired”
2. Sexual Lust is adultery (Matthew 5:27-28)
3. Sexual Lust is unclean, the opposite of holiness (Ephesians 5:3-5, 1 Thessalonians 4:3-7, 2 Timothy 2:22)
4. Sexual Lust involves listening to and believing lies
5. Sexual Lust is idolatry: we set up an idol of Pleasure which makes God disappear and unreal to us.
6. Sexual Lust is 100% selfish; it is false worship, worship of self
7. Sexual Lust progresses quickly if not stopped.

Examination

1. Are you regularly worshipping and communing with God?
2. Are you regularly thankful and grateful to God?
3. Are you content with God alone and His spiritual blessings?
4. Are you focused on loving others?
5. How are you regularly serving others?
6. How are you using your gifts in the church?

7. Have you recently entertained a lustful thought?
8. Have you exposed yourself to sexually explicit materials?
9. Have you committed any sinful sexual deeds?

10. What do you do when you are down or troubled?
11. Would you say that you are in bondage to your sexual sin?
12. Is your sin a secret?
13. What are the effects of your sin?

Transformation

1. Repentance and confession (Psalms 51)
2. Prayer
3. Seek superior pleasures in Christ
4. Find contentment and delight with your wife (Prov. 5:18-20)
5. Find ways to serve in the church
6. Make a covenant with your eyes (Job 31:1, Prov. 4:23, 5:8)
7. Use whatever hedges and crutches you need to keep yourself pure
8. Scripture memory and helpful verses
9. Consider consequences (Prov 6:26)
10. Read good resources: *Exemplary Husband* by Stuart Scott, *Not even a hint* by Joshua Harris, *The Purity Principle* by Randy Alcorn, *Fidelity* by Doug Wilson, *Winning the War Within* by Jay Adams.
11. Use time more widely; be careful of idle time
12. Be aware of those times, places, persons, and particular circumstances that tempt you
13. Accountability
14. Seek biblical counseling

Case Studies

1. You walk into your son's or grandson's room unexpectedly and catch him looking at pornography on the internet. What should you say and do?
2. List as many of the physical and spiritual consequences of failing to guard our eyes and hearts from lust?
3. List the lies that a man is listening to and believing when he allows himself to engage in lust or pornography?

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Introduction (husband's regrets – anger, lust and anxiety; *not a pleasant subject; not something we opening discuss or easily confess*) *CANT PUT OUR HEADS IN THE SANDS HOPING IT WILL GO AWAY.*

1. Lust is one of the most destructive sins; it deeply harms the relationship with our wives. *Men who would never physically hurt their wives deeply hurt them through their use of pornography or lustful thoughts or affairs. Lust violates our marriage covenant, it breaks precious trust, it robs her of her rightful possession, and it destroys the companionship of marriage because the husband is more intimate with an image on the computer screen or in his brain than he is with his wife.*
2. Our society is obsessed with sex and sensuality- temptations to lust are everywhere:
 - a. Immodestly dressed females – *in malls, school, church, walking down the street, in our places of employment – produces lustful looks, lingering eyes, enjoying what is exposed.*
 - b. Advertisers *connect attractive females with a product – “I buy the product, I get the girl” – so goes the subconscious twisted reasoning.*
 - c. TV *within seconds one can observe immodesty, sexual conduct and explicit acts of fornication*
 - d. Catalogs like *Victoria's Secret* come into the home
 - e. Magazines at the check-out counter
 - f. Internet: *4.2 million porn websites; 372 million pages of porn; daily porn search engine requests total 68 million, representing 25% of all daily requests; each day 2.5 billion porn emails are sent; some 40 million US adults regularly visit porn websites; 47% of Christian men admitted that porn was a major battle in their homes. But societal obsession with sex is nothing new; the Roman culture was riddled with unbridled sensuality too. In 1st century Corinth, hundreds of male and female prostitutes were available 24/7 for “worshippers” to gratify their lusts in acts of*

pagan "devotion". Not much different today for internet users – and make no mistake, porn is just another form of prostitution.

3. Actually, the main problem is not out there – it's what's inside our heart. If a. – f. all disappeared, we would still struggle – proof: cloisters filled with lust-filled monks. Our flesh is naturally lustful- it loves the pleasure of sexual sin so much ^{and} that once enslaved, it is hard to gain the victory over it. *It is intoxicating, hard to resist, and quickly leads to bondage and misery.*

Biblical Definitions (what does God say about this?)

1. The Greek word for lust is Epithumia: "to have a strong desire that is focused on satisfaction or attaining what is desired". *Could be used positively: Jesus earnestly desired to eat the Passover with his disciples before he dies. Paul had a great desire to see the Thessalonians. When it is used negatively, it is usually termed evil desire or lust. All sexual sin begins with lust.*
2. Sexual Lust is adultery (Matthew 5:27-28)
3. Sexual Lust is unclean and the opposite of holiness. (Eph 5:3-5, 1 Thess. 4:3-7, 2 Tim. 2:22) *Not even a hint of uncleanness*
4. Sexual Lust involves listening to and believing lies (Case study) *Layers of lies, justification and rationalizations*
5. Sexual Lust is idolatry ^{PAT M.} *we set up an idol of Pleasure which makes God disappear and unreal to us. Col 3:5 Put to death fornication, uncleanness, evil desires, passion and covetousness which is idolatry.*
6. Sexual Lust is 100% selfish; it is false worship, worship of self *whereas godly marital love is giving sexual gratification to your wife.*
7. Sexual Lust progresses quickly if not stopped. *Using one's wife for selfish sex; masturbation, adultery, homosexuality*

Examination

Focus
upward +
outward?

1. Are you regularly worshipping and communing with God?
2. Are you regularly thankful and grateful to God?
3. Are you content with God alone and His spiritual blessings?
4. Are you focused on loving others?

5. How are you regularly serving others?
6. How are you using your gifts in the church?
7. Have you recently entertained a lustful thought?
8. Have you exposed yourself to sexually explicit materials?
9. Have you committed any sinful sexual deeds?
10. What do you do when you are down or troubled?
11. Would you say that you are in bondage to your sexual sin?
12. Is your sin a secret?
13. What are the effects of your sin?

Honest
Assessment
if you are
struggling
in this
area

Tools for Transformation

1. Repentance and confession of sin to God. *Be ruthlessly honest with yourself; proactive judgment day honesty. God is willing to forgive.*
Ask God for the gift of repentance.
2. Prayer for strength to resist temptation, to nip it in the bud, to forsake it quickly
3. Seek superior pleasures in Christ *Cultivate a passion for God through prayer, worship, and study*
4. Find contentment and delight with the wife God has given Prov. 5:18-20 *Mike L.*
5. Find ways to serve in the church; develop interests that serve and give to others.
6. Make a covenant with your eyes. Job 31:1 *Eyes are usually the initial agent for men.* Guard your heart Prov. 4:23 says Keep your heart with all diligence. Prov. 5:8 says Remove your way from her (immoral woman) and do not go near the door of her house. *Stay away from TV, MTV, disconnect the internet or install porn filtering software programs*
7. Use whatever hedges and crutches you need to keep yourself pure *Take radical steps; No TV in hotel rooms when alone; Move computer to a high traffic area; avoid video stores*
8. Scripture memory and helpful verses. "As rain penetrates an ill-thatched house, so lust penetrates an uncultivated mind." *oriental proverb*
9. Consider consequences (Prov 6:26) *Pornography will drain you, chew you up and spit you out.* *Mike L.*
10. Read good resources *Exemplary Husband* by Stuart Scott; *Not even a Hint* by Joshua Harris; *The Purity Principle* by Randy Alcorn; *Fidelity* by Douglas Wilson; *Winning the War Within* by Jay Adams

#13
C-2
Positive
Jes 5:16
w.k

11. Use time more wisely; be careful of idle time
12. Be aware of those times, places, persons and particular circumstances that tempt you (*checkout counters; hotel room while traveling; internet; never be alone in a car or room with another woman*)
13. Accountability have someone regularly check internet usage history to make sure you are not compromising your walk with the Lord; no more secrets
14. Seek biblical counseling

Conclusion

- For some*
1. This is an intense battle and the stakes are high. In a culture which has completely destroyed all barriers, followers of Christ must erect righteous barriers to lust and those things that promote lust. Eph 6 says be strong in the Lord and in the strength of his might, put on the whole armor of God, struggle against the powers of darkness, face the enemy with the powerful gospel of the saving grace in JC. Because of Christ, we can and must bravely face the immoral culture, the sexual temptations and the lust of the eyes for the purity of our own souls and those of our sons and grandsons.
 2. If you are losing the battle and struggle with lust and pornography, God offers forgiveness, hope and strength to overcome. You can use those tools change, you can get out of the bondage. It won't be easy, but with God all things are possible. He who began a good work in you will complete it.
 3. Questions?

Case Studies

1. You walk into your son's or grandson's room unexpectedly and catch them looking at pornography on the internet. What should you say and do? Ask pointed questions; don't assume anything; clearly explain his behavior and thinking is sin; get to the heart of the problem – his desires, motives and idols; develop battle plan including developing relationship with God, BS, giving the big picture about love, sex and marriage; SM; submitting to authority.
2. List as many of the physical and spiritual consequences of failing to guard our eyes and hearts from lust? Loss of ministry, darkened heart,

unwanted pregnancy, prevents fellowship with God, guilt, depression, fear, illness, church discipline, criminal conviction.

3. List the lies that a man is listening to and believing when he allows himself to engage in lust or pornography? *This is just a small sin. It doesn't matter – no one will get hurt. But I need to. I deserve some enjoyment. I can't resist it. I'm only human. This activity will be so pleasurable. I'll never be able to change, so why try? No one will know. I won't keep doing this. I don't really have a problem. Sexual pleasure is happiness vs. Knowing and walking with and serving God is happiness.*

επιθυμία, επιθυμέω: lust, desire

Pulls us from the Word: II Peter 2:18; II Tim. 4:2; Mk. 4:19
Are of the devil: Jn. 8:44
Is linked with idolatry: I Cor. 10: 5,6-10; Rom. 1:23, 24, 25
Have dominion over us: Rom. 6:6,12,13,14; I Tim. 6:9,10; II Tim. 3:6,7; Titus 3:3-5
Is sign of the end: II Pet. 2:9,10; 3:3,4; Jude 16,18

Put off/Put on

- Rom. 1:24,(21) ...God gave them up to uncleanness, in the lusts of their hearts, to dishonor their bodies among themselves / Know and glorify God, be thankful.
- Rom. 6:12,13,11,19,17b Do not let sin reign in your mortal body, that you should obey it in its lusts. And do not present your members as instruments of unrighteousness to sin,/ but present yourselves to God as being alive from the dead (v.11 in Christ Jesus our Lord) and your members as instruments of righteousness to God. (v.19 as slaves of righteousness for holiness) (v.17b obeying from the heart that form of doctrine to which you were delivered.)
- Rom. 6:21, 22 For what fruit did you have then in the things of which you are now ashamed? / But now having been set free from sin, and having become slaves of God, you have fruit to holiness, and the end, everlasting life.
- Rom. 13:14b, 14a Make no provision for the lusts of the flesh (Radical amputation. See also Matt. 5:27-30.)/But put on the Lord Jesus Christ.
- Gal.5:17a,16,24,25 For the flesh lusts against the Spirit / and the Spirit against the flesh. Walk in the Spirit, and you shall not fulfill the lusts of the flesh...Those who are Christ's have crucified the flesh with its passions and desires.
- Eph. 2:16,2,3,5,6,10 You...who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. / But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus...For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.
- Eph. 4:17-24 You should no longer walk as the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; who being past feeling have given themselves over to blindness, to work all uncleanness with greediness. /But you have not so learned Christ, if indeed you have heard Him and been taught by Him, as the truth is in Jesus:

that you put off concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, / and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.

- Col. 3:5,6,1-4 ...Put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience. / If then you were raised with Christ, seek those things which are above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory.
- I Thes.4:3b,5,6,7a,8 You should abstain from sexual immorality; (possess your own vessel) not in passion of lust, like the Gentiles who do not know God, ... no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness...Therefore he who rejects this does not reject man, but God, who has given us His Holy Spirit. /
- I Thes. 4:1b,2,3a,4,7b,9b,11a,12a How you ought to walk and please God;...you know what commandments we gave you through the Lord Jesus. For this is the will of God, your sanctification...Each of you should know how to possess his own vessel in sanctification and honor. God (called us) in holiness...You yourselves are taught by God to love one another...Aspire to lead a quiet life, to mind your own business, to work with your own hands...Walk properly toward those who are outside.
- II Tim. 2:22, 21b Flee also youthful lusts / but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart...Be a vessel for honor, sanctified and useful for the Master, prepared for every good work.
- Titus 2:11-14 For the grace of God which brings salvation has appeared unto all men, teaching us that denying ungodliness and worldly lusts / we should live soberly, righteously, and godly in this present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.
- James1: 14,15,16a,19b,21,22 Each one is tempted when he is drawn away by his own desires and enticed...Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived./ Let every man be swift to hear, slow to speak, slow to wrath.../Lay aside all filthiness and overflow of wickedness/ and receive with meekness the implanted word, which is able to save your souls. Be doers of the word, / not hearers only, deceiving yourselves.
- I Peter 1:13-19 Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct, because it is written, "Be holy, for I am holy." And if you call on the Father, who without partiality judges according to each man's work, conduct

yourselves throughout the time of your stay here in fear; knowing that you were not redeemed with corruptible things, like silver or gold, /from your aimless conduct received by tradition from your fathers, /but with the precious blood of Christ, as of a lamb without blemish and without spot.

I Peter 2:11, (12,13) Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, /have your conduct honorable among the Gentiles...submit yourselves to every ordinance for the Lord's sake...

I Peter 4: 1-3,7b,8a,9,10 Therefore since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin, /that he should no longer live the rest of his time in the flesh for the lusts of men, but for the will of God. For we have spent enough of our past lifetime in doing the will of the Gentiles- when we walked in lewdness, lusts, drunkenness, revelries, drinking parties, and abominable idolatries. Be serious and watchful in your prayers...Have fervent love for one another...Be hospitable to one another without grumbling. As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

II Peter 1:3-10 ...as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, / having escaped the corruption that is in the world through lust. / But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins. / Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble.

I John 2:15a,16,17 Do not love the world or the things in the world...For all that is in the world- the lust of the flesh, the lust of the eyes, and the pride of life- is not of the Father but is of the world. And the world is passing away, and the lust of it; /but he who does the will of God abides forever.

