10 Harms of Pornography

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October 28-November 4, 2012, marked the 25th annual WRAP Week campaign (White Ribbon Against Pornography), and Concerned Women for America once again joined the national effort to raise awareness against the scourge that is pornography.

The purpose of the White Ribbons Against Pornography Campaign is to “educate the public about the extent of the pornography problem and what can constitutionally be done about it.”

CWA warns its readers that the nature of pornography is perverse and ugly. Some of what you may read in these articles will be offensive, but it is the truth of what pornography is and helps to explain why it is so insidious.

#1: Pornography is addictive

The anatomy and physiology of the brain changes, and those who watch pornography crave more.

William M. Struthers of Wheaton College describes why it becomes addictive: “Men seem to be wired in such a way that pornography hijacks the proper functioning of their brains and has a long-lasting effect on their thoughts and lives.” Dr. Struthers adds this explanation:

Viewing pornography is not an emotionally or physiologically neutral experience. It is fundamentally different from looking at black and white photos of the Lincoln Memorial or taking in a color map of the provinces of Canada. Men are reflexively drawn to the content of pornographic material. As such, pornography has wide-reaching effects to energize a man toward intimacy. It is not a neutral stimulus. It draws us in. Porn is vicarious and voyeuristic at its core, but it is also something more. Porn is a whispered promise. It promises more sex, better sex, endless sex, sex on demand, more intense orgasms, experiences of transcendence.¹

Who would imagine that viewing pornography could lead to an addiction to it? Donna Rice Hughes, of Enough is Enough, writes, “Pornography is the drug of the millennium
and more addictive than crack cocaine.” As it turns out, science is beginning to study brains to see how they react to pornography viewing. Dr. Judith Reisman explains how brains are altered, possibly permanently, by pornography.

Thanks to the latest advances in neuroscience, we now know that emotionally arousing images imprint and alter the brain, triggering an instant, involuntary, but lasting, biochemical memory trail.

This applies to so-called “soft-core” and “hard-core” pornography, which may, arguably, subvert the First Amendment by overriding the cognitive speech process.

Once our neurochemical pathways are established they are difficult or impossible to delete. Erotic images also commonly trigger the viewer’s “fight or flight” sex hormones producing intense arousal states that appear to fuse the conscious state of libidinous arousal with unconscious emotions of fear, shame, anger and hostility.

As with drug addictions, addicts need their “fix” and people addicted to pornography will view it anywhere in order to sate their desires. In many instances that place will be where they work even though it could jeopardize their job. Consider these statistics:

- 70 percent of pornography viewing occurs during the business hours of nine to five.
- In March of 2006, of the 61 million unique visitors logged onto a pornographic website, one out of five was viewing the pornography from their work station.
- Out of 474 human resources professionals surveyed, 66 percent said they discovered pornography on employee computers, and 43 percent of those said they found pornography more than once.

How many times have we heard about our tax dollars paying for government workers who spend their days watching porn at work? One Washington Times article lists these agencies that have employees with porn problems: Pentagon, Secret Service, Transportation Security Administration, U.S. State Department, Department of Homeland Security, Securities and Exchange Commission, and the Missile Defense Agency.

If you knew pornography could become an addiction, to the point of daily distraction, why would anyone start viewing it? A lot of what we do today depends upon computers, so imagine you are trying to recover from your online pornography addiction while having to work on a computer all day long. The temptation will always be one mouse click away.

Unfortunately, some people, especially children, stumble upon pornography when they click on the wrong website. It is imperative that people understand that one web click could lead to an addiction and parents need to monitor their children’s computer use all the time to try and protect their children from the dangers that lurk on the Internet. We talk to our children about the dangers of drinking and smoking, and now pornography should be added to the list. As with drug and alcohol addictions, the more you use them, the more you need to achieve the same high.
difference with a pornography addiction is that not only do you need more porn to get aroused, but you need more vile and degrading porn, because desensitization to the images occurs.

#2: Pornography warps perceptions

**Viewers of pornography think violence and degradation are normal and enjoyable.**

Recently there was a story about a restaurant in Australia which made a decision that defies explanation. The urinals, meant to amuse the restaurant’s male diners it appears, were shaped like women’s red-lipsticked mouths, wide open. Upon second thought and numerous complaints, the restaurant saw fit to remove them and apologize if they offended anyone. They did, in fact, offend women everywhere.

Sadly, this kind of misogyny is commonplace in pornography. Treating women like receptacles for men’s bodily fluids is standard fare. One of the acts viewers of pornography seek is the “cum shot,” where the man ejaculates on a woman’s body or in her face. Having multiple men do this to one woman, usually on her face, is also frequently viewed. Obviously, that action is meant to degrade the woman.

Another consequence of frequent porn use is the perception that everyone is involved in all types of deviant sexual behavior.

Pamela Paul writes in her book, *Pornified*, about the progression. “According to Diana Russell, a sociologist who has researched pornography for decades, men who look at pornography repeatedly ‘come to think that unusual sex acts are much more frequently performed in sexual relationships all over the country, because of course that’s what they’re seeing in porn.’ They begin to believe that anal sex and S&M are common practices, part of every happy-go-lucky couple’s repertoire. And if they’re not doing it, something’s wrong with them. They’re not adventurous enough. They’re missing out. And what to do about it? Bring it home to your wife. Introduce it to your girlfriend.”

Teenage boys in the United Kingdom are doing just that. Teen girls have instituted their own chaperone program; they call it the “third wheel,” and in order to protect themselves from the advances of the boys, they always have a friend with them, so they are never alone with the boy. The boys pressure the girls to dress, act, and have sex like porn stars. The way the boys act upsets the girls, and some of the things they want the girls to do scares them. The boys watch hours of pornography and think what they see is normal.

