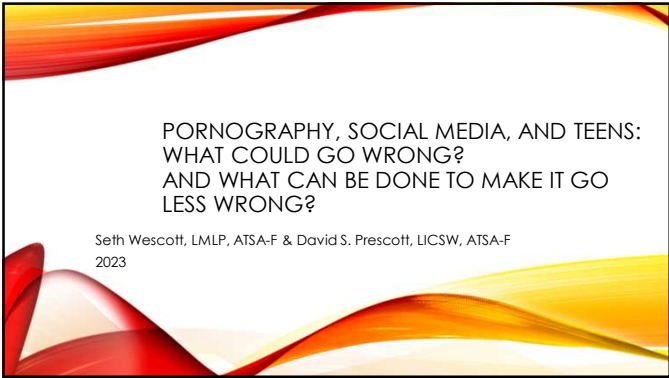
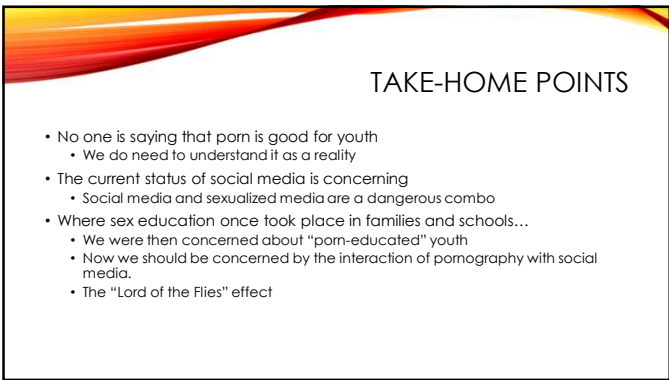


Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?



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Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?

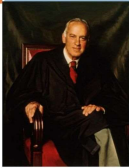
MAGGIE JONES, NYT 2018

- *Kyrah, a 10th-grade feminist with an athlete's compact body and a tendency to speak her opinions, didn't hesitate. "In porn they glamorize calling women a slut or a whore, and younger kids think this is how it is. Or when they have those weird porn scenes and the woman is saying, 'Stop touching me,' and then she ends up enjoying it!"*
- *"Yes and no," one guy interjected. "When a man is choking a woman in porn, people know it is not real, and they aren't supposed to do it, because it's violence." He was the same teenager who told me he would just "do" and sex without asking a girl, because the women in porn like it.*

4

WHAT IS PORNOGRAPHY?


Justice Potter Stewart



In regard to the definition of pornography:
I shall not today attempt further to define the kinds of material I understand to be embraced within that shorthand description ("hardcore pornography"); and perhaps I could never succeed in intelligibly doing so. But I know it when I see it, and the motion picture involved in this case is not that!

Jacobellis v. Ohio, 378 U.S. 184 (1964)

5



A LITTLE BLURRY

Supreme court has ruled that in part, definitions of pornography or obscenity are subject to local community standards.

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Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?

A LITTLE CLOSER?

Definition of pornography (Merriam-Webster.com)

1: the depiction of erotic behavior (as in pictures or writing) intended to cause sexual excitement

2: material (such as books or a photograph) that depicts erotic behavior and is intended to cause sexual excitement

3: the depiction of acts in a sensational manner so as to arouse a quick intense emotional reaction

7

THREE PERSPECTIVES



Law

Visual depiction of sexually-explicit conduct



Therapist

"It's many things"
"Depends on the type of material"
"Complex and contingent upon many factors"



Teen

Stuff you see on Pornhub

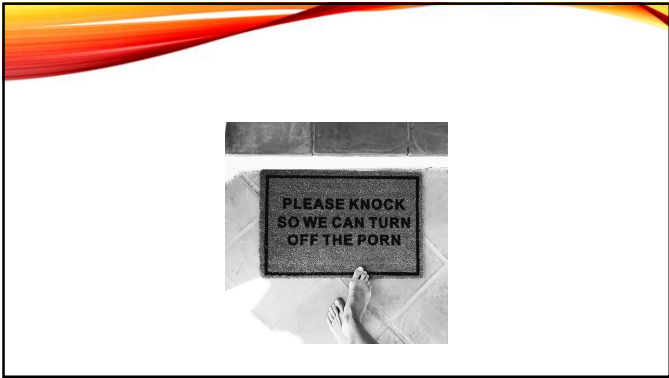
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CONSIDER