PORNOGRAPHY

- Problem is not outside of ourselves in magazines, X rated movies – the problem is lust within. Lust is underlying problem
- Selfishly driven
- Bondage, hard to resist, intoxicating
- Pornography draws the strength out of a man. Being seduced by women of P. is to relinquish and abdicate your assigned role of leader. The P. woman is leading. If you give way to the immoral woman, you end up a weakling, a fool, having given away your honor, years, wealth, labors and health.
- Love wife for who she is. Not use her as a launching pad for mental sexual adventures. Not trying to get her to look like Playmates. See her as a person, not a sex object.
- Contentment is the key. It is commanded by God. Isn't the marriage bed enough? Let her breasts satisfy you. Prov 5:18-19 To be aroused by viewing other women and then satisfy that desire with your wife is disobedience.
- God is watching your eyes, your mind, your genitals, your heart.
- Prov 5: 8-14 This includes P. women
- Matt 5:27-28 Lust of the eyes is adultery
- 1 Cor 6:9-11 Sexual sinners will not inherit the KOG. Such were some of you.
- 1 Cor 6: 18-20 Flee sexual immorality. It is a sin against your own body.
- 1 Thess 4:3-8 Abstain from sexual immorality
- Col 3:5 Put to death evil desires
- 1 Pet 2:11 Abstain
- 1 John 2:15-17 Love not the world
- Heb 13:4-5 God will judge adulterers

How to overcome:

- First duty is to learn the gospel. Tit 2:11-12. Learn what Bible teaches about the grace of God in Christ.
- Flee it!
- There is a war going on Gal 5:16-17
- Learn the value of discipline – don't be lazy and self-indulgent. Self control is fruit of HS.
- 1 Cor 10:6-8 Learn from errors of others

LYING

- Prov 19:9 he who pours out lies will perish
- Prov 12:22 Lord detests it
- Rev 21:8 shut out of the Kingdom
- Eph 4:25 put away lying
- Eph 4: 15 Speak truth in love

- How to rebuild trust sheet

LUST

- Lust is a liar; it cannot deliver the pleasure it promises.
- Lust demands from the finite what only the Infinite can provide.
- When men in the grip of prolonged lust, they are soon dissatisfied with normal sexual pleasure and begin looking around for other things which will expand their sexual pleasure. The world becomes a sexual partner.
- Eph 2:3 Lust of our flesh
- Eph 4: 22 put off old man and be renewed
- 1 Pet 2:11 Abstain from fleshly lusts
- Gal 5:16 you're not walking in the spirit
- Rom 8:5-8

SELFISHNESS

- Luke 9:23 Deny self. Do you desire to follow JC or your lusts?
- Phil 2:3-4 Esteem others
- 2Tim 3:2 Spirit of the age
- Mk 12:29 Love God and neighbor
- 1 Cor 13:1-8

MASTERBATION

- Not condemned in Scripture, but the lust leading up to it is
- Capacity to enslave
- Poor preparation for marriage
- Odd form of homosexuality
- Lousy theology (Christ & the church)

1. What is lust – definitions
 - Noticing the beauty of another – that is not lust of itself
 - Strong desire, imagining being with another woman sexually, imagining undressing, imagining having sex, imagining touching or kissing, looking to get a view, dwelling on her shape
2. Scripture on lust
 - Rom 8:5,6 What is your mind set on?
 - Scripture list – selected items for HW
3. Hedges to avoid lust
 - Prayer for strength to overcome Ps. 73:26 Trust Him for help 1 Cor. 10:13
 - Scripture memory
 - Flee it – how? 2 Tim 2:22 Look away; No MTV, TV, internet
 - Draw near to God; delight in Him; desire to please and obey him, love Him
 - Guard heart Prov. 4:23, Ps. 51:10
 - Stay far away from loose women Prov. 5:3-13
 - Say no, put it to death, self-discipline 1 Cor.9:24-27
 - Take every thought captive 2 Cor. 10:5
 - Use time wisely; be careful of idle time Matt. 6:33
 - Have no close relationships with women other than your own
 - Never be alone in a room or car with another woman
 - Replace it with righteousness, love, faith, peace; Set mind on things above Phil 4:8-9
 - Be vigilant, be watchful 1 Pet. 5:8, Matt. 26:41
 - Accountability and seeking help – wife and men, in what ways? When to tell? James 5:16 Prov. 27:17
 - Intimate relations with own wife Prov. 5:15-20, 1 Cor. 7:3-5
 - Contentment with wife
 - Don't look past her face; no traveling eyes; make a covenant with eyes Job 31:1,9
 - Don't trust yourself 1 Cor. 10:12
 - Beware of rationalizing Prov. 30:20
 - Take radical action Matt. 5:29-30
 - Remember the historical bitter fruits in your life and others

The Pain of Porn.

Jim Newheiser

I. Introduction.

- A. A growing problem, even among Christians.
- B. The key to sexual purity. Pr. 4:23 I Th. 4:3-5
- C. Three key issues: idolatry, lies, and narcissism.

II. Sex is meant to be a blessing.

- A. God created sex as good.
 - 1. To Express the oneness of the marriage covenant. Gen. 2:24 4:1
 - 2. To produce children. Gen. 1:27-18 Ps. 127
 - 3. For the mutual enjoyment of husband and wife. Prov. 5:18-18 Deut. 24:5
Heb. 13:4 Song of Solomon 1:2,13-16 7:1-10 4:1-7 5:10-16
- B. Evil is not merely the opposite of good, but the perversion of the good.
 - 1. The opposite of sexual sin is not no sex, but “good sex”.
 - 2. The opposite of good sex (within marriage) is not no sex, but perverse sex.
- C. God’s ideal is that you direct all of your sexual energy (including thoughts) towards your spouse. Mt. 5:27-28 Pr. 6:25 7:25 Song 4:12-15
 - 1. Don’t try to excuse yourself by narrowing the definition of adultery!
 - 2. Jesus makes God’s standard plain: Purity begins in the heart.
 - 3. Solo sex is a violation of God’s design. Sex is to be relational and other focused.
 - 4. Our culture promotes sexual sin.

III. Lust is very destructive.

- A. It affects your relationship with God. Ps. 51:4 32:3-4 Gen. 39:9
 - 1. Sexual sin is primarily a sin against God. Ps. 51:4 I Cor. 6:15-20
 - 2. Your sin creates separation with God: Broken fellowship. Ps. 32:3-4
 - 3. Repent quickly and find grace. Ps. 32:5,9
- B. It affects your relationship with your spouse.
 - 1. You are violating your marriage covenant.
 - 2. You are robbing your wife of what is rightfully her possession: All of your sexuality. I Cor. 7:4
 - 3. Your attitude towards your wife is affected.
 - 4. She will be wounded. Trust will break down.
 - 5. You put your marriage at risk.
- C. It affects others under your influence: Your children.
 - 1. King David’s example. II Sam. 13 16:20-21 I Kings 11
 - 2. Will you be able to provide moral leadership for your family?
- D. It affects you personally. Pr. 5:11-13,22-23
 - 1. Sin makes you miserable. Ps. 32:3-4
 - 2. It leads to more sin. James 1:14-15
 - 3. It can lead to sickness or even death. Pr. 6:25-35 5:21-23 7:22-27 Num. 32:23

- E. Special considerations for single men.
 - 1. Lust now affects your relationship with your future spouse.
 - 2. Getting married will not solve your lust problems.

IV. Guard yourself from lust. *How to counsel someone who struggles with lust.*

- A. Make a covenant with yourself. Job. 31:1,9
 - 1. Stay as far away from temptation as possible. Pr. 5:8 *Don't go near her door.*
 - 2. Set boundaries (hedges).
 - a. I will not be alone in a car or a room with a woman other than my wife.
 - b. I will not become involved in a close friendship with a woman without my wife (and her husband) being a significant part of that relationship.
 - c. Conversations with a woman in a situation where my wife and her husband are not present will be brief and businesslike.
 - d. I will not flirt. I Tim. 5:2
 - e. When I see a tempting situation, I (like Job) will look away. II Sam. 11:2
 - f. When I struggle, I will seek help.
 - 3. Beware of rationalizing. Pr. 30:20
 - 4. Don't trust yourself. I Co. 10:12 Pr. 5:8 14:12
 - 5. When does a look become lustful?
- B. Be prepared to take radical action. Mt. 5:29-30 Rom. 13:14
 - 1. When tempted, RUN and don't look back. II Tim. 2:22 Gen. 39:8-13
 - 2. Cut off TV, internet. Get/keep books, magazines, and videos out of house.
 - 3. Notice patterns of sin: idle time:
 - 4. Take every thought captive. II Co. 10:5 Phil. 4:8-9. Mt. 15:19
- C. Seek help: Accountability and prayer. Js. 5:16 Pr. 27:17 Be Careful. Gal. 6:1-2
- D. Draw near to God. Put on
 - 1. Delight yourself in God! Isa. 55:1-2 Pr. 9:1-6 7:4-5 =
 - 2. Guard your heart. Pr. 4:23 Ps. 51:10
 - 3. Trust Him to help you in times of temptation. I Cor. 10:13
 - 4. Stay busy doing the work He has given you to do. Mt. 6:33
- E. Draw near to your wife. Invest in your marriage. I Cor. 7:3-5. Heb. 13:4 Ecc. 9:9 Pr. 5:15-19

V. Helping the wife when her husband struggles with lust.

- A. The biggest problem is the loss of trust.
- B. The husband must be honest and accountable.
- C. How much should he tell her?
- D. Help the wife to understand that his lust problem is not due to her physical inadequacy. She needs to find her security in the LORD. Jer. 17:5-8
- E. Help the husband to repent and the wife to forgive.
- F. How much should the wife check up on her husband?

VI. Conclusion: God offers hope and forgiveness. I Cor. 6:9-11 Ps. 51 32



Helping Teens Deal with Sexual Sin

is it just a
project

Presented at the 2005 NANC Annual Conference
Pastor Andy Woodall

Introduction:

1. God's at work in you as the counselor as well as your counselee.
2. God can use sexual sin to get to the heart of a person.
3. A few presuppositions: *God does the work
we are believers but our management*
4. Scenarios defining the problem:

from magazine + internet

4 Principles for Helping Teens Deal with Sexual Sin

I. Enlist the Teenager (Soldier).

Bob Walker ?!

A. *There is a spiritual battle going on here.*

Eph.6:12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

B. *A believer's responsibility*

Gal.6:1 Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; *each one* looking to yourself, so that you too will not be tempted.

Sexual sin - lots of lying + hidden

C. *"Caught" vs. personal confession/conviction*

1 Thes.5:14 We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone.

Charles Spurgeon wrote this "Men are in a restless pursuit after satisfaction in earthly things. They will exhaust themselves in the deceitful delights of sin, and

finding them all to be vanity and emptiness; they will become very perplexed and disappointed. But they will continue their fruitless search. Thou wearied, they still stagger forward under the influence of spiritual madness, and though there is no result to be reached except that of everlasting disappointment, yet they press forward. They have no forethought for their eternal state; the present hour absorbs them. They turn to another and another of earth's broken cisterns, hoping to find water where not a drop was ever discovered yet."

D. Approaching the teen and parents (depends on C.)

II. Identify the Problem Carefully.

A. Don't assume anything.

B. Ask pointed questions.

C. Clearly show how the teen's behavior, thinking, attitude is sin.

1 Thes. 4:1-8

D. Get to the heart of the matter (Desires, motives, priorities, idols).

James 4:1-2 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask.

III. Develop a "Battle Plan".

A. Let the teen know God has a battle plan for him.

1. The tomb is empty – 1 Cor. 15.

2. The one who began a good work will be faithful to complete it – Phil. 1:6.

3. We are more than conquerors – Rom. 8.

B. Commit to the student to help him through this.

C. Key principles in the battle plan:

1. Focus on the teen's relationship to our perfect and holy God-I John. *Ex 15:11*

2. Give them the big-picture of love, sex, and marriage- Gen.1-2, Eph.5:22ff. *Not just what not to do, but what the beauty of marriage is*

Randy Alcorn in his book *The Purity Principle* puts it this way "As long as the fire is contained in the fireplace it keeps the house warm. But if the fire is 'set free', the house burns down."

3. Help the teen identify and remove ("put off") distractions- Eph.4:22-24; Col.3:5-17.

2 Tim.2:4 No soldier in active service entangles himself in the affairs of everyday life, so that he may please the one who enlisted him as a soldier. *Don't doable*

what habits? what leads to it?

a) **TV in room or amount of TV**

b) **Dating** *if in school setting, no dating*

c) **Internet habits**

d) **Daily routines may need to change**

e) **Novels, Magazines, radio**

↳ Video games - focus the focus to love in fantasy world (set in principle)

4. Scripture memory must be pushed and accumulative (ammunition for the battle). *assignments build the scripture memory*

5. Bible study needs to be daily and meaningful – (build into and off of homework).

6. Help the teen to value and submit to those in authority (Rom.13:1-8; Eph.6:1-3)

Prov. 1:5 A wise man will hear and increase in learning, And a man of understanding will acquire wise counsel.

7. Teach the teen to be thankful for getting caught (or being convicted about his sin).

8. Teach the teen to replace sinful habits with godly habits (of thinking, behaving, and speaking)

I Cor.6:19-20 Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from ²God, and that you are not your own? 20 For you have been bought with a price: therefore glorify God in your body.

D. Adjust as new information is acquired.

E. Utilize helpful resources (see list on back page)

F. Assist the teen in developing his own "Battle Plan"

IV. Move the Soldier Up in Rank

A. Overcoming sexual sin means more than just stopping the sexual behavior.

B. God's desire is for this teen to now help others-Gal.6:1, 2 Tim.2:2; 2 Cor.1:3-6.

C. Make sure the teen is plugged into a regular ministry of the local church and being disciplined.

D. Explore the possibilities of co-leading a small group with this teen.

Conclusion:

1. Do you have sexual sin that needs to be dealt with first?
2. Do you now have a plan for counseling teenagers in sexual sin?
3. What are you going to do with what you have learned?
4. Testimony (Zack)

1. Selected Resources

1. Age of Opportunity by Paul Trip

- ❖ Directed at the parent, pastor, mentor, teacher of teenagers focusing on viewing every opportunity as a redemptive moment for the heart of the teen and for you.

2. At the altar of Sexual Idolatry by Steve Gallagher (w/workbook)

- ❖ The resource is educational and detailed.
- ❖ Illustrations are vivid and need to be treated with caution.
- ❖ I recommend this resource for someone college age or older who has been steeped in hard-core porn and or sexual immorality for a long period of time.

3. Every Young Man's Battle by Arterburn and Stoeker (w/workbook)

- ❖ This resource gives many vivid examples as well. It addresses the real issues with teen guys. You may be better off reading this on your own and selectively using it for discussion starter material. Most teen guys are familiar with, unfortunately, the issues mentioned.

4. Jesus Christ-Self Denial or Self-Esteem

- ❖ This resource confronts the whole philosophy of self-esteem from a study of the words, miracles, and parables of Christ – a convicting book.
- ❖ This is a good “next step” book for guys gaining victory in the area of purity.

5. “Not Even a Hint” by Joshua Harris (w/workbook)

- ❖ In my estimation this is one of the best studies available to go through with young men 5th grade and up who struggle with impure thinking, masturbation, and all other sexual immorality.
- ❖ His examples are clear and to the point, but not sharp and posing temptation to move into impure thinking while it is being read.