Sadly, pornography has invaded college campuses in the U.S., too. There are an estimated 18-22 million male and female sex addicts in America today, and the average American teen is exposed to over 14,000 sexual images and messages every year through our mainstream media. Gail Dines, a foremost academic authority on pornography wrote, “We are now bringing up a generation of boys on cruel, violent porn.” She added, “And given what we know about how images affect people, this is going to have a profound influence on their sexuality, behavior and attitudes towards women.”
The increase in the practice of anal sex is one example of changing perceptions of what is normal. The CDC’s “Sexual Behavior and Selected Health Measures: Men and Women 15-44 Years of Age for 2002” showed that anal sex is practiced by a significant portion of adults ages 25-44 in the study, 40 percent of males and 35 percent of females. The study also shows that 21.7 percent of males aged 15-24 have engaged in anal sex, and 20.3 percent of females in the same age group have had anal sex.11

Prof. Dr. Jakob Pastötter, speaking at the Porno im Web 2.0 conference, explained how this increase in anal sex happened. 12

I would like to quote another example, which is taken from the practice of sex counsellors. Attitudes toward anal intercourse have changed dramatically in recent decades. What is inconceivable for most people is that when Kinsey did his studies in the 40s, not even gay men practiced anal sex frequently. The first changes occurred during the 70s in the gay scene and then, especially under the influence of the so-called gonzo pornography, also in heterosexual circles. Suddenly, anal sex seems to have become quite a common practice. And accordingly, sex counsellors report that not too long ago the first boys enquired, “How can I persuade my girlfriend to have anal sex?” Then, a few years later, came the first girls, “How can I dissuade my boyfriend from anal sex?” Now, the girls come and ask the sex counsellors, “What pills can I take to prevent it hurting like hell?” All this in a period of only fifteen years, which began when anal sex was introduced in pornography as a common sex variant, in the mid-90s approximately.

It is no surprise that if people watch hours and hours of pornography every day or even every week, they will become desensitized to what they are seeing and begin to think it’s normal and everyone is doing it. The real tragedy is that young children are watching this porn and will grow up thinking sex as depicted in pornography is how it should be.

**#3: Pornography harms children**

*Not only are children viewing pornography, but some are victims of child rapists and pornographers because of it.*

Children viewing pornography causes enough harm, but for some children the harm is devastating when they are assaulted by pornography addicts no longer satisfied with merely viewing images. These degenerates decide to seek out young victims to abuse while fulfilling their sick fantasies, and still other children are victims of child pornographers.

One of the most horrific aspects of pornography is child pornography. It is difficult to imagine that there are people who walk among us who think it is okay to rape a child, film it, and distribute it for others to watch, but they do exist. Their images proliferate on the Internet and in pornography videos, and many of them are making a fortune by distributing their wares and recruiting others to provide video footage of child victims.

Some of the people providing child pornography are children. As difficult as that is to believe, children producing pornographic images of themselves or other children is on the rise, according to the Crimes Against Children Research Center at the University of New Hampshire.13
Arrests for child pornography (CP) production more than doubled between 2006 and 2009. This rise was driven largely by a dramatic increase in cases involving “youth-produced” sexual images — pictures taken by minors, usually of themselves, which met legal definitions of child pornography. In most of these cases, an adult offender who solicited images from a minor was the person arrested. Reflecting this trend, there were also increases in the proportion of adolescent victims and of cases in which victims and offenders were face-to-face acquaintances.

In 2009, U.S. law enforcement agencies made an estimated 1,910 arrests for crimes that included CP production, almost 5 times as many as in 2000 and more than twice as many as in 2006. The largest part of the recent growth came from a sharp increase in arrests involving youth-produced sexual images, from an estimated 233 in 2006 to 1,198 in 2009. Cases of youth-produced sexual images are diverse, but most cases that end in arrest are perpetrated by adult offenders who seduce underage adolescents and solicit sexual images from their victims.

It cannot be stressed enough how insidious pornography is, especially when it involves children.

In 2007, investigators arrested a Florida man who used his roommate’s computer to accumulate more than 5,000 pornographic images and videos of children, some as young as newborns and the oldest only six. The man told other people he preferred child victims between the ages of zero and twelve and that he likes to hear the children scream. This is a perfect example of the evil a man is capable of committing and the hideous world of pornography.

How does someone start watching child pornography? How does someone get to a point where they are aroused by images of babies being raped?

Some, but not all, perpetrators are pedophiles and child molesters. Some people end up there after becoming desensitized to the images in adult pornography and needing something new in order to become aroused. David G. Heffler, a psychotherapist who is appointed by courts to counsel child pornography offenders, says, “Many men told me they started out looking at adult porn and never intended to look at children. But after looking at adult porn for a long time, they get bored. They want to try something different. They start looking at children. Then, they can’t get enough of it.”

Every time someone watches child pornography, they are watching an innocent child being brutalized. People who may have started out watching adult pornography but became bored with it become complicit in the rape of children when they view child pornography. If there was not a demand for child porn, it would not be made.

In the Netherlands in 2012, two sex therapists proposed legalizing “virtual” child pornography in order to “relieve the urges of paedophiles.” “Virtual” child pornography consists of computer-generated images of children being raped. That’s right, cater to the “urges” of child rapists and hope they don’t rape any more children, because you give them access to computer-generated images. These are people who already moved past viewing images to the act of raping children. How long will it take before watching isn’t enough?
Children also suffer harm by viewing pornography. In this Internet age, we tend to forget that other forms of pornography might be more available to children. Magazines and the Internet seem to hook guys first, while the Internet, cable TV, and pay-per-view snag girls. While less responsible for first exposure, soft or hardcore print magazines and VHS or DVD movies are also snares that make children vulnerable to pornography.

Jill Manning, a sociologist at Brigham Young University, testified before the United States Senate about pornography, and she listed these negative effects on children:

When a child or adolescent is directly exposed, the following effects have been documented:

1. Lasting negative or traumatic emotional responses
2. Earlier onset of first sexual intercourse, thereby increasing the risk of STD’s over the lifespan
3. The belief that superior sexual satisfaction is attainable without having affection for one’s partner, thereby reinforcing the commoditization of sex and the objectification of humans
4. The belief that being married or having a family are unattractive prospects
5. Increased risk for developing sexual compulsions and addictive behavior
6. Increased risk of exposure to incorrect information about human sexuality long before a minor is able to contextualize this information in ways an adult brain could
7. And, overestimating the prevalence of less common practices (e.g., group sex, bestiality, or sadomasochistic activity)

An October 2012 story from the United Kingdom states that children eight years old, girls no less, were found watching pornography on a field trip. Children today are raised on technology. They are able to access computers when they are very young and, if left unsupervised, will find pornography even if they are not looking for it.