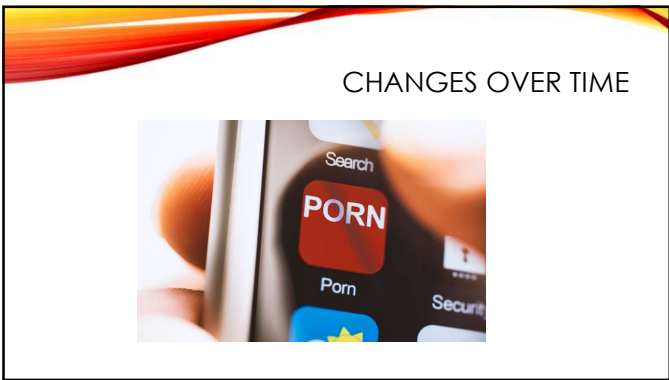
- Is a "boob pic" pornography?
- Is a "dick pic" pornography?
- What about sexually-explicit texts (sexting without pictures)?

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Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?



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Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?

PORNOGRAPHY STATISTICS

"Porn doesn't have a demographic—it goes across all demographics."
— Paul Fishbein, founder of Adult Video News (Rich, 2001)

- Teens and young adults aged 13-24 believe not recycling (56%) is worse than viewing pornography (32%). (Barna Group, 2016)
- The following percentages of men say they view pornography at least several times a week: 63% of 18-30 year olds; 38% of 31-49 year olds; 25% of 50-68 year olds. (Barna Group, 2016)

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IMPACT OF PORNOGRAPHY ON YOUTH

- "The predominant harm caused by exposure to pornography is the desensitization and normalization of the attitudes and behavior depicted in the pornographic material." (Campbell, 2019)
- In 2017 the UK Parliament mandated age verification for access to pornography sites. If sites fail to comply, they may be fined, denied access to ancillary services or blocked.
- The deterioration of imagination
- For the first time in history, youth are looking at pornography and not masturbating.

14



15

WHAT SOCIAL NETWORKING USED TO LOOK LIKE



16

WHAT IT IS NOW



17

SOCIAL MEDIA STATS

- In 2015, 24% of kids ages 8 – 12 had their own smartphone. In just four years, that number went up to 41%
- In 2015, 67% of teens ages 13 – 18 had their own smartphone. By 2019, the number climbed to 84%
- The average 8 to 12 year-old American kid spent four hours and 44 minutes looking at screens each day in 2019
- American teens, ages 13 to 18, used entertainment screen media for an average of seven hours and 22 minutes each day in 2019

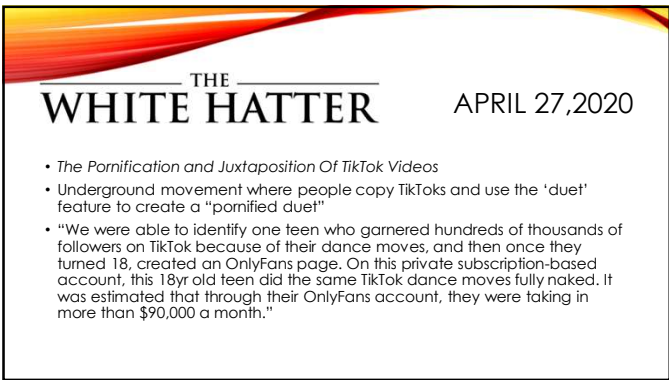
(Rideout et al., 2022)

18

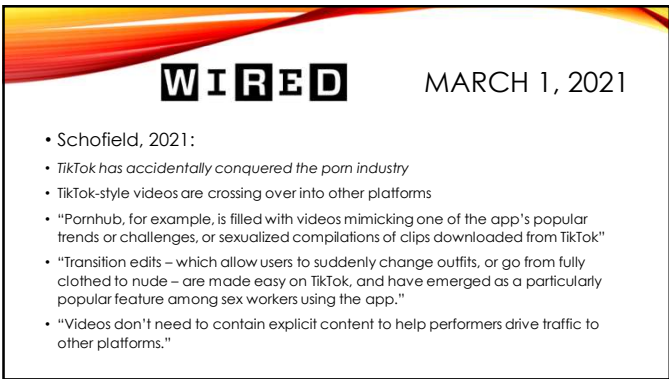
Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?



