



ADDRESSING ADOLESCENT EXPOSURE TO PORNOGRAPHY

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FOCUS

- Definitions, changes over time
 - Statistics
 - Impact
 - Media
 - Sexting
 - Interventions
-
- Your chat and Q&A are welcome!



OUR BIASES

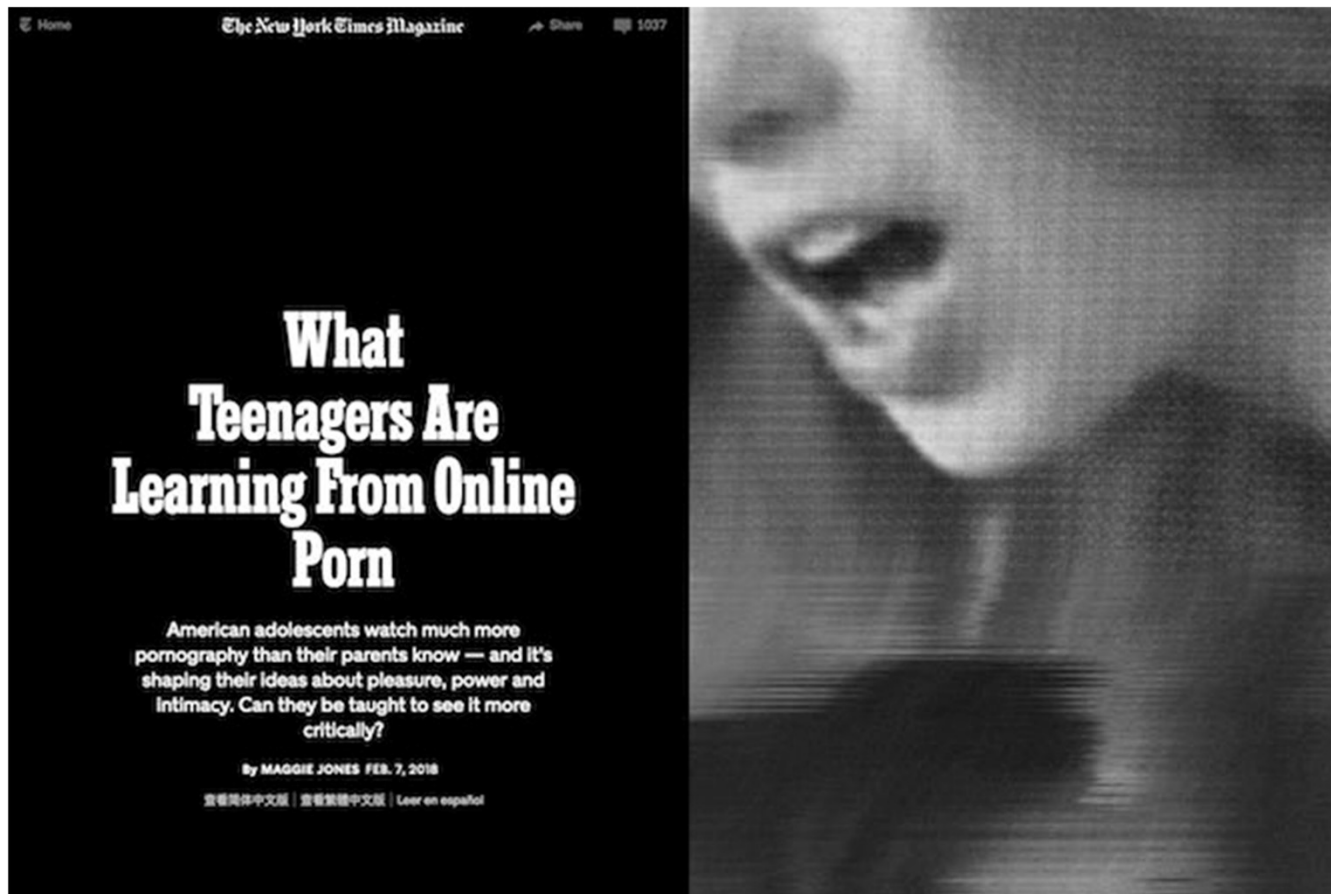
- We are:
- Husbands and fathers
- Digital immigrants
- Reflective of (and always reflecting on) our places in the world
- Committed to the wellbeing of all kids
- More concerned now than we were just a few years ago
- Understanding that different people have different perspectives