Numerous organizations purport to protect children from pornography. Gail Dines, one of the foremost academic authorities on pornography and author of a best-seller about the pornography industry, reports, “In an example of utter hypocrisy, Hustler is one of the members of the Association of Sites Advocating Child Protection, the same Hustler that runs Barely Legal and advertises itself as ‘the world’s #1 teen magazine with the largest collection of teen sweethearts found anywhere.’”

With “adult” industries, most indecent businesses are confined to “red-light districts,” and the FCC limits “dirty words” to late-night hours to protect children, but the Internet is largely...
unregulated by society and is easily accessed by children and adolescents. According to some critics, the Internet put an “adult bookstore” in every home 24/7.22

“Concerning child pornography, which had been ruled unprotected in any venue, because its initial production necessarily involved child abuse, technology again outstripped the lawyers: Faced with computer-generated images of children in pornography, the Court found its rationale undercut and disallowed regulation.”23

Children are victimized by pornography whether they are viewing it, being abused by others who view pornography, or being forced to make it.

#4: Pornography is increasingly violent and degrading

Pornography desensitizes viewers, leading them to seek more violent and degrading images.

In the Witherspoon Institute book, *The Social Costs of Pornography*, a whole chapter is devoted to the relationship between pornography and violence. One finding is particularly disturbing: “The use of pornography, even if it does not include sexual violence, changes a man’s beliefs about rape and sexual violence.”24 Indeed, “pornography can start to cross the line between thought and behavior.”25 Mary Anne Layden wrote, “Males who viewed sexual violence obtained higher scores on scales measuring acceptance of both interpersonal violence and the rape myth when compared with males who viewed either a physically violent or neutral film.”26 Layden explains the rape myth as “…a set of beliefs that women are responsible for rape, like to be raped, want to be raped, and suffer few negative outcomes because of it.”27

One of the products of this trend is what is known as “gonzo porn” — something that is all over the Internet and is one of the biggest moneymakers of all time. Gonzo “depicts hard-core, body-punishing sex in which women are demeaned and debased.”28 Gail Dines explained:

“I have witnessed a seismic change in the way porn has come to shape young adults’ sexuality. Before the advent of the Internet, it used to be that some men sporadically ‘used’ porn when growing up; it was the more soft-core type of porn and they often had to steal it from older males, most likely their fathers. Increasingly, what I hear from students is that men today regularly (often daily) use the gonzo type of porn, and many have now become accustomed to its hard-core scenes.”29

Becoming accustomed to gonzo pornography can lead to even more vile types. As mentioned in topic #3 (Pornography harms children), some people who view child pornography did not start with it. They watched adult pornography to such an extent that they were no longer stimulated by it and then sought out different types of pornography, such as child rape, in order to become aroused.

Today’s pornography can involve bestiality, crushing small animals to death, urination, defecation, and the raping of children as young as newborns to name a few of the perversions found online. Violence, degradation, and total disregard for someone’s humanity are abundant. If a viewer exposes themselves to this on a regular basis, pretty soon it seems normal. After all, if it’s on the Internet, it must be true, right?
It is not all on Internet porn sites, though. This year, a book series has been sweeping the world with women buying it and sharing it with family, friends, and co-workers. The book is, of course, Fifty Shades of Grey and its companion novels. Gail Dines writes about this phenomenon and says:

While much of the sex in Fifty Shades is as cruel and sadistic as in mainstream porn, it is expertly packaged for women who want a “fairy tale” ending. In male-targeted porn, the woman is interesting only for as long as the sex lasts. Once done with her, the man is onto the next, and the next, and the next. … She is disposable, interchangeable, and easily replaced. No happy ending here for women.

In Fifty Shades, however, the naïve, immature, bland Anastasia is, for some unfathomable reason, the most compelling woman our rich, sadistic, narcissistic hero has ever met, and he not only kisses her during sex (something you rarely see in Internet hardcore porn) but he doesn’t move on to the next conquest once he has had his wicked way with her. In fact, he actually marries her and confesses undying love. As one of the female fans I interviewed said, this is like Pretty Woman all over again.

The book has also sparked sales of rope, bondage, and sadism & masochism items. One sex toy supplier reported a 30% increase in handcuff and riding crop sales.

Pornography is so entrenched in our culture that a book like this sells tens of millions of copies and sends women out to buy bondage materials. It seems women are just as desensitized to porn as men are and, knowingly or not, are participating in the normalization of aberrant behavior.

Where will they go to find their next titillating high? If they move into watching pornography, the deviancy may increase. According to the Covenant Eyes website, “Continually watching pornography has been shown to produce an escalation effect. Fifteen years after this experiment, Dr. Zillmann continued research in this area, finding that the habitual use of pornography led to greater tolerance of sexually explicit material over time, requiring the viewer to consume more novel and bizarre material to achieve the same level of arousal or interest.”

Gail Dines tells of talking to her son when he became a teenager. The remarks are a good warning to all young men and women. The message to her son creates a good model for parents who want to engage their own teens in a discussion about the ultimate consequences of pornography.

“We talked candidly about the use of porn and its potential effects. I told him that as he was getting older, he would most likely come across some porn, and he had a choice to look or not to look. I said that should he decide to use porn, then he was going to hand over his sexuality — a sexuality that he had yet to grow into, that made sense for who he was and who he was going to be — to someone else. Why, I asked him, would you give anyone something so valuable and precious, something that ultimately is yours, not theirs? When I look out at the men in the lecture hall, they remind me of my son, and I feel outraged that they are caught in
the crosshairs of this predatory industry, one that has a huge financial stake in habituating them to a product that dehumanizes all involved.”

#5: Pornography ruins marriages

**Using pornography is a pathway to infidelity and divorce.**

A brief look at contemporary entertainment would reveal numerous examples of “how porn has seeped into our everyday world and is fast becoming such a normal part of our lives that it barely warrants a mention.” When she questions what the ramifications of the cultural acceptance will be, Gail Dines, author of *Pornland: How Porn has Hijacked our Sexuality*, answers that we don’t know the “consequences of this saturation in our culture, sexuality, gender identity and relationships.”

But, actually, we do. Reams of research indicate that pornography negatively affects — even destroys — peer, parental, work, interpersonal, and romantic relationships. It also, notably, ruins marriages.

We should not be surprised at the consequences of pornography, because the visuals and content constitute what one writer calls the “grim reality” of “disturbing scripts.” These scripts “skew the users’ perceptions of what is normal” so that “the user is unable to recognize just how uncommon their own behavior is.”