6. Pure Freedom by Mike Cleveland (study workbook format)

- ❖ This study is designed to be done for 60 days straight. It has great testimonies, loaded with Scripture, questions, etc.
- ❖ This resource confronts pornography specifically, but it can be used to deal with those caught up in lustful thinking (without the pornography sin) too.

7. Winning the War Within by Jay Adams

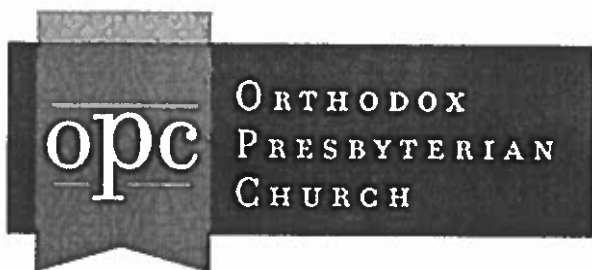
- ❖ Based on Romans 6 and 7 this book provides great insight and guidance on understanding and winning the inner struggles with sin.

8. The War Within by Robert Daniels

- ❖ Randy Patten recommended this book to me but I have not read it yet.

9. 2003 NANC Pre-Conference notes

- ❖ The Biblical View of Sexuality by Randy Patten
- ❖ The Evolution of Sexual Sin by Steve Viars



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PASTOR TO PASTOR: THE PERIL OF PORNOGRAPHY

William Shishko



GET YOUR HEAD OUT OF

THE SAND!

We cannot escape the fact that we live in a culture that is increasingly fueled with sensuality. Advertisers have realized for scores of years that an attractive female connected with products ranging from shaving cream to cars will enhance sales. I buy the product, I get the girl—so twisted reasoning goes. Today sexuality has overrun and almost completely destroyed all barriers that have been put up against it in the media. It is impossible to scan the range of cable channels without, in seconds, seeing immodesty and sensual conduct, if not explicit acts of fornication and adultery. Even some movies that are rated PG-13 are noted as having "nudity" and "adult situations." (One wonders what R-rated movies contain!) To make a trip to your local Blockbuster is to put yourself just one step away from disreputable "Adult Shops." Catalogues that come into our homes (even if they are not "Victoria's Secret" catalogues) contain explicit pictures of women in immodest and sensual attire; so also do the advertisements for tanning spas, athletic clubs, and travel agencies in weekly "Shopper's Guides" that are sent freely to our homes. Daily newspapers contain the same, especially on the sports pages. And, increasingly, pop-up ads on computers or cleverly tagged "spam" come before our eyes as we make use of e-mail or the Internet. All of this may fall short of *Playboy* or *Hustler* magazine, but any one of these things can become a mental halfway house to men as they struggle with the problem of sexual lust.

OPC HISTORY

Today in Church History
 Historian of the OPC

STANDARDS

Searchable Bible
 Confession & Catechisms
 Book of Church Order

RESOURCES

Church Directory
 Audio Sermons
 Great Commission Publications
 Trinity Hymnal

My plea to pastors in this article is that you get your heads out of the sand! The ostrich knows that an adversary is present, but avoids the problem by looking away instead of bravely facing it. My fear is that too many pastors have their heads in the sand because they: (a) are not aware that the problem is really as bad as it is; (b) do not think that we should be so alarmed by it; (c) think that their only responsibility is to go about their ministerial duties of generally preaching and teaching in the hope that the problem will take care of itself in the people to whom we minister.

Brothers, I have news for you: (a) the problem is *worse* than you can imagine; (b) unless you want to deal with a lot of spiritual wreckage in yourself and others, you better be alarmed by it; (c) if you don't get beyond "preaching the word" and "preaching Christ" in broad generalities, you will not be addressing the problem, and *it will not take care of itself*.

It's a temptation to think that the problem of sexual lust that leads to the viewing of and eventual addiction to pornography (and worse!) is something that is *so* modern (because of the mass media and technology) that it is not addressed in Holy Scripture. That mindset can easily create a "hands off" attitude when we think of our ministerial duties: "I will minister good doctrine, and the Holy Spirit will make the necessary applications in individual lives." Such an "ostrich view" is not countenanced by the Word of God for a moment. It is a view that is *dangerous!*

It is helpful to keep in mind that the first century Roman empire, into which Christ and the gospel of the kingdom came, was no less riddled with unbridled sensuality than is ours. In Romans 1:26ff. the apostle Paul describes homosexual and heterosexual fornication as the primary fruits of a culture that is "given up" to false worship—particularly the worship of self. Yet it is to this culture that Paul says that "the Gospel *is* God's power unto salvation" (Rom. 1:16). In first century Corinth, hundreds of male and female temple prostitutes were available at all hours of day or night for "worshippers" to gratify their lusts in acts of pagan "devotion" (Is this really much different than the problem of Internet porn?). It is to that city that Paul speaks of the grace of God in Christ coming with power such that some were *no longer* "fornicators, nor idolaters, nor adulterers, nor

homosexuals, nor sodomites..." By the Gospel they "were washed, ... sanctified, ... [and] justified in the name of the Lord Jesus and by the Spirit of our God" (1 Cor. 6:9, 11). Let's not be ostriches, brothers! Face the enemy with the always powerful gospel of saving grace in Jesus Christ!

It is also important to keep in mind that Christ and the apostles were not backward about dealing specifically with destructive sins like sensual lust. I fear that too many ministers today are shy when their inspired patterns were quite bold:

You have heard that it was said to those of old, "You shall not commit adultery." But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. (Matt. 5:27-30)

Brothers, does this have *no application* to radical measures for today's eyes and the lusts that are prompted by pictures on the Internet, television, and in magazines?

But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not be partakers with them. (Eph. 5:3-7)

Brothers, do you really believe that "not even a hint" of such uncleanness should mark God's people?

For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor, not in passion of lust, like the Gentiles who do not know God;

that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness, but in holiness. Therefore he who rejects this does not reject man, but God, who has also given us His Holy Spirit. (1 Thess. 4:3-7)

Brothers, have you gotten *beyond* the interpretative debate over whether "his own vessel" is one's wife or one's body and then have you dealt *honestly* and *practically* with what it is to live in holiness rather than uncleanness?

"Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart." (2 Tim. 2:22)

Brothers, are *you* keeping your hearts pure, are you teaching others to do the same, and are *you* fleeing "youthful lusts" as a model to help others do the same?

My fellow pastors, I urge you to *be aware* of the challenge that lust and pornography pose to men *and women* (yes, women have their battles in this area, too!) in our increasingly sexually charged society. Don't be ostriches. *Be honest* in realizing that the congregation you pastor is simply not immune to the problem facing our culture at large. Then consider and implement *practical strategies* for teaching your people, helping them individually and as couples, and providing the accountability necessary for long-term victory in the battle for purity of mind and body.

I recommend the following resources to help increase your awareness of the peril of pornography. These all provide practical suggestions to help you make our younger and older men and women better soldiers on this bloody field of our modern culture wars.

- *Addictions, A Banquet in the Grave* by Ed Welch. This is, by far, the best treatment of addictions of any type and the way to confront them by the Gospel. This is a must read for pastors.
- *Every Man's Battle* and *Every Young Man's Battle* by Stephen Arterburn and Fred Stoker; *Every Young Woman's Battle* by Shannon Ethridge and Stephen Arterburn. The theology of these books leaves a lot to be desired, but their frank, down-to-earth treatment of the subject of the battle with lust and

pornography is engaging and practical.

- *The Purity Principle* by Randy Alcorn. Someone can read this book in an hour and be changed by it. It hits you between the eyes, it is rich with memorable statements, and it continually goes back to the riches of Christ that enable believers to face the demand for purity and be successful.
- *Not Even a Hint* by Joshua Harris. This 175 page book is my favorite. It is theologically "right on"; it is realistic; and it clearly comes from a pastor's heart. The book is designed for single men and women, but it is also most useful for couples and for older men and women whom we train to help others in the work of guarding ourselves against lust. I particularly recommend this as a book parents should give to their teenage children and discuss with them.

INTERNET PORNOGRAPHY

Everyone has gone to bed. You're catching up on that vexing pile of e-mails that has accumulated in your "in box." It's late. You're tired. It's been a rough few weeks, but you need to get these things done so that you can get on with other things tomorrow.

Suddenly, as you come to the next item of "spam," you are face to face with a beautiful woman who is looking you straight in the eye. Her expression is obviously one that says "Come, and get me!" You are stunned at first, you're ready to go to the "Delete" key ... and then you hesitate. "I wonder what I'll see if I connect to this link? It's only the human form. God made women to be attractive, didn't he? No one will see me. It's only one look." You struggle with your conscience a bit. But the soldier is weary. He gives in to what he knows is an enemy to his soul. You double click to a new world of "Internet porn."

The rest, as they say, is history. A history that begins with a lacerated conscience and continues into bondage, alienation from spouse, dissipation of time and energy into what becomes a substitute for devotion to Christ, and, if left unchecked, actual fornication and infidelity.

By the end of the year 2003 there were 4.2 million pornographic websites (12 percent of the total number of websites with a total of 372 million pages of pornography). *Daily* pornographic search engine requests totaled 68 million (a total of 25 percent of total

daily search engine requests). Each day 2.5 *billion* pornographic e-mails were sent (8 percent of total e-mails, an average of 4.5 per Internet user). Each month an average of 1.5 billion pornographic items were downloaded (35 percent of all downloads). In the entire year there were 72 million visitors to pornographic websites worldwide. Twenty percent of men admitted accessing pornography while at work, as did 13 percent of women. Some 40 million US adults regularly visited pornographic websites. Ten percent of these admitted to Internet sexual addiction.

And 47 percent of Christians admitted that pornography was "a major problem" in their homes. (Fifty-three percent of Promise Keeper men admitted to having viewed pornography "in the last week.")

Do you think that you are immune? Or are you already included in one or more of the statistics above?

I have dealt in general above with the peril of pornography, and I included a number of resources that I have found helpful both for myself (Yes, I too struggle to keep myself pure on the street, in motel rooms when I am alone and there is a TV, in stores with prominent displays of magazines that used to be kept behind the counter, and on the Internet) and to help me minister to others. Now I want to zero in on strategies to help pastors fight a battle that has the potential to destroy them, their families, and their ministries. I write it as one who is acutely aware that it has the same devastating potential for me, for my family, and for my ministry. I do not want that devastation for myself, or for anyone else. The Christian church has received too many black eyes from ministers who are required to be "blameless" especially by being "one wife husbands" (1 Tim. 3:2) and yet have fallen into "moral lapses" that bring reproach upon the name of Jesus Christ. Brothers, we are at war for our own salvation and the salvation of others (1 Tim. 4:16). Consider these weapons in the war against lust, pornography, and, especially, pornography that can be just a couple of mouse-clicks away.

1. Be ruthlessly honest with yourself. God's standard is exacting: "But among you there must not be even a *hint* of sexual immorality or any kind of impurity, or of greed, because these are improper for God's holy people" (Eph. 5:3). Practice "Judgment Day honesty

with yourself." Has your mind become a sex playground by daily fantasies? What *do* you watch as you scan the various cable channels when no one else is around? What would a record of the Internet sites you have accessed indicate? Have you been lying to yourself and to others about your succumbing to the temptation to look at porn? This is not to condemn, brothers, but it is to make us alert to the extent of the problem as it affects *us*.

2. Be aware of those times, places, persons, and particular circumstances that tempt you. Because of background, our physical condition, and just the way we are "wired," we each have our own customized package of "temptation prompters." Loneliness, fatigue, discouragements, strains in relationships with a spouse, and even the influence of a glass of wine late at night can increase your vulnerability. Our resistance is broken down by regular exposure to immodesty, advertisements that use sexuality to entice, television programs, movies, or even radio stories that treat sexuality casually and that treat fornication and adultery with acceptance or even humor. Let some or all of these be the constant influences of our day, and then give yourself some time to just "surf the web," and you may soon find yourself in the waters of pornography. "Put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts" (Rom. 13:14).

3. Use whatever crutches you need to keep yourself pure. Jesus' prescription is a radical one. "If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell" (Matt. 5:29). While your "right eye" and "right hand" offenses may be different than someone else's, you still must pluck out those things that jeopardize your soul. (Yes, that is exactly what Jesus meant when he said it is better that we pluck out an eye than that we go, body and soul, to hell!) Where you must use crutches, use them! Randy Alcorn, in his helpful little book *The Purity Principle*, puts it this way:

The battle is too intense, and the stakes are too high to approach purity casually or gradually. So...if you can't keep your eyes away from those explicit images, don't ever go to a video rental store. "Come on. Everybody goes into those stores." No. If it causes you to sin, you shouldn't. Period. (pp. 64ff)



Specifically with respect to controlling the Internet, Alcorn counsels:

Use family-friendly Internet service providers (see www.afafilter.com). Install a pornography-filtering program on your computer, realizing it can't screen out everything. Ask someone else to hold the password. Ask someone to regularly check on your Internet usage history to confirm you're not compromising your walk with God.

Move computers to high traffic areas. Unless you have a proven record of going on-line safely, don't log on to the Internet if you're alone. Be sure the monitor always faces an open door, where others can see what you're looking at (see I Corinthians 10:13). Check out practical resources for Internet accountability (see www.covenanteyes.com).

If you're still losing the battle, disconnect from the Internet. If that's not enough, get rid of the computer. (p. 69)

Does this sound too severe—too "Puritan"? I suggest that you re-read Matthew 5:29 and ask yourself what *you* think it means. You might also read the exposition of the Seventh Commandment in the Westminster Larger Catechism (questions 137–139). Do what it takes, brothers, to have the mind of Christ regarding sexual sin.

4. Consider the consequences if you don't change.

Pornography will drain you, chew you up and, eventually, spit you out. With it will go your marriage, your family, and your ministry. "For by means of a harlot, a man is reduced to a crust of bread, and an adulteress will prey on his precious life" (Prov. 6:26). Harlots and adulteresses are not only found on street corners in the seamy sides of town. They abound on band widths and cable lines and they come through an electronic box that brings "the seamy side of town" right into your office or study. I highly recommend that each of you reading this article secure and read the article "Hooked" in the Winter, 2001 edition of *Leadership Journal*. I now require it of all of my students in Pastoral Theology. It makes its case unforgettably.

5. Seek superior pleasures in Christ and his wonderful gift of sexuality in the bonds of

marriage. You cannot fight this battle by just saying "No!" You must come to Christ moment by moment to *keep you* even as you work to *keep yourself* pure (cf. 1 Pet. 1:5 and Jude 21). Enjoy communion with your greatest Lover and Spouse as you read his Word and pray every day and as you yourself are fed on the means of grace in the church that you serve. Do not permit anything to mar your felt sense of acceptance with Christ and his love for you. And, at the same time, do not permit anything to mar the intimacy of your communion with your wife.

Let your fountain be blessed, and rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love. For why should you, my son, be enraptured by an immoral woman, and be embraced in the arms of a seductress? (Prov. 5:18-20)

You must fight the sparks of lust with the superior fire of the Gospel and its benefits!