TAKE-HOME POINTS

- No one is saying that porn is good for youth
 - We do need to understand it as a reality
- The current status of social media is concerning
 - Social media and sexualized media are a dangerous combo
- Where sex education once took place in families and schools...
 - We were then concerned about “porn-educated” youth
 - Now we should be concerned by the interaction of pornography with social media.
 - The “Lord of the Flies” effect
- Interventions should be assessment-driven and in line with the principles of effective psychotherapy
- Kids need to be savvy consumers of media!

JONES, 2018

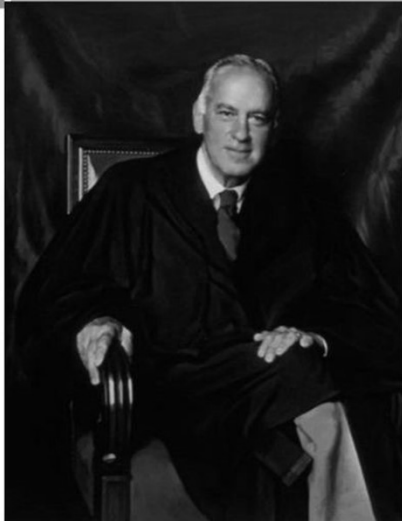


MAGGIE JONES, NYT 2018

- *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" anal sex without asking a girl, because the women in porn like it.*

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!*

https://en.wikipedia.org/wiki/I_know_it_when_I_see_it



A LITTLE BLURRY

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



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

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

An abstract graphic consisting of several overlapping, wavy, horizontal bands in shades of gray and black, creating a sense of motion and depth.