“A recent content analysis of fifty best-selling adult videos revealed a grim ‘reality’ characterized by inequality and violence. Nearly half of the 304 scenes analyzed contained verbal aggression, while over 88 percent showed physical aggression. Seventy percent of the acts were committed against women. By far the victims’ most common responses were pleasure or neutrality. Fewer than 5 percent of the aggressive acts provoked a negative response from the victim, including flinching and requests to stop. This pornography ‘reality’ was further highlighted by the relative infrequency of more positive behaviors, such as verbal compliments, embracing, kissing, or laughter.”

Pornography creates a rift in the relationship between husband and wife. When one partner views pornography or participates in cybersex (sexually explicit communications through the Internet), the other spouse rightly recognizes a third party has entered their marriage and feels betrayed. Yet “married men outnumber single men in Internet use of pornography,” and the “majority of people struggling with sexual addictions and compulsivities involving the Internet are married, heterosexual males.” Contrary to the popular view that “porn is harmless entertainment,” pornography leads to “increased risk of marital distress, separation, and divorce; increased isolation; and increased risk of abuse.”

In a truthful, yet seemingly clueless admission, this man describes how he invited pornography into his marriage and his wife should just accept it.

“I used to race home to have sex with my wife,” says Perry, a 41-year-old lawyer. “Now I leave work a half-hour early so I can get home before she does and masturbate to porn.” Throughout
the course of our conversation, Perry insists that he’s still attracted to his wife of twelve years. Still, he says, she can’t quite measure up to the porn stars he views online. “Not to be mean, but they’re younger, hotter, and wilder in the sack than my wife,” he says. “Me and her, we still ‘do it’ and everything, but instead of every day, it’s maybe once a week. It’s like I’ve got this ‘other woman’ … and the ‘other woman’ is porn.”

In his report, Patrick Fagan, Senior Fellow & Director of Marriage & Religion at the Family Research Council, details how pornography separates couples:

- Husbands who have viewed pornography long-term admit loving their wives less
- Women whose husbands view pornography feel unattractive and sexually inadequate
- Pornography viewers place more importance on sexual relations without emotional involvement
- Researchers found more than half of those involved in cybersex lost interest in sexual intercourse
- Prolonged pornography use leads to dissatisfaction and even distaste for affection from their spouse
- One study showed pornography viewing increased the marital infidelity rate by 300 percent

A survey conducted in 2002 at a meeting of the American Academy of Matrimonial Lawyers found pornography played a significant role in divorce. The survey found these disturbing factors in marriages that ended:

- 68% involved one party meeting a new love interest over the Internet
- 56% involved “one party having an obsessive interest in pornographic websites”
- 47% involved “spending excessive time on the computer”
- 33% involved spending excessive time in chat rooms (a commonly sexualized forum)

Pornography is causing rejection, distance, and disillusionment in marriages. For the spouse of the pornography addict, they can never compete. Their spouse can click from image to image in order to fulfill their desires but find disappointment in the person they are married to because they are the same day in and day out. The addict becomes isolated with their computer, and the spouse is left alone because they do not measure up to the ever-changing, ideal images found in pornography. Who can compete with fantasy, Photoshop, and an endless supply of new material?

It is a tragedy that in some cases what God has joined together, pornography use and addiction is putting asunder. It seems incomprehensible that men and women would rather spend time in front of their computer leering at pornography or exchanging sexually explicit messages with total strangers rather than making love with their spouse, but it is a reality in this day and age. It cannot be stressed enough; pornography is harmful to the viewer and to those around them, especially their spouses.

#6: Pornography use can lead to impotency
**Pornography addicts can suffer loss of libido, impotence, and ability to perform with real women.**

And isn’t that a stunning example of irony? Men watch pornography to become aroused, but the constant use desensitizes them to the images they are seeing and, after time, they need pharmacological assistance to become aroused. Erectile dysfunction is now a problem for otherwise young and healthy men, a trend that psychotherapists say is due to pornography.

According to Dr. Mary Ann Layden, Psychotherapist and Director of the Sexual Trauma and Psychopathology Program at the Center for Cognitive Therapy at the University of Pennsylvania, impotence is a common consequence of men indulging in pornography, as they increasingly rely on visual images for sexual stimulation to the point that many regular pornography users prefer seeing pornography on-screen over sexual intercourse with their spouse. As noted above in Harm #5, pornography ruins marriages.

The administrator of the Erectile Dysfunction Guide blog posted this notice in 2007, “Due to the overwhelming emails and requests we have received concerning pornography addiction and erectile dysfunction, we decided to create an entirely different thread. ED due to porn is becoming rapidly common, especially for young men.”

Michael Leahy, author of *Porn University: What College Students are Really Saying about Sex on Campus*, reports that a comprehensive survey of college students reveals that 69% of boys experience first exposure to pornography between ages 10 and 14, while 68% of girls faced first exposure after age 13, and more than one-third of girls never saw porn until after their 16th birthday. With such early exposure, it is no wonder that over half of college men admit to spending up to five hours a week online for Internet sex. No wonder so many become sexually compulsive, exhibit addictive behaviors, and become part of what is known as the sexually “walking wounded.” Over time, porn users begin to require “more sexual stimulation to get the same ‘high,’ they seek out new and different ways to increase the brain’s productive levels of dopamine.” Thus begins a long slide into desensitization and, ultimately, impotence, often after years of abuse, objectifying women, and out-of-bounds, sexually compulsive behaviors.

Gail Dines explains the phenomenon, “Because porn has been the only form of sex education for many of these young and impressionable men, they envisioned having the type of sex that [they have seen in pornography].” Dines adds that because these young men are ill-equipped to perform as the actors they see on the screen, they are filled with feelings of inadequacy, and they tend to take it out on the girl. Further, the guys explain, “I am not really present with her, my head is somewhere else.” When they compare a college girl or a wife to the porn performers, often with silicone-enhanced and digitally edited images, they are unable to perform. Some men become so desensitized that they start using harder porn, turn towards children, or degenerate to the point that only rape “gets them in the mood.” In other words, their porn watching obsession leads to erectile dysfunction.

A *Psychology Today* article gives a technical explanation for how watching pornography can lead to erectile dysfunction.
The cause appears to be physiological, not psychological, given that such diverse men change only one variable (porn use), yet report a similar recovery pattern. For these men, anxiety is secondary.