6. If you need help, get it! Lone rangers are dead rangers in this battle. "Confess your transgressions one to another, and pray for one another that you may be healed" (James 5:16). Whether it be accountability to your session or one or more of your elders, or something more elaborate, get the help that you need to get from others. There's too much at stake to let pride keep you from honestly humbling yourself before those who can help you. "Pride goes before destruction..." "God resists the proud, but gives grace to the humble" (Prov. 16:18, 1 Pet. 5:5).

"I have seen many ministers begin well," wrote a wise observer of a past day, "but I have seen fewer run well; and I have seen far fewer still end well." May the Lord grant us all grace to *run* well and to *end* well, especially as we run a course full of "lusts of the flesh and the eyes" that would make us stumble and fall to the harm of ourselves and so many others.

William Shishko is the pastor of the Orthodox Presbyterian Church in Franklin Square, New York. Mr. Shishko served on the Committee on Christian Education for many years. Reprinted from Ordained Servant 14.1, March 2005; and 14.2, September 2005.

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THE EFFECTS OF PORNOGRAPHY ON INDIVIDUALS, MARRIAGE, FAMILY AND COMMUNITY

Patrick F. Fagan, Ph.D.

EXECUTIVE SUMMARY

Pornography is a visual representation of sexuality which distorts an individual's concept of the nature of conjugal relations. This, in turn, alters both sexual attitudes and behavior. It is a major threat to marriage, to family, to children and to individual happiness. In undermining marriage it is one of the factors in undermining social stability.

Social scientists, clinical psychologists, and biologists have begun to clarify some of the social and psychological effects, and neurologists are beginning to delineate the biological mechanisms through which pornography produces its powerful negative effects.

KEY FINDINGS ON THE EFFECTS OF PORNOGRAPHY

THE FAMILY AND PORNOGRAPHY

- Married men who are involved in pornography feel less satisfied with their conjugal relations and less emotionally attached to their wives. Wives notice and are upset by the difference.
- Pornography use is a pathway to infidelity and divorce, and is frequently a major factor in these family disasters.
- Among couples affected by one spouse's addiction, two-thirds experience a loss of interest in sexual intercourse.
- Both spouses perceive pornography viewing as tantamount to infidelity.
- Pornography viewing leads to a loss of interest in good family relations.

THE INDIVIDUAL AND PORNOGRAPHY

- Pornography is addictive, and neuroscientists are beginning to map the biological substrate of this addiction.
- Users tend to become desensitized to the type of pornography they use, become bored with it, and then seek more perverse forms of pornography.
- Men who view pornography regularly have a higher tolerance for abnormal sexuality, including rape, sexual aggression, and sexual promiscuity.
- Prolonged consumption of pornography by men produces stronger notions of women as commodities or as "sex objects."
- Pornography engenders greater sexual permissiveness, which in turn leads to a greater risk of out-of-wedlock births and STDs. These, in turn, lead to still more weaknesses and debilities.
- Child-sex offenders are more likely to view pornography regularly or to be involved in its distribution.

OTHER EFFECTS OF PORNOGRAPHY

- Many adolescents who view pornography initially feel shame, diminished self-confidence, and sexual uncertainty, but these feelings quickly shift to unadulterated enjoyment with regular viewing.
- The presence of sexually oriented businesses significantly harms the surrounding community, leading to increases in crime and decreases in property values.
- The main defenses against pornography are close family life, a good marriage and good relations between parents and children, coupled with deliberate parental monitoring of Internet use. Traditionally, government has kept a tight lid on sexual traffic and businesses, but in matters of pornography that has waned almost completely, except where child pornography is concerned. Given the massive, deleterious individual, marital, family, and social effects of pornography, it is time for citizens, communities, and government to reconsider their laissez-faire approach.

THE EFFECTS OF PORNOGRAPHY ON INDIVIDUALS, MARRIAGE, FAMILY AND COMMUNITY

Patrick F. Fagan, Ph.D.¹

Pornography, as a visual (mis)representation of sexuality, distorts an individual's concept of sexual relations by objectifying them, which, in turn, alters both sexual attitudes and behavior. It is a major threat to marriage, to family, to children, and to individual happiness.

Social scientists, clinical psychologists, and biologists have begun to clarify some of the social and psychological effects of pornography, and neurologists are beginning to delineate the biological mechanisms through which pornography produces its powerful effects on people.

Pornography's power to undermine individual and social functioning is powerful and deep.

- **Effect on the Mind:** Pornography significantly distorts attitudes and perceptions about the nature of sexual intercourse. Men who habitually look at pornography have a higher tolerance for abnormal sexual behaviors, sexual aggression, promiscuity, and even rape. In addition, men begin to view women and even children as "sex objects,"

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The author acknowledges his debt to Drs. Jill Manning, Stephanie Sargeant-Weaver and James B. Weaver III without whose reviews of the literature, Senate Testimonies and pointers towards the underlying studies he could not have prepared this paper. Their work suffuses the whole project. These reviews include Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research," *Sexual Addiction & Compulsivity* 13 (2006): 131-65; Stephanie Sargent-Weaver, "The Effects of Teens' Exposure to Sexually Explicit Materials on the Internet: Synthesis of the Research and Implications for Future Research;" and James B. Weaver III, "The Effects of Pornography Addiction on Families and Communities," presented before the Subcommittee on Science, Technology, and Space of the Senate Committee on Commerce, Science, and Transportation, Washington, DC (November 18, 2004). Jill Manning's Senate Testimony, from which more of this paper has been drawn than from any other source, is highly recommended for its comprehensiveness and can be found at http://www.heritage.org/Research/Family/upload/85273_1.pdf (Retrieved Jan 19 2009).

commodities or instruments for their pleasure, not as persons with their own inherent dignity.

- **Effect on the Body:** Pornography is very addictive. The addictive aspect of pornography has a biological substrate, with dopamine hormone release acting as one of the mechanisms for forming the transmission pathway to pleasure centers of the brain. Also, the increased sexual permissiveness engendered by pornography increases the risk of contracting a sexually transmitted disease or of being an unwitting parent in an out-of-wedlock pregnancy.
- **Effect on the Heart:** Pornography affects people's emotional lives. Married men who are involved in pornography feel less satisfied with their marital sexual relations and less emotionally attached to their wives. Women married to men with a pornography addiction report feelings of betrayal, mistrust, and anger. Pornographic use may lead to infidelity and even divorce. Adolescents who view pornography feel shame, diminished self-confidence, and sexual uncertainty.

INTRODUCTION

The conjugal act—the act of sexual intercourse—brings humanity into existence and sets in motion the next generations of society. Sexual intercourse, like atomic energy, is a powerful agent for good if channeled well, but for ill if not. Healthy societies maintain their stability by channeling the sexual energies of young adults into marriage, an institution that legitimizes sexual intercourse, protects the children that are the fruit of intercourse, and channels the giving and receiving of sexual pleasure in a way that builds up rather than tears down society. Sexual taboos are one set of the normal mechanisms of social control of the sexual appetite. They are analogous to the control rods of a nuclear reactor plant: they block the sexual from straying off course and into destructive pathways.

One of the biggest tasks of adolescent members of all society is to come to grips with their burgeoning sexuality. Some have always tested the limits of sexual expression even when strong social controls were in place. In well-ordered societies, such testing triggers immediate social sanctions from parents, mentors, and community.

In today's media-saturated society, these sanctions operate in fewer and fewer quarters. A substantial factor in this shift has been the growth of digital media and the Internet. This "digital revolution" has led to great strides in productivity, communication, and other desirable ends, but pornographers also

have harnessed its power for their profit. The cost has been a further weakening of the nation's citizens and families, a development that should be of grave concern to all. The social sciences demonstrate the appropriateness of this concern.

Two recent reports, one by the American Psychological Association on hypersexualized girls, and the other by the National Campaign to Prevent Teen Pregnancy on the pornographic content of phone texting among teenagers, make clear that the digital revolution is being used by younger and younger children to dismantle the barriers that channel sexuality into family life.²

Pornography hurts adults, children, couples, families, and society. Among adolescents, pornography hinders the development of a healthy sexuality, and among adults, it distorts sexual attitudes and social realities. In families, pornography use leads to marital dissatisfaction, infidelity, separation, and divorce. Society at large is not immune to the effect of pornography. Child sex-offenders, for example, are often involved not only in the viewing, but also in the distribution, of pornography.

Pornography is powerful enough even to overwhelm individuals, couples, and families despite earlier affectionate relationships – whether between the mother and father or between the parents and the child. But loving family relationships can help mute many of the factors that encourage the use of pornography long before its addictive power takes root in a user's life.

The effect of regular viewing of pornography on marriage and family is dealt with first, for there its greatest damage to the innocent can be seen. Then the source of this damage is reviewed: the effects on the individual user, his psyche, and his behavior. Adolescent usage, patterns, and effects are then delineated, for during this period the habit of viewing pornography is often developed in stages. Finally the effects of sexually-oriented-businesses on their local environs are reviewed.

² Report of the APA Task Force on the Sexualization of Girls, American Psychological Association, Washington DC, 2008 at <http://www.apa.org/pi/wpo/sexualizationrep.pdf>; and: National Campaign to Prevent Teen and Unplanned Pregnancy: "SEX And TECH, Results from a survey of teens and young adults." Washington DC, 2008. http://www.thenationalcampaign.org/SEXTECH/PDF/SexTech_Summary.pdf

THE CONSEQUENCES OF VIEWING PORNOGRAPHY

FAMILY CONSEQUENCES

Pornography has significant effects during all stages of family life. For a child exposed to pornography within a family setting, pornography causes stress and increases the risk for developing negative attitudes about the nature and purpose of human sexuality. For adolescents who view pornography, their attitudes toward their own and others' sexuality change, and their sexual expectations and behavior are shaped accordingly. For adults, pornography has harmful and even destructive effects on marriage.

Impact on Children

The impact of a parent's use of pornography on young children is varied and disturbing. Pornography eliminates the warmth of affectionate family life, which is the natural social nutrient for a growing child. Other losses and traumas related to the use of pornography when a child is young include:

- encountering pornographic material a parent has acquired;
- encountering a parent masturbating;
- overhearing a parent engaged in "phone sex";
- witnessing and experiencing stress in the home caused by online sexual activities;
- increased risk of the children becoming consumers of pornography themselves;
- witnessing and being involved in parental conflict;
- exposure to the commodification of human beings, especially women, as "sex objects";
- increased risk of parental job loss and financial strain;
- increased risk of parental separation and divorce;
- decreased parental time and attention – both from the pornography-addicted parent and from the parent preoccupied with the addicted spouse.³

Also, parents may disclose their struggle with the addiction to pornography to their children, intentionally or unintentionally, thereby distorting their children's sexual development.⁴

³ Jennifer P. Schneider, "Effects of Cybersex Addiction on the Family: Results of a Survey," *Sexual Addiction & Compulsivity* 7 (2000): 31-58.

⁴ M. Deborah Corley and Jennifer P. Schneider, "Sex Addiction Disclosure to Children: The Parents' Perspective," *Sexual Addiction & Compulsivity* 10 (2003): 291-324.

Impact on Adolescents

Pornography viewing among teenagers disorients them during that developmental phase when they have to learn how to handle their sexuality and when they are most vulnerable to uncertainty about their sexual beliefs and moral values.⁵ A study of 2,343 adolescents found that sexually explicit Internet material significantly increased their uncertainties about sexuality.⁶ The study also showed that increased exposure to sexually explicit Internet material increased favorable attitudes toward sexual exploration with others outside of marriage and decreased marital commitment to the other spouse.⁷ Another study by Todd G. Morrison, professor of psychology at the University of Saskatchewan, and colleagues found that adolescents exposed to high levels of pornography had lower levels of sexual self-esteem.⁸

A significant relationship also exists between frequent pornography use and feelings of loneliness, including major depression.^{9 10}

Finally, viewing pornography can engender feelings of shame: In a study of high school students, the majority of those who had viewed pornography felt some degree of shame for viewing it. However, 36 percent of males and 26 percent of females said they were never ashamed of viewing pornography,¹¹ giving some idea of the level of desensitization already reached in society.

⁵ Jochen Peter and Patti M. Valkenburg, "Adolescents' Exposure to Sexually Explicit Internet Material, Sexual Uncertainty, and Attitudes Toward Uncommitted Sexual Exploration: Is There a Link?" *Communication Research* 35 (2008): 579-601 (581).

⁶ Peter and Valkenburg, "Adolescents' Exposure to Sexually Explicit Internet Material," 596.

⁷ Peter and Valkenburg, "Adolescents' Exposure to Sexually Explicit Internet Material," 595.

⁸ Todd G. Morrison, Shannon R. Ellis, Melanie A. Morrison, Anomi Bearden, and Rebecca L. Harriman, "Exposure to Sexually Explicit Material and Variations in Body Esteem, Genital Attitudes, and Sexual Esteem Among a Sample of Canadian Men," *The Journal of Men's Studies* 14 (2006): 209-22 (216-7).

⁹ Michele L. Ybarra and Kimberly J. Mitchell, "Exposure to Internet Pornography among Children and Adolescents: A National Survey," *CyberPsychology & Behavior* 8 (2005): 473-86 (479).

¹⁰ Vincent Cyrus Yoder, Thomas B. Virden III, and Kiran Amin "Internet pornography and Loneliness: An Association?" *Sexual Addiction & Compulsivity* 12 (2005): 19-44 (30). This was a study of 400 individual Internet pornography users.

¹¹ Thomas Johansson and Nils Hammarén, "Hegemonic Masculinity and Pornography: Young People's Attitudes Toward and Relations to Pornography," *The Journal of Men's Studies* 15 (2007): 57-70 (64).

High adolescent consumption of pornography also affects behavior. Male pornography use is linked to significantly increased sexual intercourse with non-romantic friends,¹² and is likely a correlate of the so-called “hook-up” culture.

Exposure to pornographic sexual content can be a significant factor in teenage pregnancy. A three year longitudinal study of teenagers found that frequent exposure to televised sexual content was related to a substantially greater likelihood of teenage pregnancy within the succeeding three years. This same study also found that the likelihood of teenage pregnancy was two times greater when the quantity of that sexual content exposure, within the viewing episodes, was high rather than low.¹³

Impact on Marriage

Marital Dissatisfaction

Pornography use undermines marital relations and distresses wives.¹⁴ Husbands report loving their spouses less after long periods of looking at (and desiring) women depicted in pornography.¹⁵

In many cases, the wives of pornography users also develop deep psychological wounds, commonly reporting feelings of betrayal, loss, mistrust, devastation, and anger in responses to the discovery or disclosure of a partner’s pornographic online sexual activity.¹⁶

Wives can begin to feel unattractive or sexually inadequate and may become severely depressed when they realize their husbands view pornography.¹⁷ The distress level in wives may be so high as to require clinical treatment for trauma, not mere discomfort.¹⁸

¹² E. Häggström-Nordin, U. Hanson, and T. Tydén, “Associations between Pornography Consumption and Sexual Practices among Adolescents in Sweden,” *International Journal of STD & AIDS* 16 (2005): 102-7 (104-5).