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OVERLAP BETWEEN PORNOGRAPHY
AND SOCIAL MEDIA

- Are any social media apps completely safe?
- Factors that may increase danger:
 - Anonymity
 - Location-sharing
 - Public profiles
 - Little to no age verification
 - Integration with other apps
 - Lack of content monitoring
 - Group communication
 - Stranger-based
 - Random assignment


22

TIKTOK

"Make your day"

Make and share short videos
(15 seconds – one minute)

3rd fastest-growing brand of
2020 (behind Zoom and
Peacock)



23

TIKTOK

- TikTok became the fastest growing new app for American teens in 2019. 60% of TikTok users were ages 16 to 24. (Business of Apps)
- Originally Musical.ly
- Users create short videos set to music
- Can DM within the app
- "Follow" other users
- "TikTok Famous" Influencers that have over 1000 followers
- The "For You" page on TikTok is a feed of videos that are recommended to users based on their activity on the app.



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TIKTOK

- Anonymity
- Location sharing
- Public profiles
- Little to no age verification*
- Integration with other apps
- Lack of content monitoring
- Group communication
- Stranger based
- Random assignment

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SNAPCHAT

"The fastest way to share a moment"

Snapchat lets you easily talk with friends, view Live Stories from around the world, and explore news in Discover. Life's more fun when you live in the moment!



26

SNAPCHAT

- 498 Million Monthly Active Users as of 2021
- 5 Billion snaps created daily
- 82% of 18-24 use it daily
- 79% say it's their favorite app
- 69% of US Teens
- It would **take you 10 years to view** all the photos shared on Snapchat in the last hour.
- 1 in 6 have received an inappropriate photo (that's over 100 million people)
- "Age Minimum: Snapchat was made for people 13 and older. If you have a child under 13 using Snapchat, please reach out to us with your child's username and verification of your relationship."

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SNAPCHAT

- Anonymity
- Location-sharing
- Public profiles
- Little to no age verification
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- Stranger-based
- Random assignment

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INSTAGRAM

1.074 billion Instagram users worldwide in 2021

The average post on Instagram contains 10.7 hashtags

71% of the billion monthly active users on the Instagram app are under the age of 35

Instagram users spend an average of 53 minutes per day



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INSTAGRAM


- Anonymity
- Location-sharing
- Public profiles
- Little to no age verification
- Integration with other apps
- Lack of content monitoring
- Group communication
- Stranger-based
- Random assignment

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OMEGLE

"Talk to strangers!"

"The Internet is full of cool people; *Omegle* lets you meet them. When you use *Omegle*, we pick someone else at random so you can have a one-on-one chat."



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OMEGLE

- Skype with people you don't know
- Kids get points (which are worthless) to do things in their videos
- High probability of nudity
- From website:
 - "Video is monitored. Keep it clean...Omegle video chat is moderated but no moderation is perfect"
 - "You must be 18+ or 13+ with parental permission and supervision to use Omegle."
 - "To help you stay safe, chats are anonymous unless you tell someone who you are"

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OMEGLE

- Anonymity
- Location sharing
- Public profiles
- Little to no age verification
- Integration with other apps
- Lack of content monitoring*
- Group communication
- Stranger-based
- Random assignment

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YUBO

"Where we come alive"

"Friendship is going to the next level! It's like being at a party and meeting cool people every 10 seconds."

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YUBO

- 15 Million Downloads
- Turns Snapchat into Tinder
- Does not have an age limit (website says minimum age is 13)
- Target age group: 13-17
- "Making friends" swipe left and right to meet people just like Tinder
- Automatically added as "friends" on Snapchat

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Make friends 🍷

Watch lives 📺

Swipe 🍷

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YUBO

- Anonymity
- Location-sharing
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- Stranger-based
- Random assignment

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SNACK

"Video First Dating"

snack

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SNACK

- "A new generation of dating app is emerging, led by startups largely focusing on video rather than photos. Apps such as Snack, Feels and Lolly are vying for the attention of Generation Z: people born from the mid-1990s to the early 2000s, currently in their late teens or early 20s."
- "Old" dating apps such as Tinder and Bumble are photo-based, appeals to millennials, these new apps are video-based and appeal to Gen Z.
- Snack users can share short, TikTok-style videos of themselves to match, chat and "build meaningful connections" with their fellow daters. They can also share their original TikTok videos straight to Snack in a bid to increase their chances of getting a match.
- Relatively new, not much info on it yet, but...yikes!