Recent behavioral addiction research suggests that the loss of libido and performance occur because heavy users are numbing their brain’s normal response to pleasure. Years of overriding the natural limits of libido with intense stimulation desensitize the user’s response to a neurochemical called dopamine.

The harms of pornography are interrelated, especially with impotency caused by excessive use. As the addiction section (Harm #1) pointed out, it can ruin all aspects of your life.

Married porn addicts are destroying their marriages and hurting their spouses. It is not the spouse’s fault that the porn addict can no longer relate to a real human partner. Porn has warped their perceptions of what is normal and causes them to reject their spouse because she does not look like the images online or won’t perform the bizarre, perverted, or dangerous acts that now turn on the addict. The addict can no longer become aroused by his real-life wife.

Here is the story of a single man addicted to pornography and suffering because of it in his “real relationships.”

I’ve been looking at Internet pornography since I began college 13 years ago. Around age 24, I noticed difficulty getting aroused with real women. Generic Viagra allowed me to have real relationships with few problems until the age of 29. Then, it became increasingly difficult to have real sex, even with the pills.

Realizing my problem, I tried several times to give up porn. The longest I lasted was three weeks. During this time, I could not get aroused thinking about normal sex, so the frustration built. I fell back into the only thing that would arouse me: fantasizing about fetishes I developed watching porn. Then it was back to porn. I need to be cured of this.56

Pornography is creating new generations of impotent men who find real women undesirable. For those who say watching pornography is harmless, they just haven’t reached the point of having erectile dysfunction yet. The harm will become apparent when they try to make love to a real woman and realize they cannot without the help of a little blue pill — or perhaps even that will not help anymore.

The click of the mouse is replacing the intimate embrace.

#7: Pornography objectifies women

*Surgically and digitally enhanced women are the norm in pornography.*
Many people argue that these fantasy images never “leak into the real world of relationships, sex, love, and intimacy.” They argue that “sophisticated consumers” are not dupes who take these images at face value; instead, they contend, men go back to the real world, unaffected and unchanged. Except that the real world has changed dramatically because the airbrushed, technologically enhanced versions of women have affected how both men and women view the female body.

According to the American Society of Aesthetic and Plastic Surgery, in the last ten years there has been a 465 percent increase in the total number of cosmetic procedures: over 12 million procedures occur annually (for liposuction, face-lifts, the ‘bionic package’ — that is, the tummy tuck, the breast job, the facial rejuvenation). We now spend just under $12.5 billion a year on plastic surgery, and that figure is rapidly increasing.

Marie Claire magazine has an article about vaginal rejuvenation which details what women are doing to themselves so they appear perfect (procedures which can include labiaplasty to reduce the labia, injecting fat into the labia to plump them up and make them more youthful, vaginoplasty to tighten the walls of the vagina, and clitoral unhooding). The reporter attended a conference of the American Academy of Cosmetic Surgery and found out that in 2009 it was estimated U.S. surgeons performed 53,332 vaginal rejuvenations. Now, some of these were for medically necessary reasons, but many were not. Quoting the author, “At the conference, the oft-voiced opinion was, ‘These surgeries save relationships.’ One doctor even posted a slide that read, ‘Breasts catch a man, but a tight vagina keeps him.’ Suffice it to say there were not a lot of women surgeons present at this event.”

The Marie Claire article quotes Sheri Winston, therapist and author of Women’s Anatomy of Arousal: Secret Maps to Buried Pleasure. “Women are taking totally normal vulvae and making them look like standard porn vulva, where the inner lips are smaller than the outer lips and the outer lips cover the inner lips. The look is pubescent.” This is a very disturbing aspect of pornography. Tie that in with men wanting women to have Brazilian waxes to remove all of their pubic hair and you wonder if the men really desire prepubescent girls instead of women.

As previously discussed (see Harm #5), women married to pornography addicts and viewers feel inadequate because their husbands compare them to the women in pornography, and they think they can never match up to the images. The women in pornography are often surgically enhanced to proportions not usually found in nature, and they have done this to try and further their “careers” in porn because they are told this is what men want to see. Men who watch pornography frequently are conditioned to expect women to look a certain way.

Indeed, pornography socializes boys to help shape the ways that they develop their masculine identity as well as what they consider attractive in women. Worse, porn “renders away the humanity of women” and all women become objects — they are merely the means to a “no-strings-attached, intense, disconnected sexual experience, where men always get to have as much sex as they want in ways that shore up their masculinity. ... In this world, men dispense with romantic dinners, vanilla sex, and postcoital affection.”

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As porn sets the standard for casual sex on campus (as mentioned in Harm #6), deviancy and disrespect become the norm. Girls who engage in recreational sex place themselves at higher risk for assault at worst (see harm #8) and objectification at best. Many of the men on campus are looking for partners who look and act like porn stars because that is the basis for images burned into their brains after countless hours spent watching porn.

A New York Magazine article quoted one woman who summed it up this way:

As a result of the blending of reality and fantasy, some women have chosen to willingly play along by a new set of rules in order to keep their men interested: They’re intentionally impersonating porn stars. Sadie, the real-estate agent, says, “A lot of guys have come to expect P.S.E. [the “Porn-Star Experience”] as a common thing — snatchers waxed bald, access to every hole — and plenty of women are more than happy to provide. A few might enjoy it, but for most it’s harrowing. I think there’s a fear that if they can’t make it happen, their boyfriend will retreat online.”

The women in porn are also portrayed as always ready for sex with anyone or multiple people and in any way they want to violate her. Nothing that is done to the women upsets them (unless that is the type of porn being made where the women look scared or in tremendous pain), and being treated like a toilet for men is something she accepts or craves.

Pamela Paul wrote in Pornified:

When men view pornography, they absorb messages about what it means for women to be sexy. Not only does pornography dictate how women are supposed to look, but it skews their expectations of how they should act. Men absorb those ideals, but women internalize them as well. According to the Pornified/Harris poll, most women (six out of ten) believe pornography affects how men expect them to look and behave. In fact, only 15 percent of women believe pornography does not raise men’s expectations of women.