¹³ Anita Chandra, Steven C. Martino, Rebecca L. Collins, Marc N. Elliott, Sandra H. Berry, David E. Kanouse, and Angela Miu, “Does Watching Sex on Television Predict Teen Pregnancy? Findings from a Longitudinal Survey of Youth,” *Pediatrics* 122 (2008): 1047-1054 (1052).

¹⁴ Ana J. Bridges, Raymond M. Bergner, and Matthew Hesson-McInnis, “Romantic Partners’ Use of Pornography: Its Significance for Women,” *Journal of Sex & Marital Therapy* 29 (2003): 1-14.

¹⁵ Dolf Zillmann and Jennings Bryant, “Pornography’s Impact on Sexual Satisfaction,” *Journal of Applied Social Psychology* 18 (1988): 438-53 (439-440), quoting S.E. Gutierrez, D.T. Kenrick, and L. Goldberg (1983, August), *Adverse effect of popular erotica on judgments of one’s mate*, Paper presented at the annual meeting of the American Psychological Association, Anaheim, CA

¹⁶ Schneider, “Effects of Cybersex Addiction on the Family,” 31-58.

¹⁷ Schneider, “Effects of Cybersex Addiction on the Family,” 38.

¹⁸ Barbara A. Steffens and Robyn L. Rennie, “The Traumatic Nature of Disclosure for Wives of Sexual Addicts,” *Sexual Addiction & Compulsivity* 13 (2006): 247-67.

Viewers of pornography assign increased importance to sexual relations without emotional involvement,¹⁹ and consequently, wives experience decreased intimacy from their husbands.²⁰

The emotional distance fostered by pornography and “cybersex” (interactive computer contact with another regarding pornographic sexual issues) can often be just as damaging to the relationship as real-life infidelity,²¹ and both men and women tend to put online sexual activity in the same category as having an affair.²² The estrangement between spouses wrought by pornography can have tangible consequences as well: when the viewing of pornography rises to the level of addiction, 40 percent of “sex addicts” lose their spouses, 58 percent suffer considerable financial losses, and about a third lose their jobs.²³

In a study on the effects of “cybersex” – a form of sexually explicit interaction between two people on the Internet – researchers found that more than half of those engaged in “cybersex” had lost interest in sexual intercourse, while one-third of their partners had lost interest as well, while in one-fifth of the couples both husband and wife or both partners had a significantly decreased interest in sexual intercourse. Stated differently, this study showed that only one-third of couples maintained an interest in sexual relations with one another when one partner was engaged in “cybersex.”²⁴

Prolonged exposure to pornography also fosters dissatisfaction with, and even distate for, a spouse’s affection.²⁵ Cynical attitudes regarding love begin to emerge, and “superior sexual pleasures are thought attainable without affection toward partners.”²⁶ These consequences hold for both men and women who have had prolonged exposure to pornography, with the decline in sexual

¹⁹ Zillmann and Bryant, “Pornography’s Impact on Sexual Satisfaction,” 448.

²⁰ Raymond M. Bergner and Ana J. Bridges, “The Significance of Heavy Pornography Involvement for Romantic Partners: Research and Clinical Implications,” *Journal of Sex & Marital Therapy* 28 (2002): 193-206 (197).

²¹ J.P. Schneider, “Effects of Cybersex Problems on the Spouse and Family,” *Sex and the Internet: A Guidebook for Clinicians*, ed. A. Cooper (New York: Brunner-Routledge, 2002): 169-86 (180).

²² Monica Therese Whitty, “Pushing the Wrong Buttons: Men’s and Women’s Attitudes toward Online and Offline Infidelity,” *CyberPsychology & Behavior* 6 (2003): 569-79.

²³ Mary Anne Layden, Ph.D. (Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania), Testimony for U.S. Senate Committee on Commerce, Science and Transportation, November 18, 2004, 2.

²⁴ Schneider, “Effects of Cybersex Addiction on the Family,” 39-40.

²⁵ James B. Weaver III, “The Effects of Pornography Addiction on Families and Communities” (Testimony presented before the Subcommittee on Science, Technology, and Space of the Senate Committee on Commerce, Science, and Transportation, Washington, DC, November 18, 2004), 4.

²⁶ Dolf Zillmann, “Influence of Unrestrained Access to Erotica on Adolescents’ and Young Adults’ Dispositions toward Sexuality,” *Journal of Adolescent Health* 27S (2000): 41-44 (42).

happiness being primarily due to the growing dissatisfaction with the spouse's normal sexual behavior.²⁷

Finally, pornography users increasingly see the institution of marriage as sexually confining,²⁸ have diminished belief in the importance of marital faithfulness,²⁹ and have increasing doubts about the value of marriage as an essential social institution and further doubts about its future viability.³⁰ All this naturally diminishes the importance for them of having good family relations in their own families.³¹

Increased Infidelity

Dolf Zillman of the University of Alabama, in one study of adolescents, shows that the steady use of pornography frequently leads to abandonment of fidelity to their girlfriends.³² Steven Stack of Wayne State University and colleagues later showed that pornography use increased the marital infidelity rate by more than 300 percent.³³ Another study found a strong correlation between viewing Internet pornography and sexually permissive behavior.³⁴ Stack's study found that Internet pornography use is 3.7 times greater among those who procure sexual relations with a prostitute than among those who do not.³⁵

"Cybersex" pornography also leads to much higher levels of infidelity among women. Women who engaged in "cybersex" had about 40 percent more offline sexual partners than women who did not engage in cybersex.³⁶

Separation and Divorce

Given the research already cited, it is not surprising that addiction to pornography is a contributor to separation and divorce. In the best study to date (a very rudimentary opportunity study of reports by divorce lawyers on the most salient factors present in the divorce cases they handled), 68 percent of divorce cases involved one party meeting a new paramour over the Internet, 56 percent involved "one party having an obsessive interest in pornographic

²⁷ Zillmann and Bryant, "Pornography's Impact on Sexual Satisfaction," 448.

²⁸ Zillmann, "Influence of Unrestrained Access to Erotica," 42.

²⁹ Zillmann and Bryant, "Pornography's Impact on Sexual Satisfaction," 448.

³⁰ Weaver, "The Effects of Pornography Addiction on Families and Communities," 4.

³¹ Zillmann and Bryant, "Pornography's Impact on Sexual Satisfaction," 448.

³² Dolf Zillmann, "Influence of Unrestrained Access to Erotica," 42.

³³ Steven Stack, Ira Wasserman, and Roger Kern, "Adult Social Bonds and Use of Internet Pornography," *Social Science Quarterly* 85 (2004): 75-88.

³⁴ Ven-hwei Lo and Ran Wei, "Exposure to Internet Pornography and Taiwanese Adolescents' Sexual Attitudes and Behavior," *Journal of Broadcasting & Electronic Media* 49 (2005): 221-37 (229).

³⁵ Steven Stack, Ira Wasserman, and Roger Kern, "Adult Social Bonds and Use of Internet Pornography," *Social Science Quarterly* 85 (2004): 75-88 (83).

³⁶ Kristian Daneback, Al Cooper, and Sven-Axel Månsson, "An Internet Study of Cybersex Participants," *Archives of Sexual Behavior* 34 (2005): 321-28 (324-25).

websites," 47 percent involved "spending excessive time on the computer," and 33 percent involved spending excessive time in chat rooms (a commonly sexualized forum).³⁷ Cybersex, which often takes place in these chat rooms, was a major factor in separation and divorce: In over 22 percent of the couples observed the spouse was no longer living with the "cybersex" addict, and in many of the other cases spouses were seriously considering leaving the marriage or relationship.³⁸

DIFFERENCES BETWEEN MEN AND WOMEN

Pornography affects both men and women. However there are significant differences between men and women on the likelihood of using pornography, the types of pornography used, and their feelings about pornography.

DIFFERENT RATES OF USE AND DIFFERENT TYPES OF USE

Men and women use pornography differently. Men are more than six times as likely to view pornography as females,³⁹ and more likely to spend more time viewing it.

In a study of self-identified female "cybersex" addicts, women reported that they preferred engaging in "cybersex" within the context of a relationship (via email or chat room) rather than accessing pornographic images. This preference may contribute to the significant difference one study found in the proportion of women who have real-life sexual encounters with their online companions compared to men. It found that 80 percent of women who engaged in these online sexual activities also had real-life sexual encounters with their online partners, compared to the much lower proportion of 33 percent for men.⁴⁰ Also, as stated above, such women are much more likely to have had very high numbers of such sexual encounters and partners.⁴¹ However in another study, this time of men who flirted in Internet chat rooms, 78 percent reported they had

³⁷ Jill Manning, Senate Testimony, November 10, 2005, referencing: J. Dedmon, "Is the Internet bad for your marriage? Online affairs, pornographic sites playing greater role in divorces," 2002, press release from American Academy of Matrimonial Lawyers, 14.

³⁸ Schneider, "Effects of Cybersex Addiction on the Family," 56.

³⁹ Steven Stack, Ira Wasserman, and Roger Kern, "Adult Social Bonds and Use of Internet Pornography," *Social Science Quarterly* 85 (2004): 75-88 (85).

⁴⁰ Jennifer P. Schneider, "A Qualitative Study of Cybersex Participants: Gender Differences, Recovery Issues, and Implications for Therapists," *Sexual Addiction & Compulsivity* 7 (2000): 249-78 (277).

⁴¹ Kristian Daneback, Al Cooper, and Sven-Axel Månsson, "An Internet Study of Cybersex Participants," *Archives of Sexual Behavior* 34 (2005): 321-28 (324-25).

at least one face-to-face sexual experience with someone they had met through a chat room in the past year.⁴² Thus, it seems that a very high proportion of both men and women who engage in “cybersex” may go on to have physical sexual encounters with their online partners.

A study of sex-addicted men also found that 43 percent used online sexual activity to engage in sexual activities they would never otherwise perform.⁴³ Similarly, self reports also reveal that the tendency to explore new behaviors in “offline” relationships increases with increased online sexual activity.⁴⁴

DIFFERENT REACTIONS TO DIFFERENT INFIDELITIES

The way men and women view infidelity is very different. One study, using undergraduates from a large university in Northern Ireland, investigated how men and women perceive online and offline sexual and emotional infidelity. When forced to decide, men were more upset by sexual infidelity and women by emotional infidelity. Only 23 percent of women claimed they would be more bothered by sexual infidelity, compared to the 77 percent of women who would be more bothered by emotional infidelity. Males felt the opposite way. Eighty-four percent of the men reported they would be more bothered by sexual infidelity, whereas only 16 percent say they would be more bothered by emotional infidelity.⁴⁵

In a study which examined different types of degrading pornography, featuring themes such as “objectification” and “dominance,” both men and women rated the same three major themes as the most degrading of all, but with different intensities: women rated them as even more degrading than men did.⁴⁶

⁴² Brian Dew, Michael Brubaker, and Danica Hays, “From the Altar to the Internet: Married Men and Their Online Sexual Behavior,” *Sexual Addiction & Compulsivity* 13 (2006): 195-207 (199).

⁴³ Al Cooper, Nathan Galbreath, and Michael A. Becker, “Sex on the Internet: Furthering our Understanding of Men with Online Sexual Problems,” *Psychology of Addictive Behavior* 18 (2004): 223-30 (225).

⁴⁴ Al Cooper, Nathan Galbreath, and Michael A. Becker, “Sex on the Internet: Furthering our Understanding of Men with Online Sexual Problems,” 226.

⁴⁵ Monica T. Whitty and Laura-Lee Quigley, “Emotional and Sexual Infidelity Offline and in Cyberspace,” *Journal of Marital and Family Therapy* 34 (2008): 461-468 (465).

⁴⁶ Gloria Cowan and Kerri F. Dunn, “What Themes in Pornography Lead to Perceptions of the Degradation of Women?” *The Journal of Sex Research* 31 (1994): 11-21 (16-17).

INDIVIDUAL CONSEQUENCES

Pornography changes the habits of the mind, the inner private self. Its use can easily become habitual, which in turn leads to desensitization, boredom, distorted views of reality, and an objectification of women. A greater amount of sexual stimuli becomes necessary to arouse habitual users, leading them to pursue more deviant forms of pornography to fulfill their sexual desires.

DESENSITIZATION, HABITUATION, AND BOREDOM

Prolonged use of pornography produces habituation,⁴⁷ boredom, and sexual dissatisfaction among female and male viewers,⁴⁸ and is associated with more lenient views of extramarital sexual relations and recreational attitudes toward sex.⁴⁹ A 2000 study of college freshmen found that the habitual use of pornography led to greater tolerance of sexually explicit material, thus requiring more novel and bizarre material to achieve the same level of arousal or interest.⁵⁰ For example, habituation may lead to watching "depictions of group sex, sadomasochistic practices, and sexual contact with animals,"⁵¹ engaging in anal intercourse,⁵² and trivializing "nonviolent forms of the sexual abuse of children."⁵³

The pornography industry adapted to this desire for more bizarre and uncommon images. An analysis of the content of *Playboy*, *Penthouse*, and *Hustler* from the years 1953 to 1984 revealed 6,004 child images and an additional 14,854 images depicting crime or violence. Furthermore, nearly two-thirds of the child images were sexual and violent, with most of the images displaying girls between the ages of three and eleven years of age. Each of these magazines

⁴⁷ Dolf Zillman, Indiana University, Paper prepared for the Surgeon General's Workshop on Pornography and Public Health, Arlington VA, 1986
http://profiles.nlm.nih.gov/NN/B/C/K/V/_/nnbckv.pdf

⁴⁸ Weaver, "The Effects of Pornography Addiction on Families and Communities," 2, 4.

⁴⁹ Ven-hwei Lo and Ran Wei, "Exposure to Internet Pornography and Taiwanese Adolescents' Sexual Attitudes and Behavior," *Journal of Broadcasting & Electronic Media* 49 (2005): 221-37 (230); Jochen Peter and Patti M. Valkenburg, "Adolescents' Exposure to Sexually Explicit Online Material and Recreational Attitudes toward Sex," *Journal of Communication*, 56 (2006): 639-660 (654).

⁵⁰ Zillmann, "Influence of Unrestrained Access to Erotica," 41.

⁵¹ Weaver, "The Effects of Pornography Addiction on Families and Communities," 3.

⁵² Häggström-Nordin, Hanson, and Tydén, "Associations between Pornography Consumption and Sexual Practices among Adolescents in Sweden," 104-5.