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MEETME

"MeetMe helps you find new people nearby who share your interests and want to chat now! It's fun, friendly, and free!"



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MEETME

- Teen focused location-based dating app
- Designed to allow strangers to meet and interact
- Profiles are public by default
- Linked to sex crimes in numerous states
- Kids get popularity rating and are encouraged to do things to boost their popularity by seeking approval from strangers online

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MEETME

- Anonymity
- Location-sharing
- Public profiles
- Little to no age verification
- Integration with other apps
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- Random assignment

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Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?

KIK

"Connecting the world through chat."

300 million users

Target Age Group: 11-15

33% of US Teens use Kik

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KIK

- "Kik is the only mobile-first viral sharing network and the first smartphone messenger with a built in browser. Over 40% of US teens and young adults use Kik to connect with their friends and with their followers on other social networks and games, making Kik the biggest cross-app messenger in the US market." (kik.com)
- Built-in web browser
- Search pictures, text, watch videos
- Highly sexualized
- Type in age range and location and all people who fit that range pop up in your feed
- No parental controls or privacy settings
- Education.com: one of the worst sites


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KIK

- Anonymity
- Location-sharing
- Public profiles
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Pornography, Social Media, and Teens: What Could Go Wrong? And What Can Be Done to Make it Go Less Wrong?



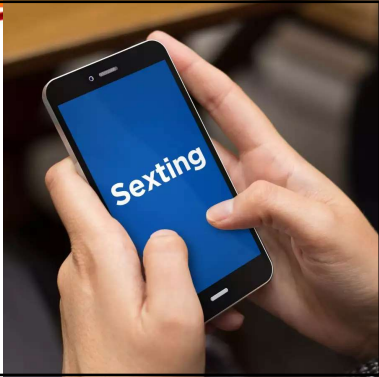
"I think the most dangerous part of social media is the idea that there are people 'Better than you', 'Prettier than you', 'More athletic than you', etc. just based off of what people let the world see. Nobody is going to post about their parents' divorce or their horrible life. They're going to post about how amazing their life is and make everyone think they are doing great. Little girls who see influencers or girls in Vogue magazine don't realize that there are filters on those pictures, and there is photoshop done on them. So as a result, they don't see themselves as good enough and their mental health suffers. Mental health in young girls is important, so if they get social media, make sure they are in a healthy place to be on it."

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DIGITAL FLIRTING, SEXUALIZED TEXTS/CHATS, NUDE PICTURES/VIDEOS

- Consensually shared between adults
- Maliciously shared among adults
- Adults soliciting kids
- Maliciously shared among kids
- Consensually shared among kids




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SEXTING

- Relentless pressure
- Fear of rejection
- Fear of bullying
- Self-esteem



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A NEW WAY TO FLIRT? (OR SOMETHING ELSE)



< Messages Bae ❤️ Contact

iMessage
Today 12:59 AM

Send nudes

👉👉👉
Delivered

49

MADIGAN ET AL. (2018)

- Meta-analysis
- 110,380 participants across 39 studies
- Mean age: 15 years old
- 14.8% sending and receiving sexts
- 12% forwarding a sext without consent
- 8.4% had a sext forwarded without consent

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SENDING, RECEIVING, AND NONCONSENSUALLY SHARING NUDE OR NEAR-NUDE IMAGES BY YOUTH
SETO, ET. AL. (2023)

TABLE 2 Prevalence of image-related behaviors across age and gender.

	9-12-year-old girls (n = 211)	9-12-year-old boys (n = 167)	13-17-year-old girls (n = 390)	13-17-year-old boys (n = 183)	Total (N = 996)
Self-sharing images	2.8% (n = 6)	5.4% (n = 9)	15.1% (n = 59)	8.6% (n = 16)	9.3% (n = 95)
Received images of others	8.1% (n = 17)	15% (n = 25)	30.3% (n = 118)	25.9% (n = 48)	21.6% (n = 215)
Nonconsensually reshared images of others	6.2% (n = 13)	12% (n = 20)	9.7% (n = 38)	10.8% (n = 20)	9.6% (n = 96)
Own images nonconsensually reshared	2.8% (n = 6)	6.6% (n = 11)	12.1% (n = 47)	13% (n = 24)	9.5% (n = 95)

Note: Sample sizes vary across variables and age-gender categories as some participants elected not to answer some questions or selected "prefer not to answer."