In the “gonzo” porn that is so prevalent today, “a woman is never referred to as a woman; instead, she is reduced to a sexual object.” That is why there is never respect or affection of any kind; women are referred to as dirty, nasty, and filthy, and they are called even worse, sexually degrading terms. Since the women are seen as lacking human qualities, men are given the OK for violence and cruelty. As they get into pornography more and more, men have difficulty separating the fantasy world from the real world and seeing the difference between performers and real relationships. Robert Jensen calls this “sexualizing the degradation of women.”

Still not convinced pornography leads to the objectification of women? Then look around you for the signs. How are women portrayed in advertising; is being overtly sexy usually the role? How many ads do you see for Brazilian bikini waxing, pole dancing classes, stripper shoes, thongs, or push-up bras? It is sad to say, some of those are aimed at the next generation too — young girls. This is happening at a time when social science research clearly shows that adolescents’ exposure to a sexualized media environment is “significantly related to” their notions of women as sex objects — for both male and female 13- to 18-year-old adolescents.
While pornography is based on the objectification of women, there is one woman who is peeling back the veil that hides pornography’s dirty little secrets. Shelley Lubben was a porn actress who escaped the life, found Jesus, and now runs the Pink Cross Foundation to raise awareness about the harms of pornography and help actors and actresses leave the life. For the men who think pornography is entertainment, she writes:\textsuperscript{70}:

The truth is there is no fantasy in porn. It’s all a lie. A closer look into the scenes of a porn star’s life will show you a movie that the porn industry doesn’t want you to see. The real truth is we porn actresses want to end the shame and trauma of our lives, but we can’t do it alone. We need you men to fight for our freedom and give us back our honor. We need you to hold us in your strong arms while we sob tears over our deep wounds and begin to heal. We want you to throw out our movies and help piece together the shattered fragments of our lives. We need you to pray for us so God will hear and repair our ruined lives.

So don’t believe the lie anymore. Porn is nothing more than fake sex and lies on videotape. Trust me, I know.

When people like Shelley Lubben pull back the curtain of anonymity on pornography, we see the personal tragedy that puts a face on the empirical evidence. But neither the social science data nor the personal accounts of the victims of pornography give a complete understanding of the harms of pornography. We must also consider the moral and ethical dimensions — what are the ramifications of treating a woman as an object and violating the God-given purpose of sexual relations between a husband and wife? The harms to specific individuals are multiplied by the offense against natural law, morality, and Biblical mandates for human interaction.

**#8: The Use of Pornography leads to aggressive behavior**

_**Viewers of violent pornography believe women enjoy rape and other deviant behaviors, leading to acts of sexual aggression, violence, and controlling behaviors.**_

In the research compendium, _The Social Costs of Pornography_, there are numerous references among the “Selected Research Findings” that corroborate the connection between pornography and sexual aggression.\textsuperscript{71}

- “Male domestic violence offenders who utilize the sex industry (pornography and strip clubs) use more controlling behaviors, and engage in more sexual abuse, stalking, and marital rape against their partners than do males who do not use the sex industry.”\textsuperscript{72}

- A study examining the use of pornography to criminal recidivism in a sample of 341 child molesters, controlling for risk factors, found that “pornography added significantly to the prediction of recidivism.” For those who “viewed deviant pornography, the predicted odds for criminal recidivism increased by 177%, the predicted odds for violent (including sexual) recidivism increased by 185%, and the predicted odds for sexual recidivism was 233%.”\textsuperscript{73}
• There is a close connection between self-reported use of pornography and self-reported engagement in sexual violence among adolescents. Both reading and viewing pornography is linked to adolescents perpetrators sexual violence, including forced sex and sexual harassment.\(^{74}\)

The point of this topic is not to say that every person who views violent pornography will turn into an abuser or rapist, but rather to say that watching endless hours of violent pornography may change a person’s beliefs and behaviors, leading them to sexual aggression. Gail Dines, an academic and author of *Pornland: How Porn Has Hijacked Our Sexuality*, said, “I am not saying that a man reads porn and goes out to rape, but what I do know is that porn gives permission to its consumers to treat women as they are treated in porn.”\(^{75}\)

A disgusting example of porn influencing behavior is a Japanese video game called RapeLay. Here is how CNN described the game:\(^{76}\)

The game begins with a teenage girl on a subway platform. She notices you are looking at her, she asks, “Can I help you with something?”

That is when you, the player, can choose your method of assault. With the click of your mouse, you can grope her and lift up her skirt. Then you can follow her aboard the train, assaulting her sister and her mother.

As you continue to play, “friends” join in, and in a series of graphic, interactive scenes, you can corner the women, rape them again and again.

The game allows you to even impregnate a girl and urge her to have an abortion. The reason behind your assault, explains the game, is that the teenage girl has accused you of molesting her on the train. The motive is revenge.

Dr. Mary Anne Layden, Director of the Sexual Trauma and Psychopathology Program at the University of Pennsylvania, published these stunning figures linking exposure to pornography to violent behavior:\(^{77}\)

Adolescent boys who read pornographic material were more likely to be involved in active sexual violence. Juvenile sex offenders (juvenile rapists and child molesters) were more likely to have been exposed to pornography (42% had been exposed) than juveniles who were not sex offenders (29%) and also to have been exposed at an early age (five to eight years old), while juvenile child molesters had been more frequently exposed to pornography than those who did not molest children.

Another study reported that 29 of the 30 juveniles studied had been exposed to X-rated magazines or videos, and the average age of first exposure was about 7.5 years. Only 11% of juvenile sex offenders said they did not use sexually explicit material. Ironically, given these figures, exposing adults to pornography decreases the number who believe that pornography needs to be restricted from children.
Similarly, adult sex offenders showed a high rate of using hard-core pornography: child molesters (67%), incest offenders (53%), rapists (83%) were significantly higher in use than non-offenders (29%). Child molesters (37%) and rapists (35%) were more likely to use pornography as an instigator to offending than were incest offenders (13%).

It is an interesting finding that while these offenders used rape and child pornography to instigate their offenses, they did not exclusively do so; they often used adult and consensual pornography. Even adult consensual pornography can be used to instigate these offenses.