⁵³ Weaver, "The Effects of Pornography Addiction on Families and Communities," 3.

portrayed the scenes involving children as though the child had been unharmed by the sexual scene or even benefited from it.⁵⁴

Heavy exposure to pornography leads men to judge their mates as sexually less attractive,⁵⁵ resulting in less satisfaction with their affection, physical appearance, and sexual behavior.⁵⁶ The need for more intense sexual stimulation brought on by pornography can lead to boredom in normal relationships and a greater likelihood of seeking sexual pleasure outside of marriage. Repeated exposure to pornography leads the viewer to consider "recreational sexual engagements" as increasingly important,⁵⁷ and changes the viewer to being very accepting of sexual permissiveness.⁵⁸

DISTORTED PERCEPTION OF REALITY

Pornography presents sexual access as relentless, "a sporting event that amounts to innocent fun" with inconsequential effects on emotions, perceptions, and health.⁵⁹ This is not the case, however. Pornography leads to distorted perceptions of social reality: an exaggerated perception of the level of sexual activity in the general population,⁶⁰ an inflated estimate "of the incidence of premarital and extramarital sexual activity, as well as increased assessment of male and female promiscuity," "an overestimation of almost all sexual activities performed by sexually active adults,"⁶¹ and an overestimation of the general prevalence of perversions such as group sex, bestiality, and sadomasochistic activity.⁶² Thus the beliefs being formed in the mind of the viewer of pornography are far removed from reality. A case could be made that repeated viewing of pornography induces a mental illness in matters sexual.

These distortions result in an acceptance of three beliefs: (1) sexual relationships are recreational in nature, (2) men are generally sexually driven, and (3) women are sex objects or commodities.⁶³ These are called "permission-giving beliefs"

⁵⁴ Judith A. Reisman, "The Psychopharmacology of Pictorial Pornography Restructuring Brain, Mind & Memory & Subverting Freedom of Speech" (2007), 26. communication with the author.

⁵⁵ Zillmann and Bryant, "Pornography's Impact on Sexual Satisfaction," 439.

⁵⁶ Zillmann and Bryant, "Pornography's Impact on Sexual Satisfaction," 448.

⁵⁷ Zillmann and Bryant, "Pornography's Impact on Sexual Satisfaction," 450.

⁵⁸ Ven-hwei Lo and Ran Wei, "Exposure to Internet Pornography and Taiwanese Adolescents' Sexual Attitudes and Behavior," *Journal of Broadcasting & Electronic Media* 49 (2005): 221-37 (233).

⁵⁹ Zillmann, "Influence of Unrestrained Access to Erotica," 43.

⁶⁰ Zillmann, "Influence of Unrestrained Access to Erotica," 41.

⁶¹ James B. Weaver III, "The Effects of Pornography Addiction on Families and Communities," 3.

⁶² Zillmann, "Influence of Unrestrained Access to Erotica," 41-2.

⁶³ L. Monique Ward, "Does Television Exposure Affect Emerging Adults' Attitudes and Assumptions about Sexual Relationships? Correlational and Experimental Confirmation," *Journal of Youth and Adolescence* 31 (2002): 1-15 (12).

because they result in assumptions that one's behavior is normal, acceptable, and commonplace, and thus not hurtful to anyone else.⁶⁴ These beliefs are deepened and reinforced by masturbation while viewing pornography,⁶⁵ a frequent practice among those who use pornography to deal with stress.⁶⁶

When male and female viewers do not believe that exposure to pornography has any effect upon their personal views or lives,⁶⁷ they more readily internalize abnormal sexual attitudes and increase the likelihood that they will engage in perverse sexual behaviors.⁶⁸

All of these distortions amount to a serious misunderstanding about sexuality and relationships and are a dangerous distortion of the nature of social life.⁶⁹ Those who perceive pornographic sexual scenes as depicting reality tend to be more accepting of sexual permissiveness than others.⁷⁰ Prolonged exposure to pornography fosters the belief that sexual inactivity constitutes a health risk.⁷¹

OBJECTIFICATION AND DEGRADATION OF WOMEN

Pornography fosters the idea that the degradation of women is acceptable. Since males use pornography much more frequently than females,⁷² exposure to sexual and even semi-sexual material from the Internet, magazines, and television is associated with stronger notions that women are sex objects or sexual

⁶⁴ Mary Anne Layden, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania (Testimony for U.S. Senate Committee on Commerce, Science and Transportation, November 18, 2004).

⁶⁵ Sylvain C. Boies, "University Students' Uses of and Reactions to Online Sexual Information and Entertainment: Links to Online and Offline Sexual Behavior," *The Canadian Journal of Human Sexuality* 11 (2002): 77-89 (86).

⁶⁶ Cooper, Galbreath, and Becker, "Sex on the Internet: Furthering Our Understanding of Men with Online Sexual Problems," 226.

⁶⁷ Nicole Daluga, "A Content Analysis of Sexual Risk and Protective Behaviors and Messages in Sexually Explicit Web Pages Viewed by a National Probability Sample of U.S. Adolescents" (Atlanta, Georgia: Rollins School of Public Health of Emory University, 2002), 255-279, 19; K.A. Cameron, L.F. Salazar, J.M. Bernhardt, N. Burgess-Whitman, G.M. Wingood, and R.J. DiClemente, "Adolescents' Experience with Sex on the Web: Results from Online Focus Groups," *Journal of Adolescence* 28 (2005): 535-40 (537).

⁶⁸ Layden, Testimony for U.S. Senate Committee on Commerce, Science and Transportation.

⁶⁹ Layden, Testimony for U.S. Senate Committee on Commerce, Science and Transportation.

⁷⁰ Laramie D. Taylor, "Effects of Visual and Verbal Sexual Television Content and Perceived Realism on Attitudes and Beliefs," *The Journal of Sex Research* 42 (2005): 130-37 (135).

⁷¹ Zillmann, "Influence of Unrestrained Access to Erotica," 42.

⁷² Häggström-Nordin, Hanson, and Tydén, "Associations between Pornography Consumption and Sexual Practices among Adolescents in Sweden" (103).

commodities.⁷³ Men thus exposed are more likely to describe women in overtly sexual terms, rather than by other personal attributes.⁷⁴

A study of widely distributed x-rated films by Gloria Cowan and colleagues, professors of psychology at California State University, San Bernardino, determined the range and extent of domination and sexual inequality depicted of women in a random selection of movies in family video rental stores in California. Physical aggression was present in 73 percent of the films, and rape scenes were present in 51 percent, with the woman as the victim every time. The films depicted gender-role inequalities as well, typically portraying the men as professionals and the women as school girls, secretaries, or housewives.⁷⁵ During the sexual scenes, the man usually remained at least partially clothed, whereas the woman was usually naked.⁷⁶

Pornographic films also degrade women through "rape myth acceptance" scenes, which depict women being raped and ultimately enjoying the experience. These scenes foster the belief that women really "want" to be raped. Jeannette Norris of the University of Washington conducted a study in which a group of students read two versions of the same story depicting a woman being raped. The story, however, had two different endings: one version ended with the woman deeply distressed, the other ended with the woman seeming to enjoy herself. Even though the two stories were identical in every way except for the woman's reaction at the end, the students viewed the scenario more positively when the story depicted the woman as enjoying the rape. They perceived the raped woman as having a greater "desire" to have sex and were thus more accepting of what the man had done.⁷⁷

Similar results emerge in assessments of college men. Sarah Murnen of Kenyon College, Ohio found that fraternity members, who displayed many more pornographic pictures of women in their rooms than those from the non-fraternity group, had more positive attitudes toward rape.⁷⁸

⁷³ Peter Jochen and Patti M. Valkenburg, "Adolescents' Exposure to a Sexualized Media Environment and Their Notions of Women as Sex Objects," *Sex Roles* 56 (2007): 381-395 (390).

⁷⁴ Deborah E.S. Frable, Anne E Johnson, and Hildy Kellman, "Seeing Masculine Men, Sexy Women, and Gender Differences: Exposure to Pornography and Cognitive Constructions of Gender," *Journal of Personality* 65 (1997): 311-355 (333).

⁷⁵ Gloria Cowan, Carole Lee, Daniella Levy, and Debra Snyder, "Dominance and Inequality in X-Rated Videocassettes," *Psychology of Women Quarterly* 12 (1988): 299-311 (306-307).

⁷⁶ Cowan, Lee, Levy, and Snyder, "Dominance and Inequality in X-Rated Videocassettes," 308.

⁷⁷ Jeanette Norris, "Social Influence Effects on Responses to Sexually Explicit Material Containing Violence," *The Journal of Sex Research* 28 (1991): 67-76 (70-73).

⁷⁸ Timothy E. Bleecker and Sarah K. Murnen, "Fraternity Membership, the Display of Degrading Sexual Images of Women, and Rape Myth Acceptance," *Sex Roles* 53 (2005): 487-493 (490).

Women tend to view pornography as more degrading of women than men do. When a sample of students was asked about their feelings toward pornography, 72 percent of the young women but only 23 percent of the young men stated their feelings were negative. Moreover, when asked if pornography is degrading, almost 90 percent of young women but only 65 percent of young men agreed that pornography is degrading.⁷⁹

After prolonged exposure to pornography, men especially, but also some women, trivialize rape as a criminal offense.⁸⁰

Whether they think pornography is degrading or not, women who view pornography regularly unwittingly engage in a form of self degradation: they develop a negative body image about themselves because they do not measure up to the depictions in the pornographic materials.⁸¹

CLINICAL CONSEQUENCES

Pornography consumption has more than just psychological and familial ramifications. There are numerous clinical consequences to pornography use, including increased risk for significant physical and mental health problems and a greater likelihood of committing a sex-based crime.

SEXUALLY TRANSMITTED DISEASES AND OUT-OF-WEDLOCK PREGNANCIES

Since pornography encourages sexually permissive attitudes and behavior, users of pornography have a higher likelihood of contracting a sexually transmitted disease or fathering an out-of-wedlock pregnancy. Pornography's frequent depiction of intercourse without condoms (87 percent of the time) is an invitation for the promiscuous to contract a sexually transmitted disease,⁸² to have a child out of wedlock and to have multiple sex partners.⁸³ Pornography also promotes

⁷⁹ Thomas Johansson and Nils Hammaren, "Hegemonic Masculinity and Pornography: Young People's Attitudes Toward and Relations to Pornography," *The Journal of Men's Studies* 15 (2007): 57-70 (62).

⁸⁰ Weaver, "The Effects of Pornography Addiction on Families and Communities," 3.

⁸¹ Sheilah Siegel, "Applying Social Comparison Theory to Women's Body Image and Self-esteem: The Effects of Pornography" (Doctoral dissertation, Pacific Graduate School of Psychology, Palo Alto, CA, 1997).

⁸² Nicole Daluga, "A Content Analysis of Sexual Risk and Protective Behaviors and Messages in Sexually Explicit Web Pages Viewed by a National Probability Sample of U.S. Adolescents" (Atlanta, Georgia: Rollins School of Public Health of Emory University, 2002), 255-279.

⁸³ Gina M. Wingood, Ralph J. DiClemente, Kathy Harrington, Suzy Davies, Edward W. Hook, and M. Kim Oh, "Exposure to X-rated Movies and Adolescents' Sexual and Contraceptive-related Attitudes and Behaviors," *Pediatrics* 107 (2001): 1116-19.

sexual compulsiveness, which doubles the likelihood of being infected with a sexually transmitted disease.⁸⁴

SEXUAL ADDICTION

Pornography and “cybersex” are highly addictive and can lead to sexually compulsive behaviors (that decrease a person’s capacity to perform other major tasks in life). Over 90 percent of therapists surveyed in one study believed that a person could become addicted to “cybersex.”⁸⁵ In an American survey, 57 percent of frequent viewers used online sexual activity to deal with stress.⁸⁶ A 2006 Swedish study of regular Internet pornography users found that about six percent were compulsive users and that these compulsives also used much more non-Internet pornography as well.⁸⁷

Addictive pornography use leads to lower self-esteem and a weakened ability to carry out a meaningful social and work life. A survey of pornography addicts found that they disliked the “out of control” feeling and the time consumption that their pornography use engendered. All of the sexual compulsives reported they had felt distressed and experienced impairment in an important aspect of their lives as a result of their addiction. Almost half of the sexual compulsives said their behavior had significant negative results in their social lives, and a quarter reported negative effects on their job.⁸⁸ In another survey, sexual compulsives and sexual addicts were 23 times more likely than those without a problem to state that discovering online sexual material was the worst thing that had ever happened in their life.⁸⁹ No wonder then that severe clinical depression was reported twice as frequently among Internet pornography users compared to non-users.⁹⁰

⁸⁴ Kristian Daneback, Michael W. Ross, and Sven-Axel Månsson, “Characteristics and Behaviors of Sexual Compulsives Who Use the Internet for Sexual Purposes,” *Sexual Addiction & Compulsivity* 13 (2006): 53-67 (59-60).

⁸⁵ Peter D. Goldberg, Brennan D. Peterson, Karen H. Rosen, and Mary Linda Sara, “Cybersex: The Impact of a Contemporary Problem on the Practices of Marriage and Family Therapists,” *Journal of Marital and Family Therapy* 34 (2008): 469-80 (475).

⁸⁶ A. Cooper, N. Galbreath, and M.A. Becker, “Sex on the Internet: Furthering Our Understanding of Men with Online Sexual Problems,” *Psychology of Addictive Behavior* 18 (2004): 223-30 (225).

⁸⁷ Kristian Daneback, Michael W. Ross, and Sven-Axel Månsson, “Characteristics and Behaviors of Sexual Compulsives Who Use the Internet for Sexual Purposes,” *Sexual Addiction & Compulsivity* 13 (2006): 53-67 (59, 61).

⁸⁸ Donald W. Black, Laura L.D. Kehrberg, Denise L. Flumerfelt, and Steven S. Schlosser, “Characteristics of 36 Subjects Reporting Compulsive Sexual Behavior,” *American Journal of Psychiatry* 154 (1997): 243-49 (247).

⁸⁹ Al Cooper, Eric Griffin-Shelley, David L. Delmonico, and Robin M. Mathy, “Online Sexual Problems: Assessment and Predictive Variables,” *Sexual Addiction & Compulsivity* 8 (2001): 267-85 (281).

⁹⁰ Michele L. Ybarra and Kimberly J. Mitchell, “Exposure to Internet Pornography among Children and Adolescents: A National Survey,” *CyberPsychology & Behavior* 8 (2005): 473-86 (479).

AGGRESSION AND ABUSE

Intense use of pornography is strongly related to sexual aggression,⁹¹ and among frequent viewers of pornography, there is a marked increase in sexual callousness, including the “rape myth acceptance” noted above.⁹²

A significant portion of pornography is violent in content. A study of different pornographic media found violence in almost a quarter of magazine scenes, in more than a quarter of video scenes, and in almost half (over 42 percent) of online pornography. A second study found that almost half the violent Internet scenes included nonconsensual sex.⁹³

The data suggest “a modest connection between exposure to pornography and subsequent behavioral aggression,”⁹⁴ though when men consume *violent* pornography (i.e. depicting rape or torture), they are more likely to commit acts of sexual aggression.⁹⁵ Dangerously, pornography strongly affects psychotic men, who are more likely to act out their impulses.⁹⁶

Consumption of nonviolent pornography also increases men’s self-acknowledged willingness to force compliance with their particular sexual desires on reluctant partners.⁹⁷ And though there are conflicting data on the relative effects of violent versus non-violent pornography,⁹⁸ there is little doubt that the consumption of pornography leads to a significant increase in “rape myth acceptance,”⁹⁹ which involves a reduction of sympathy with rape victims and a trivialization of rape as a criminal offense,¹⁰⁰ a diminished concern about child sexual abuse, short of the rape of children,¹⁰¹ and an increased preparedness to resort to rape.¹⁰²

⁹¹ Vanessa Vega and Neil M. Malamuth, “Predicting Sexual Aggression: The Role of Pornography in the Context of General and Specific Risk Factors,” *Aggressive Behavior* 33 (2007): 104-17 (109).