CONSIDER

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

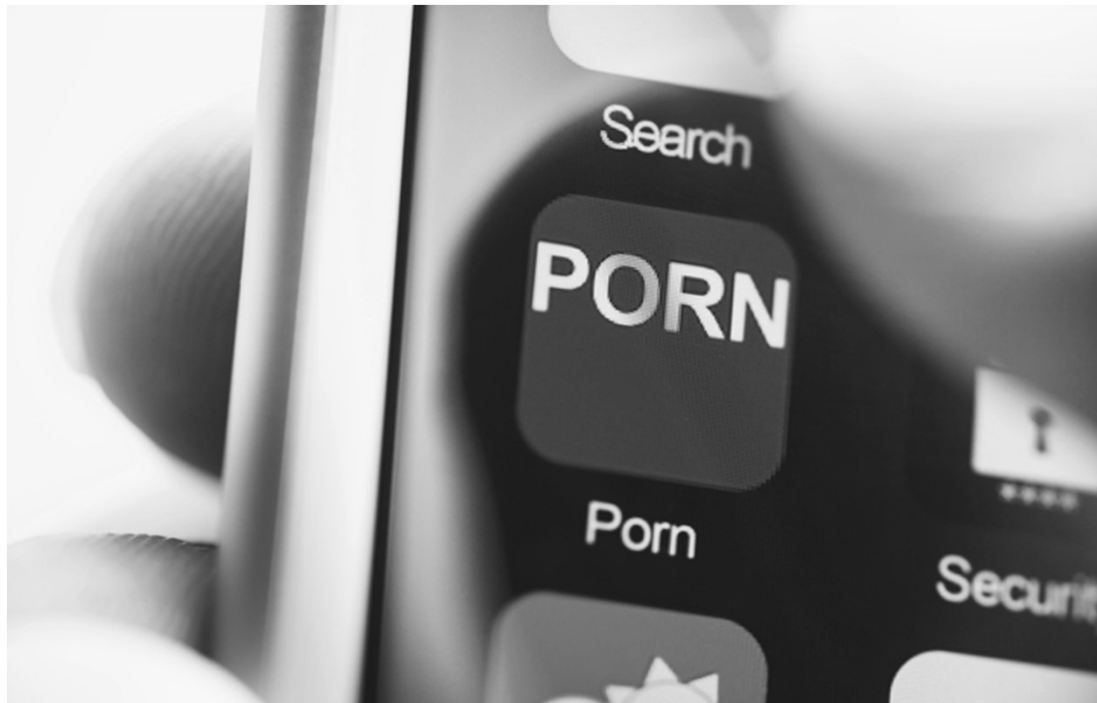


ARE THERE PROS AND CONS?

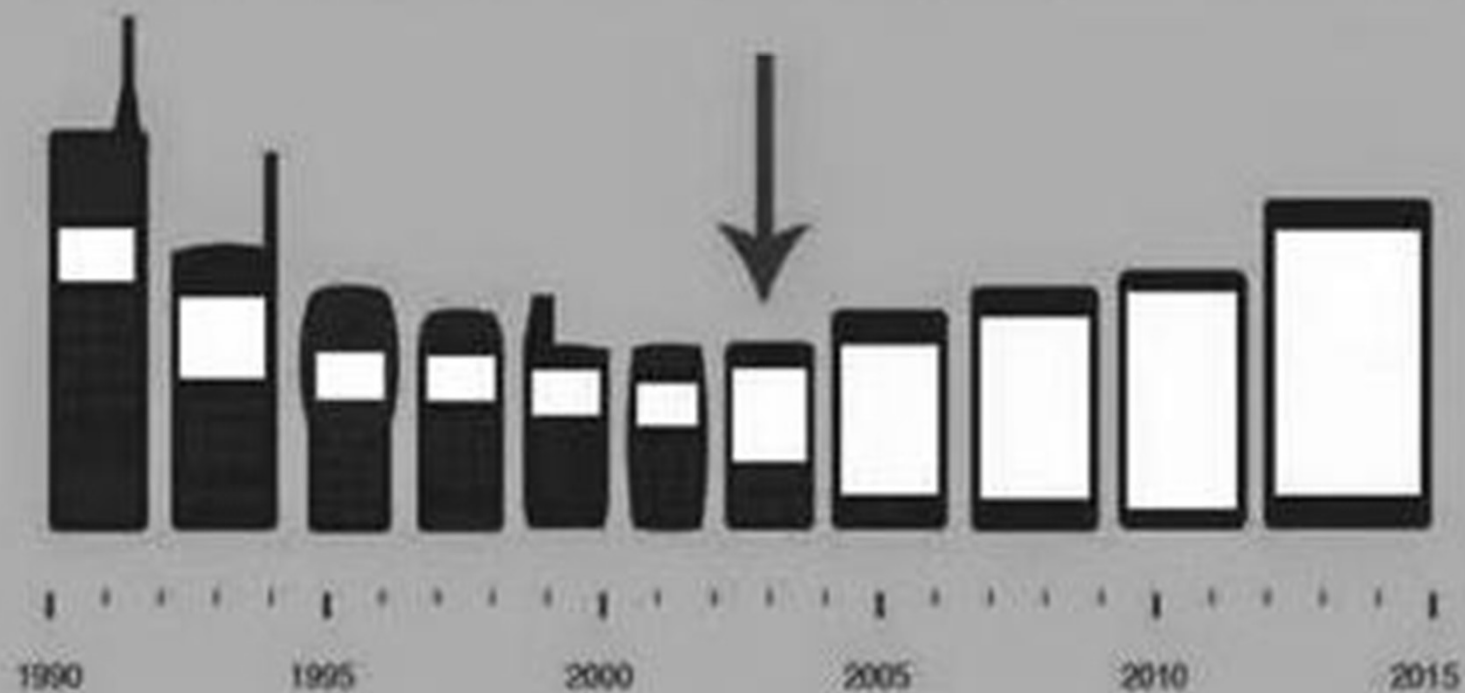
(GRUBBS ET AL., 2021; NOTE THAT IT WAS FOCUSED ON ADULTS)