The U.K. Daily Mail filed a Freedom of Information request in Britain for the numbers of children arrested on suspicion of rape during one year, and what they found is striking. Twenty-four police forces in Britain had arrested children under age 13 for suspected rape, and seven other police forces had detained at least one ten-year-old child for suspicion of rape. The article tells of a 12-year-old boy who raped his 9-year-old neighbor to “feel grown up” after watching hardcore pornography on his computer. 78

Again, not everyone who views pornography will turn violent. But it is clear that there is a “high incidence of sexual addiction among people who were victims of sexual abuse, incest, and other sexual trauma early in their childhood.”79 As Michael Leahy, in Porn University, puts it: “Sexual abuse does significant damage to survivors and society as a whole, and the normalization of this kind of abuse played out in pornography is only making the related problems more prevalent.”80

In his comprehensive survey of college students’ sexual experience, Leahy found that 13 percent of men admitted to having sex with a minor — that is 1-in-10 college males criminally guilty of having sexually violated a minor as an adult. 81 That is a serious statistic. When combined with the fact that “many college males have been regular consumers of pornography since before puberty,”82 we shouldn’t be surprised that there is so much out-of-bounds sexual behavior.

Consuming a steady diet of violent and degrading pornographic images certainly is not helping people, and as these statistics and stories suggest, the consequences of this behavior are, in fact, harming innocents and leading to aggressive actions. One peer-reviewed study found that, of the majority of pornographic movie scenes analyzed, 88 percent of the scenes contained physical aggression (spanking, open-hand slapping, and gagging), and 48 percent contained verbal aggression, usually of men calling women degrading names.83 It is no wonder that pornography viewers and addicts can become violent and aggressive — they are filling their minds with this stuff.

#9: Pornography is linked to sex trafficking

Victims are forced to appear in pornography, and traffickers use pornography to train sex slaves, including children who will be used for child pornography.

In Janice Shaw Crouse’s article, “Pornography and Sex Trafficking,”84 there is evidence that linking pornography and sex trafficking means “big bucks and big business.” People spend $3,000 per second on adult entertainment, and there is a new adult video produced every 39
minutes. The adult entertainment industry employs 50,000 people and brings in more than $4 billion a year. As these facts point out so dramatically, if we do not enforce obscenity laws stringently, the ripple effect on the rest of the culture will lead to a tidal wave of degradation and destruction.

In fact, we could make a strong case that the tidal wave has already swept across our culture, yet people still defend the industry and call those who oppose the pornification of our culture “prudes.” They even think it’s cute when little children are sexualized. They are blasé about obscenity and shrug their shoulders at the increasingly foul language, offensive jokes, and crude, vulgar language that permeates our society. Those who are in the know, those who have seen the facts, those who understand the linkages between pornography and commercial sexual exploitation of children and women “understand that small seedlings of the obscene can grow into giant sequoias of criminal sex networks.”

Many people overlook the fact that magazines like *Playboy* and *Hustler* are gateways to more violent and sadistic images. Many people don’t know that 85 percent of prisoners convicted of possessing child pornography admitted to abusing at least one child. Many people don’t know that so-called “modeling agencies or agents” will take nude photos of girls and women and then threaten them with exposure of the photographs if they don’t agree to prostitution on video or film. As we noted in CWA’s publication, *Pornography and Sex Trafficking: The Links:*

“The tentacles of pornography reach beyond movies and magazines to ensnare victims in the horrific world of sex trafficking, especially women and children. One study showed fifty-eight percent of the men who admitted to buying sex used pornographic film and/or videos at least once a month. Pimps and traffickers take pornographic pictures of victims and use them to coerce them into making films and/or prostituting.”

Pornography and sex trafficking both make human beings commodities to be bought and sold for the “pleasures” of others. Those who think pornography is harmless entertainment and the performers are all there because they want to be could not be more wrong.

Shelley Lubben, a former porn actress, now helps other porn actors get out of the industry. Her website, The Pink Cross Foundation, has many testimonies from former porn actors about the abuse they suffered while making films. Quite a few began making pornography before they were 18, which is a crime commonly referred to as “child pornography” and also known as “sex trafficking of a minor.”

The Trafficking Victims Protection Act of 2000 (Public Law 106-386) defines sex trafficking as “the recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a commercial sex act” and is considered a severe form of sex trafficking if it is “sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such act has not attained 18 years of age.” The law defines a commercial sex act as “any sex act on account of which anything of value is given to or received by any person.”

Shelley’s website has a story about a former porn actor, Sal, who says when he was 16 “a family member began shopping me around to gay porn filmmakers to get me into gay porn.” Sal was a victim of sex trafficking in the porn industry. Diamond’s story tells of her start in the
porn industry as a stripper at the age of 16 and her transition to films by 17. There are many other stories on The Pink Cross Foundation website which include adult porn stars being coerced and forced into prostitution and performing certain sexual acts on film — which is sex trafficking.

The link between pornography and sex trafficking is also found in the training of sex slaves. Pimps and traffickers show victims pornography to desensitize them to the acts they are expected to perform and to show them how to perform them. Federal prosecutors in the United States indicted a man in 2008 for training a 12-year-old girl to be a dominatrix, prostituting her, and photographing some of the acts. The indictment stated he made the girl watch pornography on the Internet as a training tool.91

For whom do victims need to train? They learn what to do for johns, of course, because without the demand for commercial sexual exploitation, it would not exist. This is another link between pornography and sex trafficking. Some johns see acts, violence, and degradation in the porn they watch and want to act it out. They may not want their wives or girlfriends to know or their partners refuse to participate, so the john goes to a prostitute, who may in fact be a victim of sex trafficking, to act out their aberrant behavior.

In a 2009 study92 done in London, England, twenty-seven percent of the men interviewed who admitted buying sex said, “… that once he pays, the customer is entitled to engage in any act he chooses with women he buys” [emphasis theirs].93

Once human beings become commodities, it is not a surprise that pornography and sex trafficking intersect. Pornography is not victimless and, in fact, contributes to sex slavery; people who view pornography support the slave trade.

Laura Lederer, former Senior Advisor on Trafficking in Persons to Under Secretary of State for Democracy and Global Affairs, said, “Pornography is a brilliant social marketing campaign for commercial sexual exploitation.”94

The common denominator in pornography, prostitution, and sex trafficking is “demand.” People who buy sex or pornography are supporting sex trafficking because they create the demand that fuels the commercial sex industry. Help end the demand by asking your local law enforcement to enforce obscenity and vice crimes laws — the Department of Justice currently does not prosecute such crimes, even though they are illegal.