⁹² Zillmann, “Influence of Unrestrained Access to Erotica,” 42.

⁹³ Martin Barron and Michael Kimmel, “Sexual Violence in Three Pornographic Media: Toward a Sociological Explanation,” *The Journal of Sex Research* 37 (2000): 161-68 (163-65).

⁹⁴ Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research,” *Sexual Addiction & Compulsivity* 13 (2006): 131-65 (136).

⁹⁵ N.M. Malamuth, T. Addison, and M. Koss, “Pornography and Sexual Aggression: Are There Reliable Effects and Can We Understand Them?” *Annual Review of Sex Research* 11 (2000): 26-94.

⁹⁶ Weaver, “The Effects of Pornography Addiction on Families and Communities,” 4.

⁹⁷ Zillmann and Bryant, “Pornography’s Impact on Sexual Satisfaction,” 439.

⁹⁸ M. Allen, R. Emmers, L. Gebhardt, and M.A. Giery, “Exposure to Pornography and Acceptance of Rape Myths,” *Journal of Communication* 45 (1995): 5-26 (19-20).

⁹⁹ “A Meta-analysis of the Published Research on the Effects of Pornography,” in *The Changing Family and Child Development*, ed. E. Oddone-Paolucci, M. Genium, and C. Violato (Surrey, United Kingdom: Ashgate Publishing, 2000), 48-59 (51).

¹⁰⁰ Zillmann and Bryant, “Pornography’s Impact on Sexual Satisfaction,” 439.

¹⁰¹ Dolf Zillmann, “Influence of Unrestrained Access to Erotica,” 42.

¹⁰² Zillmann and Bryant, “Pornography’s Impact on Sexual Satisfaction,” 439.

One study at a rape crisis center interviewed 100 sexually abused women to determine if pornography played a role in any past incidences of sexual abuse. While 58 percent could not say, 28 percent stated that their abuser had in fact used pornography. Of this 28 percent (women who were aware that their abuser used pornography), 40 percent (or 11 percent of the total group) reported that pornography actually played a role in the abusive incident they experienced. In some cases the abuser had watched pornography before abusing the woman, in one case he used pornography while committing the abuse, and in yet some other cases he forced his victim to participate in the making of a pornographic film.¹⁰³

SEX OFFENDERS AND PORNOGRAPHY

Pornography viewing and sexual offense are inextricably linked.

One study of convicted Internet sexual offenders reported that they spent more than eleven hours per week viewing pornographic images of children on the Internet.¹⁰⁴ Another study compared two groups of offenders: those convicted of Internet collection and distribution of child pornography images, and those who commit real life child sex abuse. The results showed that a majority of those who were convicted of only Internet-based offenses also had committed real life sexual abuse of children. Moreover the study also found that real life offenders had committed an average of over thirteen different child sex abuse offenses, irrespective of whether they had formally been convicted of any real life incident.¹⁰⁵

A study of sex offenders and non-offenders revealed significant differences in adolescent pornography use as well as current use. Significant proportions of different types of rapists and molesters had used hard-core pornography (depictions of non-consensual acts) during their adolescence: 33 percent of heterosexual child molesters, 39 percent of homosexual child molesters, and 33 percent of rapists. The current use of hard core pornography was even greater for these groups: 67 percent of heterosexual child molesters, 67 percent of homosexual child molesters, and 83 percent of rapists, contrasted with 29 percent

¹⁰³ Raquel Kennedy Bergen and Kathleen A. Bogle, "Exploring the Connection between Pornography and Sexual Violence," *Violence and Victims* 15 (2000): 227-34 (230-1).

¹⁰⁴ Sarah Laulik, Jane Allam, and Lorraine Sheridan, "An Investigation into Maladaptive Personality Functioning in Internet Sex Offenders," *Psychology, Crime & Law* 13 (2007): 523-35 (527).

¹⁰⁵ Michael L. Bourke and Andres E. Hernandez, "The 'Butner Study' Redux: A Report of Incidence of Hands-on Child Victimization by Child Pornography Offenders," *Journal of Family Violence* 24 (2009): 183-91 (187).

of non-offending pornography viewers. About a third of the sex offenders reported using pornography as a deliberate stimulus to commit their sexual offenses.¹⁰⁶

Another study examined the beliefs of three groups: real life, “contact-only” child sex offenders, Internet-only child sex offenders, and mixed offenders (contact and Internet). While all groups were more likely to minimize the gravity of their offense, the Internet-only group was more likely than the contact-only group to think that children could make their own decisions on sexual involvement and to believe that some children wanted, even eagerly wanted, sexual activity with an adult.¹⁰⁷

PORNOGRAPHY AND NEW FINDINGS IN NEUROLOGY

The neurological study of pornography is still in its infancy, but neurophysiology provides insight into pornography’s power to form the cognitive and emotional habits of the user. As is becoming clear from many different areas of neurological study, repetition of an act establishes new neural pathways, thus facilitating the retention of these behaviors.¹⁰⁸

Other research is uncovering the link between dopamine, a hormone that produces feelings of pleasure, and the effect that a pornographic image has. PET scans (a nuclear medicine three-dimensional imaging technique) of both pornography-addicted adults and non-addicted adults viewing pornography show brain reactions for both groups similar to cocaine addicts looking at images of people taking cocaine.¹⁰⁹ Findings such as these have led scholars to posit that “emotionally arousing images imprint and alter the brain, triggering an instant, involuntary, but lasting, biochemical memory trail.”¹¹⁰ A small experimental indication of this type of imprinting occurred in one study where participants saw a board of words that were either sexual or neutral. All participants

¹⁰⁶ W.L. Marshall, “The Use of Sexually Explicit Stimuli by Rapists, Child Molesters, and Nonoffenders,” *The Journal of Sex Research* 25 (1988): 267-288 (279).

¹⁰⁷ Dennis Howitt and Kerry Sheldon, “The Role of Cognitive Distortions in Paedophilic Offending: Internet and Contact Offenders Compared,” *Psychology, Crime & Law* 13 (2007): 469-86 (478).

¹⁰⁸ For instance, see John J. Ratey and Eric Hagerman, *Spark: The Revolutionary New Science of Exercise and the Brain* (New York: Little Brown and Company, 2008).

¹⁰⁹ Mary Anne Layden, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania (Testimony for U.S. Senate Committee on Commerce, Science and Transportation, November 18, 2004).

¹¹⁰ Judith A. Reisman, President, The Institute for Media Education, Testimony before the United States Senate, Subcommittee on Science, Technology, and Space of the Committee on Commerce, Science, and Transportation on “The Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities,” November 18, 2004, 1.

retained more sexual words than neutral words, but pornography consumers retained even higher amounts of sexual words.¹¹¹

Treatment programs for sex offenders and pornography addicts, designed to break patterns of deriving pleasure from viewing pornography, use a technique called "safeguarding." "Safeguards" are negative thoughts used to interrupt sexual fantasies. Whenever patients have sexual fantasies, they are taught to think of a safeguard; for example, they may produce a mental image of bugs crawling on them, a public address system broadcasting their thoughts, or an image of a police officer watching their sexual behavior. Through this method, participants learn to interrupt their fantasies¹¹² and, it is thought, gradually displace the old neurological pathway with a different and safer one.

ADOLESCENT EXPOSURE TO PORNOGRAPHY IN THE MEDIA

The phenomenal growth of mass media during the late 20th century, and particularly the establishment of the Internet, has vastly increased accessibility to pornography and other sexually-related information. This creates a major obstacle to the healthy development of sexuality, especially among youth.

ADOLESCENTS AND PORNOGRAPHY

Though most U.S. parents (78 percent) are worried about their adolescents accessing Internet pornography, not all teenagers readily take to this sexualized culture. Most start out being ill at ease with any display of pornography: they tend to be upset or embarrassed,¹¹³ with reactions ranging from fear to shame to anger to fascination.¹¹⁴ In one survey, about a quarter were "very" upset by this exposure,¹¹⁵ but they tend not to report it.¹¹⁶

¹¹¹ Marie-Elaine M. Corbeil and Stuart J. McKelvie, "Pornography Use and Recall of Sexual and Neutral Words," *North American Journal of Psychology* 10 (2008): 363-84 (380).

¹¹² Scott Aylwin, John R. Reddon, and Andrew R. Burke, "Sexual Fantasies of Adolescent Male Sex Offenders in Residential Treatment: A Descriptive Study," *Archives of Sexual Behavior* 34 (2005): 231-39 (233-35).

¹¹³ C. Von Feilitzen and U. Carlsson, *Children in the New Media Landscape: Games, Pornography, Perceptions* (Goteburg: UNESCO/Nordicom, 2000).

¹¹⁴ J. Cantor, M.L. Mares, and J.S. Hyde, "Autobiographical memories of exposure to sexual media content," *Media Psychology* 5 (2003): 1-31. The most common emotional responses to sexually explicit material (not necessarily online) were disgust (24.5 percent), shock or surprise (23.6 percent), embarrassment (21.4 percent), interest or curiosity (20.9 percent), anger (18.4 percent), amusement (15.3 percent), fear (11.2 percent), and sadness (9.2 percent).

¹¹⁵ Kimberly J. Mitchell, David Finkelhor, and Janis Wolak, "Victimization of Youths on the Internet," *Journal of Aggression, Maltreatment, & Trauma* 8 (2003): 1-39 (9).

Adolescents often come across pornography accidentally on the Internet. One study found that 70 percent of youth aged 15 to 17 accidentally came across pornography online.¹¹⁷ A study of 1,501 youth aged ten to seventeen examined unwanted exposure incidents more thoroughly: in 26 percent of the cases, respondents reported that when they tried to exit an unwanted site, they were actually brought to an additional sex site.¹¹⁸ The same study showed that out of the total number of unwanted exposure incidents, 44 percent of the time the youth did not disclose the episode to anyone else.¹¹⁹

These initial reactions of disgust, however, rapidly dissipate so that older adolescents tend to use sexually explicit Internet material more often than younger adolescents¹²⁰ and are twice as likely to report intentional pornography use as are younger adolescents.¹²¹ Repeated exposure to pornography eventually wipes out any feelings of shame and disgust and gives way, instead, to unadulterated enjoyment.¹²²

A 2005 survey showed that respondents who reported unintentional exposure to pornography were over 2.5 times as likely to then report intentional exposure as those who did not report any unintentional exposure.¹²³ It seems the unintentional exposure has its effect of bringing them back for more, which of course is one of the fears of parents.

Several factors predict an adolescent's use of pornography. Teenagers who watch pornography more frequently tend to be high sensation seekers, less satisfied with their lives, have a fast Internet connection, and have friends who are younger.¹²⁴ Adolescents are at greater risk for intentionally seeking out sexual material when they have high levels of computer use. The more time spent on the computer, the more likely these adolescents will search for sexually

¹¹⁶ K. Wigley and B. Clarke, National Opinion Poll's Kids.net (2000), <http://www.nop.co.uk> (accessed January 2003), in S. Livingstone, "Children's Use of the Internet: Reflections on the Emerging Research Agenda," *New Media & Society* 5 (2003): 147-66 (156).

¹¹⁷ Henry J. Kaiser Family Foundation Report, 2002, <http://www.kff.org/entmedia/loader.cfm?url=/commonspot/security/getfile.cfm&PageID=14095> (accessed October 19, 2009).

¹¹⁸ Mitchell, Finkelhor, and Wolak, "Victimization of Youths on the Internet," 18.

¹¹⁹ Mitchell, Finkelhor, and Wolak, "Victimization of Youths on the Internet," 19.

¹²⁰ Peter and Valkenburg, "Adolescents' Exposure to Sexually Explicit Internet Material," 591.

¹²¹ Ybarra and Mitchell, "Exposure to Internet Pornography among Children and Adolescents," 483.

¹²² Weaver, "The Effects of Pornography Addiction on Families and Communities," 2.

¹²³ Michele L. Ybarra and Kimberly J. Mitchell, "Exposure to Internet Pornography among Children and Adolescents: A National Survey," *CyberPsychology & Behavior* 8 (2005): 473-86 (479).

¹²⁴ Jochen Peter and Patt M. Valkenburg, "Adolescents' Exposure to Sexually Explicit Material on the Internet," *Communication Research* 33 (2006): 178-204 (196, 200).

explicit content.¹²⁵ Not surprisingly, given all that has already been reported, viewers who masturbate while viewing sexually explicit material assess the material more favorably than those who do not masturbate.¹²⁶

There is a difference between boys' and girls' reasons for seeking pornographic sites, differences that parallel the different patterns of adult male and female use of pornography. Boys tend to seek pornography initially because they are curious or want sexual arousal, while girls tend first to go to non-pornographic but sexually oriented sites for sexual health or relationship-related information.¹²⁷ Also, the impacts are different for boys and girls: males report more positive memories of sexually explicit material than females,¹²⁸ and report "more positive attitudes toward uncommitted sexual exploration" as their use of pornography increases.¹²⁹ In one study, adolescents who watched the highest level of sexual content on television doubled the likelihood they would initiate intercourse.¹³⁰

THE PROTECTIVE ROLE OF PARENTAL INVOLVEMENT

Although U.S. adolescents indicate their preferred source of sexual information is their parents, more than half of them report they have learned about intercourse, pregnancy, and birth control from television, and half of teenage women report they first learned about intercourse from magazines.¹³¹

¹²⁵ Amanda Nosko, Eileen Wood, and Serge Desmarais, "Unsolicited Online Sexual Material: What Affects Our Attitudes and Likelihood to Search for More?" *The Canadian Journal of Human Sexuality* 16 (2007): 1-10 (6-7).

¹²⁶ Boies, "University Students' Uses of and Reactions to Online Sexual Information and Entertainment," 86.

¹²⁷ Kenzie A. Cameron, Laura F. Salazar, Jay M. Bernhardt, Nan Burgess-Whitman, Gina M. Wingood, and Ralph J. DiClemente, "Adolescents' Experience with Sex on the Web: Results from Online Focus Groups," *Journal of Adolescence* 28 (2005): 535-40.

¹²⁸ Patricia M. Greenfield, "Inadvertent Exposure to Pornography on the Internet: Implications for Peer-to-Peer File Sharing Networks for Child Development and Families," *Applied Developmental Psychology* 25 (2004): 741-50 (744-5).

¹²⁹ Jochen Peter and Patti M. Valkenburg, "Adolescents' Exposure to Sexually Explicit Internet Material, Sexual Uncertainty, and Attitudes toward Uncommitted Sexual Exploration: Is There a Link?" *Communication Research* 35 (2008): 579-601 (595).