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REALITY OF SEXTING

- Sexting has become part of dating
- Goal is not to avoid all sexting, but emphasize consent, choice, and boundaries (i.e., nonconsensual sharing)
- Teaching appropriate responses if things cross the line

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SOCIAL MEDIA & SEX EDUCATION

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LET'S BE CLEAR

- There are some reputable websites and online resources that provide sex-positive, inclusive, and developmentally-appropriate education
- What we're talking about is peer-shared information through social media

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WHAT ARE CHILDREN LEARNING?

- “Most young people have some form of social media account and if they aren’t receiving the proper sex-ed at school, they use websites, social media, and porn to educate themselves.”
- “I have learned that giving a blowjob underwater increases the man’s chance of any kind of cancer. I received information from TikTok that having sex every day or multiple times a day extends your life. But my personal favorite and stupidest one I’ve seen is that women with a bigger vagina can increase the women’s chances of ‘Vagina Cancer’.”
- Rothman et al., (2021) found that a quarter of 18- to 24-year-olds said pornography was their most helpful source of information about how to have sex.

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- Where do kids get their sexual education from?
- Where do we want them to get it from?
- What information do we want them to have?

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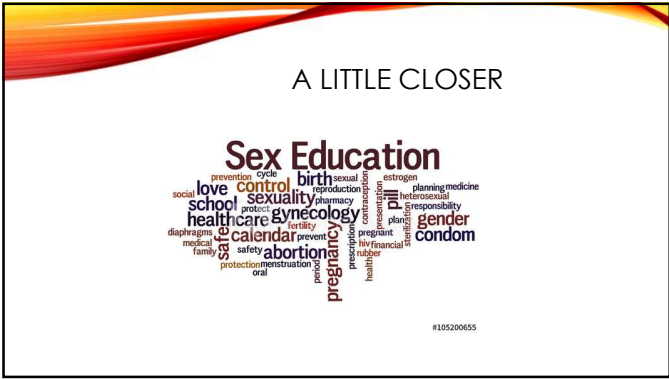
PAPPAS, 2021

“According to the Guttmacher Institute, 29 states and the District of Columbia now mandate some kind of sex education in public schools, but the content of that education varies widely. Only 17 states require that if sex ed is taught, it must be medically and factually accurate, and only 10 mandate that if sex ed is taught, it must include information about consent.”

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TERRENCE HIGGINS TRUST (2016)

- “Young people are getting information about sex and relationships in a world before social media existed, before smartphones, before equal marriage or Civil Partnerships.”
- “I didn’t have any sex and relationships education at school. In fact, I think I learnt most of what I knew from friends, which explains a lot.”
- “I never received any education about gender identity, homosexuality, bisexuality or indeed any form of relationship, and no discussion of consent.”
- “All I remember was watching a teacher put a condom on a cucumber.”
- 75% of young people were not taught about consent

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INTEGRATING THIS TOPIC INTO TREATMENT

62

AN EXAMPLE: CONSENT

- Definition
- Age of consent
 - For person-to-person sexual behavior
 - For sexual images/videos
- How consent can be withdrawn
- Consenting to conversations but not to 'sexting'
- Consenting to specific acts and not others
- Communicating consent before and during
- Ongoing discussions between partners

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FACILITATING THE DISCUSSION IN THERAPY

- Presenting facts
- While being respectful of morality, religion, and culture
- Learn more internal controls rather than relying on external control
- Reduce shame and guilt
- Reduce feelings of failure and decreased motivation
- Promote honesty, disclosure, comfort in treatment
- Recognize all-or-nothing behaviors
- Learn self-regulation skills
- Approach vs. avoidance

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ONE PROMISING APPROACH

- Russ Pratt
- Fernandes & Pratt, 2019
- Pratt & Fernandes, 2019
- "Savvy Consumer Model"
 - A framework for how adults can guide youth through the ubiquitous, porn-related dilemmas and controversies that they experience as they grow up.
 - Designed for adolescents, but adaptable (at least in spirit) to adults.
 - Highlights the importance of high-quality sexuality education
 - (Recent Ontario example)
 - Discussion and guidance are key, which means we need to have our own house in order – distinguishing between our morals, values, and beliefs and those of our clients.