#10: Pornography is not protected free speech

“This much has been categorically settled by the Court, that obscene material is unprotected by the First Amendment,” Miller v. California (1973).

One of the pernicious lies of pornography is that it is protected speech under the First Amendment, which states, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.”
While all of this sounds simple enough, it is, like so much else in America, complicated by our constitutional structure and judicial enforcement.\footnote{James R. Stoner, Jr., explains:}

“In the first place, federalism means that policies that touch upon both state and national interests involve governmental institutions at both levels, often in interlocking ways. ... But in the second place, the freedom of speech and press clauses of the First Amendment have been interpreted to protect communication that the law once suppressed as obscene or pornographic, so that, thanks to the doctrine of ‘incorporation’ ... the federal courts have become in many instances the final arbiters of what is and what is not allowed in the control of pornography through the land.”\footnote{“Obscenity” is a legal definition, and much of what we know as pornography meets the legal definition. If pornographic material meets the three criteria listed below, it is obscenity. Yet, as noted in the Stoner quote above, pornography producers, distributors, and viewers, continually claim that obscenity is protected by the First Amendment as a freedom of speech issue. According to the United States Supreme Court, those people are wrong.}

What is Obscenity?
The “Miller test” or the “Three-prong test” was established in \textit{Miller v. California} (1973) as the basis for determining what material is obscene. If material meets all three of these criteria,\footnote{The Court continued by giving some examples of what state statutes could use to define (b) \textit{supra} for regulation:}
it is obscene:

(a) whether “the average person, applying contemporary community standards” would find that the work, taken as a whole, appeals to the prurient interest,
(b) whether the work depicts or describes, in a patently offensive way, sexual conduct specifically defined by the applicable state law; and
(c) whether the work, taken as a whole, lacks serious literary, artistic, political, or scientific value.

Given that most of today’s pornography would not pass the Miller Test, why is the United States government ignoring the pornography industry instead of going after the purveyors of porn and enforcing the law? It is a question that a coalition of anti-pornography groups, including Concerned Women for America, is asking, and they have banded together to hold politicians accountable. Please see the War on Illegal Pornography website\footnote{There is no First Amendment right to produce, promote, and distribute pornography, because it is not protected by the Constitution and is, therefore, illegal. Please see Concerned Women for} for ways to fight pornography.
America’s brochure, “Obscenity is NOT Protected Speech,”100 for more U.S. Supreme Court cases which ruled that there is no constitutional right to pornography.

Patrick Trueman, CEO of Morality in Media and former chief of the U.S. Department of Justice Child Exploitation and Obscenity Section, Criminal Division, noted that enforcement of obscenity laws has been in decline since the Clinton Administration. He further explained that there has not been even one indictment of adult pornography producers under the Obama Administration, and Attorney General Eric Holder shut down the Department of Justice’s Obscenity Prosecution Task Force.101 Is it any wonder that pornography producers supported President Obama’s re-election by 68 percent over 13 percent support for Mitt Romney in the 2012 election?102

Obviously, with the Internet becoming a prime distributor of pornography, regulatory efforts are even more difficult than in the past, but that does not mean the efforts should end. Stoner, in the law chapter of The Social Costs of Pornography, itemizes all the difficulties in regulating and enforcing obscenity charges, but he concludes: “To acknowledge the political difficulty of the situation of those who would protect against pornography is to introduce a certain modesty into the discussion of what ought to be done. But the restoration of modesty, not to say awe, in the face of sexual passion and power would be already a healthy first step.”103

The legality of pornography is but the first consideration in regulation; a deeper consideration is the moral basis for legal regulation. Gerard V. Bradley addresses this deeper consideration in his chapter in The Social Costs of Pornography. Bradley notes that pornography is an “elusive legal concept”104 and that most of the legal regulations have to do with copyright and commercial laws; movie theatres must conform to fire safety and construction codes, stage shows have to follow employment laws, and brothels are regulated for sanitary and commercial purposes.105

Further, Bradley compares the time (before the 60s) when words like “filthy,” “lewd,” “indecent,” and “immoral” were generally understood, and there was consensus on moral values centered on protecting the vulnerable, with today when “freedom of expression” is the major consideration and the “law’s overriding concern” is the “writer’s or performer’s putative rights and not the consumer’s moral well-being.”106 Thus, Bradley sees a major conflict between “freedom of expression” and considerations regarding “public morality” (which, he believes, gets entangled with feelings, consent, injustice, and questions about what constitutes “obscenity”).

The bottom line is that what is considered “public morality” today is contaminated by cultural influences, the lack of agreement on what constitutes right and wrong, and the lack of objective standards or authoritative bases for making moral judgments. All of these standards are subjected to what Bradley calls a “minority veto” — in order words, mainstream consensus is no longer the criteria for judgments about moral issues; instead, a minority of citizens (elites and entertainment) set the standards, and moral subjectivism reigns.107 “There is, then, neither ‘right’ nor ‘wrong’ beyond individual preference, at least so long as one does not conscript an unwilling other into one’s sexual fantasy.”108

These insights provide a challenge for those who would create a cultural climate where coarse, vulgar, and harmful pornography is not allowed to pollute the environment of innocent children.
or the society where the rest of us live. Obviously, the “war against illegal pornography” is desperately needed, and the obstacles to its success are profoundly challenging.

Sen. Orrin Hatch, along with 41 other senators, recognized that pornography is pernicious and, in a call to action, sent a letter to Attorney General Holder in April 2011, urging him to enforce the laws. “Adult obscenity is increasingly harmful, addictive and associated with domestic violence, sex trafficking and other crimes,” Hatch said. “It harms women, children, families, and communities. Congress has overwhelmingly passed laws to limit the production and distribution of this illegal obscene material. I am deeply concerned that these laws are not being enforced.”

The lack of enforcement of obscenity laws has led to the explosion of adult obscenity available today. As this report shows, pornography is harmful on so many levels and to so many people. When the government chooses to ignore the problem and the law, the ripple effect is profound. Pornography harms children, leads to aggression, and breaks up marriages to name but a few of the effects. How many people have to suffer from pornography’s harmful effects before America wakes up to the threat that is available 24/7/365 on their (and more frighteningly their children’s) phones, televisions, and computers?

Concerned Women for America is committed to continuing efforts to eliminate pornography, one of the six core issues where CWA focuses its efforts.

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