¹³⁰ Rebecca L. Collins, Marc N. Elliott, Sandra H. Berry, David E. Kanouse, Dale Kunkel, Sarah B. Hunter, and Angela Miu, "Watching Sex on Television Predicts Adolescent Initiation of Sexual Behavior," electronic version, *Pediatrics* 114 (2004): e280-9 (e284-5).

¹³¹ Nicole Daluga, "A Content Analysis of Sexual Risk and Protective Behaviors and Messages in Sexually Explicit Web Pages Viewed by a National Probability Sample of U.S. Adolescents" (Atlanta, Georgia: Rollins School of Public Health of Emory University, 2002), 255-279; Tina Hoff, Liberty Green, and Julia Davis: *National survey of adolescents and young adults: Sexual health knowledge, attitudes and experiences*, (Kaiser Family Foundation, 2003), <http://www.kff.org/youthhivstds/3218-index.cfm> (accessed October 22, 2009) (37).

A study of 1,300 eight- to thirteen-year-old girls found that, among those who engaged in "cybersex," 95 percent of the parents were completely unaware of their children's involvement.¹³² Compared to adolescents who do not search for pornography online, adolescents who search for pornography online are about three times as likely to have parents who do not monitor their behavior at all (or very little). Compared to those who do *not* seek out pornography, those who seek Internet pornography are three times as likely to give a poor rating of their attachment to their parent.¹³³

Clearly there is a lot that parents can do, but it takes a good family life, lots of communication with the adolescent, and a relationship that permits such communication about such an anxiety-provoking topic.

We move now to matters far outside the family.

THE EFFECT OF SEXUALLY ORIENTED BUSINESSES ON THEIR SURROUNDINGS

Sexually oriented businesses (SOBs) - pornography stores and strip clubs - deleteriously affect their surrounding communities. For instance, SOBs along Garden Grove Boulevard in California contributed to 36 percent of all crime in that area.¹³⁴ A similar study in Centralia, Washington found that, after an SOB opened, the serious crime rate rose significantly in the vicinity of the SOB's address.¹³⁵ Findings such as these generally come from studies commissioned by cities to measure the incidence of the eight serious crimes of the Uniform Crime Reports: homicide, rape, assault, robbery, burglary, theft, auto theft, and arson.¹³⁶

SOBs have been found to cause more crime than non-sexually oriented nightclubs and bars. A report from Daytona Beach, Florida found that SOB

¹³² Joan D. Atwood, "Mommy's Little Angel, Daddy's Little Girl: Do You Know What Your Pre-Teens Are Doing?" *The American Journal of Family Therapy* 34 (2006): 447-67 (461).

¹³³ Michele L. Ybarra and Kimberly J. Mitchell, "Exposure to Internet Pornography among Children and Adolescents: A National Survey," *CyberPsychology & Behavior* 8 (2005): 473-86 (478).

¹³⁴ "Protecting Communities from Sexually Oriented Businesses," 2nd ed. (Scottsdale, AZ: Alliance Defense Fund, November 2002),

<http://www.communitydefense.org/cdcdocs/pcsob/pcsob2ed.pdf> (accessed October 21, 2009), 151.

¹³⁵ Richard McCleary, "Crime Risk in the Vicinity of a Sexually Oriented Business: A Report to the Centralia City Attorney's Office" (Revised Report, February 28, 2004), http://communitydefense.org/cdcdocs/landuse/pdf/washington_centralia_2004.pdf (accessed October 21, 2009), 2.

¹³⁶ McCleary, "Crime Risk in the Vicinity of a Sexually Oriented Business: A Report to the Centralia City Attorney's Office," 2-3.

neighborhoods have 270 percent more total crime than non-SOB control neighborhoods and 180 percent more than non-SOB neighborhoods with “taverns.”¹³⁷ A study in Adams County, Colorado found that 83 percent of crimes in a neighborhood featuring two adult businesses were connected to those adult businesses.¹³⁸

SOBs can also act as centers for crime. In Houston, Texas, more than 517 arrests took place within 12 months at SOBs, 50 at one SOB alone.¹³⁹

A study of SOBs in Phoenix, Arizona found that the number of sex offenses was 506 percent greater in a neighborhood containing a SOB.¹⁴⁰ Sexual deviants are attracted to these areas, intending to pay for sexual pleasures. The forbidden partners they desire include children, the invalid, and the elderly.¹⁴¹

The transmission of STDs is also commonplace at many SOBs. Pennsylvania’s attorney general closed several Philadelphia SOBs because patrons created a serious public health risk by regularly engaging in unprotected sexual activity inside the video booths, promoting the spread of HIV, hepatitis B, and other STDs.¹⁴² The numbers of incidences may be higher than reported to police (and thus used in these studies) because many victims are reluctant to report crimes committed against them while at SOBs. This reluctance makes many patrons easy prey for criminals.

SOBs affect property values as well. The closer a property is to an SOB, the more its value depreciates. A study of owners of commercial property or their owners from Dallas, Texas found that all concluded that SOBs drastically decrease property value. Property sales were significantly lower at \$1.50 to \$7 per square foot in areas in close proximity to SOBs, compared to \$10 to \$12 per square foot a mile away from SOBs.¹⁴³

¹³⁷ Valerie Jenness, Richard McCleary, and James W. Meeker, “Crime-Related Secondary Effects of Sexually-Oriented Businesses Report to the County Attorney Palm Beach County, Florida” (Executive Summary, August 15, 2007), http://communitydefense.org/cdcdocs/landuse/pdf/florida_palmbeach_2007.pdf (accessed October 21, 2009), 3.

¹³⁸ “Protecting Communities from Sexually Oriented Businesses,” 153.

¹³⁹ Jew Don Boney Jr., Helen Huey, John Castillo, Ray Driscoll, Joe Roach, Judson Robinson Jr., Gracie Guzman Saenz, and Orlando Sanchez, “Sexually Oriented Businesses Ordinance Revision Committee Legislative Report” (Houston, TX, January 7, 1997), <http://www.communitydefense.org/cdcdocs/landuse/pdf/txhouston.pdf> (accessed October 21, 2009), 8-9.

¹⁴⁰ “Protecting Communities from Sexually Oriented Businesses,” 149.

¹⁴¹ Boney Jr., Huey, Castillo, Driscoll, Roach, Robinson Jr., Saenz, and Sanchez, “Sexually Oriented Businesses Ordinance Revision Committee Legislative Report,” 10.

¹⁴² “Protecting Communities from Sexually Oriented Businesses,” 8-9.

¹⁴³ Peter Malin, “An Analysis of the effects of SOBs on the Surrounding Neighborhoods in Dallas, Texas” The Malin Group, April 29, 1997, Dallas, TX:

The close proximity of SOBs to neighborhoods leads to a greater exposure of children to pornographic material.¹⁴⁴ In Denver, Colorado, an investigation into the adverse secondary effects of SOBs on surrounding neighborhoods found large amounts of litter in these neighborhoods that included pornographic images, sex paraphernalia, used condoms, and used syringes.¹⁴⁵

The devaluation of people and property by SOBs has not gone unnoticed by the courts, which have consistently afforded substantial deference to government entities seeking to regulate adverse secondary effects associated with SOBs. The U.S. Supreme Court has held that a jurisdiction need not conduct its own study, but may rely on relevant studies and evidence produced by other jurisdictions.¹⁴⁶ The Court has also recognized that common experience and case law can be relevant factors in support of SOB regulation.¹⁴⁷

CONCLUSION: PORNOGRAPHY IN THE CONTEXT OF MODERNITY'S SOCIAL AND SEXUAL PROBLEMS

Contemporary society is alarmingly sexualized, and the traditional sexual taboos of a well-functioning society have broken down. Nearly two-thirds of United States high-school students have had sexual intercourse by grade twelve.¹⁴⁸ Of these sexually active high-schoolers, 70 percent of females and 55 percent of males report that they wish they had waited instead.¹⁴⁹ These numbers have massive implications for the future of the American family, for of women who have had three sexual partners other than their eventual husband, only 39 percent will be in a stable marriage by their mid-thirties.¹⁵⁰ In 2007, 20 percent of U.S. girls in grade 12 already have had sexual intercourse with four or more

<http://www.communitydefense.org/cdcdocs/landuse/pdf/txdallas.pdf> (accessed June 1, 2009), 8-9.

¹⁴⁴ "Protecting Communities from Sexually Oriented Businesses," 11.

¹⁴⁵ "Protecting Communities from Sexually Oriented Businesses," 154.

¹⁴⁶ *City of Renton v. Playtime Theatres, Inc.*, 475 U.S. 41, 51-52 (1986) ("The First Amendment does not require a city, before enacting such an ordinance, to conduct new studies or produce evidence independent of that already generated by other cities, so long as whatever evidence the city relies upon is reasonably believed to be relevant to the problem that the city addresses.").

¹⁴⁷ See, e.g., *City of Erie v. Pap's A.M.*, 529 U.S. 277 (2000); *City of Los Angeles v. Alameda Books, Inc.*, 535 U.S. 425 (2002).

¹⁴⁸ *Youth Risk Behavior Surveillance --- United States, 2007* June 6, 2008 / 57(SS04); 1-131 Table 61 <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5704a1.htm#tab63> (accessed Nov. 2, 2009)

¹⁴⁹ Joe S. McIlhaney Jr., M.D. and Freda McKissic Bush, M.D., *Hooked: New Science on How Casual Sex is Affecting Our Children* (Chicago: Northfield Publishing, 2008), 106.

¹⁵⁰ National Survey of Family Growth, Analysis by Kirk Johnson of the Heritage Foundation (1995).

partners.¹⁵¹ The vast majority of their children will grow up without their fathers present.

As the empirical data make clear, pornography further misshapes this already dysfunctional sexuality, and the consumption of pornography can become a destructive addiction as well. This sexual malformation not only affects the consumer of pornography, but also weakens those close to him or her. Habitual consumption of pornography can break down the relational substrates of human life and interaction – family, friends and society.

As such, reinforcing these relationships is the surest guard against such destructive sexual tendencies.

The closer adult men were to their fathers growing up, the fewer non-marital sexual behaviors they engage in and the greater their levels of marital happiness and family satisfaction.¹⁵² The proportion of adolescents who rate their fathers as very close to them is highest among those from intact married families (40 percent) and lowest among those from single-parent families (three percent).¹⁵³

Society benefits when it fosters a healthy sexuality. Human beings are healthiest and happiest when they are monogamous (only one sexual partner in a lifetime), and that happiness is directly related to monogamy's long-term stability and exclusivity.¹⁵⁴

Healthy relationships yield additional positive sexual outcomes. Some research indicates that married couples have the most frequent, and Conservative Protestant women have the most enjoyable, sexual relations.¹⁵⁵ The supreme and tragic irony is that, while the desire for the highest levels of sexual fulfillment are likely the motive for many adolescents' first peek into pornography, the attainment of that universal longing is most likely to be had through monogamy and regular participation in religious worship.

¹⁵¹ Youth Risk Behavior Surveillance --- United States, 2007 June 6, 2008 / 57(SS04);1-131 Table 63 <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5704a1.htm#tab63> (accessed Nov. 2, 2009)

¹⁵² R. Hosley, K. Canfield, S.L. O'Donnell, and G. Roid, "Father Closeness: Its Effect on Married Men's Sexual Behaviors, Marital, and Family Satisfaction," *Sexual Addiction & Compulsivity* 15 (2008): 59-76 (69-70).

¹⁵³ Patrick Fagan (author): original unpublished research. Available on request.

¹⁵⁴ McIlhaney Jr. and Bush, *Hooked: New Science on How Casual Sex is Affecting Our Children*, 136-37; L.J. Waite and M. Gallagher, *The Case for Marriage: Why Married People Are Happier, Healthier, and Better Off Financially* (New York: Doubleday, 2000), 47-123. Chapters 4-8 detail the various emotional, physical, financial, and health benefits of marriage.

¹⁵⁵ Robert T. Michael, John H. Gagnon, Edward O. Laumann, and Gina Kolata, *Sex in America: A Definitive Survey* (New York: Little, Brown & Company, 1994), 118, 127, 129.

These insights, until recently, were common social assumptions and institutionalized patterns. Until the dawn of the sexual revolution and, later, the digital age, they were reflected in a public opprobrium of pornography. One 1994 study found that 71 percent favored a total ban on sexually violent movies and 77 percent a total ban on sexually violent magazines. Only eight percent thought that there should be no restrictions on the former, and only three percent thought there should be no restrictions on the latter. Concerning merely sexually explicit magazines, less than 10 percent thought there should be no restrictions on the material.¹⁵⁶

The cultural censure of disordered sexuality that enables stable family life has faded with the proliferation of Internet pornography. As a result, the effects of hyper-sexualization permeate society.¹⁵⁷ Today's youth are reaching puberty earlier, engaging in sexual intercourse sooner, while "Emerging Adults" are cohabiting more, having children out of wedlock, and getting married significantly later or not at all.

The key to militating against these damaging patterns and to protecting against the effects of pornography is to foster relationships of affection and attachment in family. The first and most important relationship is between the father and the mother. The second is engaged parents who love their children. In today's technological society, this means limiting, monitoring, and directing their children's Internet use. This, in turn, provides an invaluable shield against Internet pornography, and allows room for a healthy sexuality to unfold in a natural and socially supported way. In our over-sexualized culture, with a longer pre-marriage period, children need the capacity for abstinence if their sexuality is to be channeled into stable marriage, procreation, and healthy family life for their children. Strong families remain the best defense against the negative effects of pornography, especially when aided by regular religious worship with all the benefits it brings.¹⁵⁸

Finally, the fundamental role of government (including the courts) is to protect innocent citizens, most especially children and adolescents, and to protect the sound functioning of the basic institutions of family, church, school, marketplace, and government. They are all interdependent. Pornography, clearly,

¹⁵⁶ Randy D. Fisher, Ida J. Cook, and Edwin C. Shirkey, "Correlates of Support for Censorship of Sexual, Sexually Violent, and Violent Media," *The Journal of Sex Research* 31 (1994): 229-40 (234).

¹⁵⁷ R.E. Longo, S.M. Brown, and D. Price Orcutt, "Effects of Internet Sexuality on Children and Adolescents," in *Sex and the Internet: A Guidebook for Clinicians*, ed. A. Cooper (New York: Brunner-Routledge, 2002), 87-105 (91).

¹⁵⁸ Nicholas Zill, "Quality of Parent-Child Relationship, Religious Attendance, and Family Structure," *Mapping America* 48 (2009). See also Mapping America charts of U.S. patterns of viewing x-rated movies (Maps # 37 to 39) and adultery (Maps # 73 to 75), <http://www.mappingamericaproject.org/publications>

undermines both marriage and the family, and has a host of ill effects. It is time for government to reassess its laissez-faire attitude towards the proliferation of pornography, especially on the Internet.

Our present and future families need protection from this insidious enemy of love, affection, and of family and social stability.

This paper has been published in cooperation with the Marriage and Religion Research Institute (MARRI), a project of the Family Research Council.

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