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GOOD LIVES MODEL

- What underlying goals are being met through pornography and social media?
- Happiness and pleasure
- Connection and relatedness
- Inner peace/peace of mind
- Personal choice and independence
- Knowledge

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HOW DO WE KNOW WHEN
PORNOGRAPHY/SOCIAL MEDIA IS
PROBLEMATIC?

- Legal involvement
- If it is:
 - Exploitative
 - Non-consensual
 - Done for revenge
- Interferes with social, educational, familial functioning

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THERAPY CAN HELP

- When there's legal involvement
 - Talk with court, share progress in treatment
- When it is exploitative, non-consensual, or revenge
 - Discuss healthy sexuality, boundaries, consent
- When it interferes with functioning
 - Learn coping skills, self-regulation

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HAVING THE CONVERSATION
WITH TEENS

- Educating ourselves about the facts
- Learning the lingo
- Validating the emotions, struggles, and desires
- Discussing principles of healthy sexuality (consent, differences between porn sex and real sex, masturbatory practices)
- Learning about technology, social media, and what is important to teens
- Setting realistic and relevant expectations around social media and porn

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REALISTIC EXPECTATIONS

- Adolescence is a time of change, exploration, and individuation
- Understand sex is a part of development
- Promote sexual health, developmentally-appropriate

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Teaching porn literacy

Thanks to the proliferation of smartphones, some adolescents may be gaining a distorted view of human sexuality via ample access to online pornography. Psychologists are among those working to correct those misconceptions.

By Matthew Pappas
for ECHOE 2
Published June 16

Read Article

Read Transcript



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Online Searches and Your Private Practice

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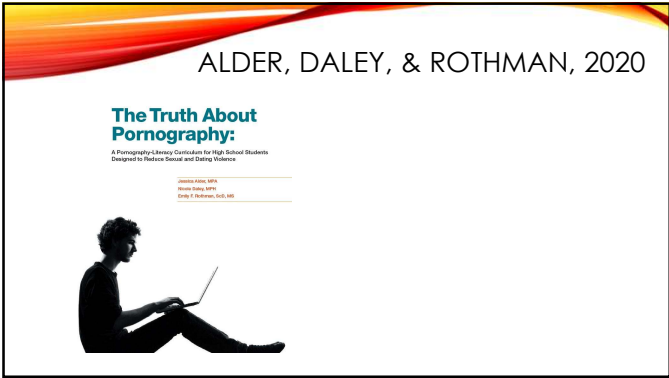
TEACHING PORN LITERACY (PAPPAS, 2021)

- “Acknowledging that most people encounter, and many people enjoy, pornographic material. This approach also acknowledges that teenagers are naturally curious about sexuality and may seek out pornography to satisfy that curiosity.”
- “For a lot of kids, porn is becoming, unfortunately, their primary method of sex education because they’re not getting it in schools and they’re not getting enough at home.”

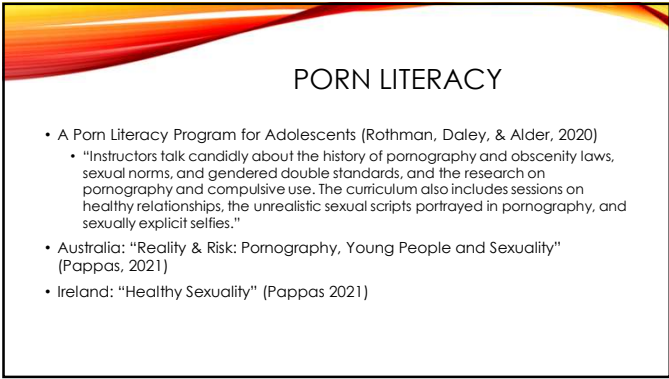
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Seth Wescott , LMLP & David Prescott LICSW, ATSA-F

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TALKING WITH PARENTS AND
PROBATION OFFICERS

- Again, being respectful of morality, religion, and culture
- Presenting facts
- Providing education on adolescent development, safe use of technology
- Identifying developmentally-appropriate outlets
- Helping to set appropriate limits on technology use (which apps are off-limits, screen time, etc.)
- Discussing when to worry, concerning behaviors and red flags
- Helping to keep everyone on the same page

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THANK YOU!

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