- Cons:
 - Inaccurate perceptions of sex and sexuality
 - Enhanced casual sexual behavior
 - Lower partnered sexual satisfaction
 - Moral incongruence and self-perceived addiction
 - Dysregulation and Compulsive Sexual Behavior Disorder
- Pros
 - Affirmation of sexual identity, particularly with LGBTQ+ youth?
 - Enhanced sexual satisfaction?
 - Sexual exploration?

CHANGES OVER TIME

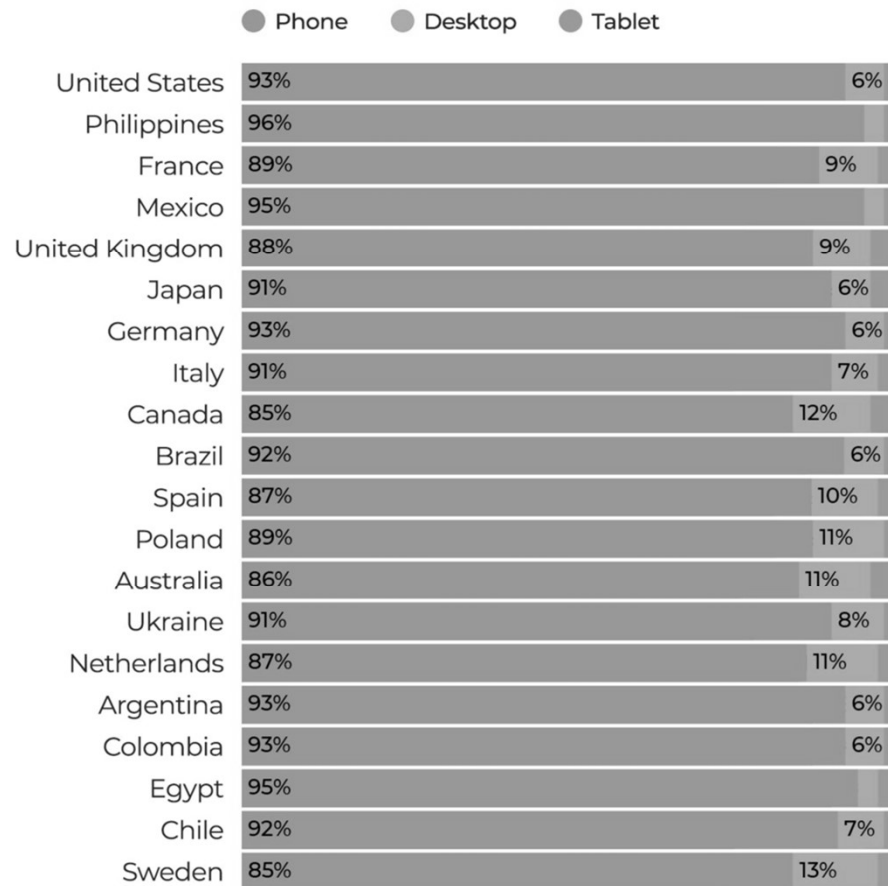


Here we realize we can see porn in the mobile



PORNHUB, 2023

Traffic by Phone, Desktop & Tablet



PORNOGRAPHY STATISTICS

“Porn doesn’t have a demographic—it goes across all demographics.”

-- *Paul Fishbein, founder of Adult Video News*

(<https://www.baltimoresun.com/news/bs-xpm-2001-07-08-0107070103-story.html>)

- 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)



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.

ARE WE STARTING TO UNDERSTAND?





CAN PORNHUB EDUCATE US?

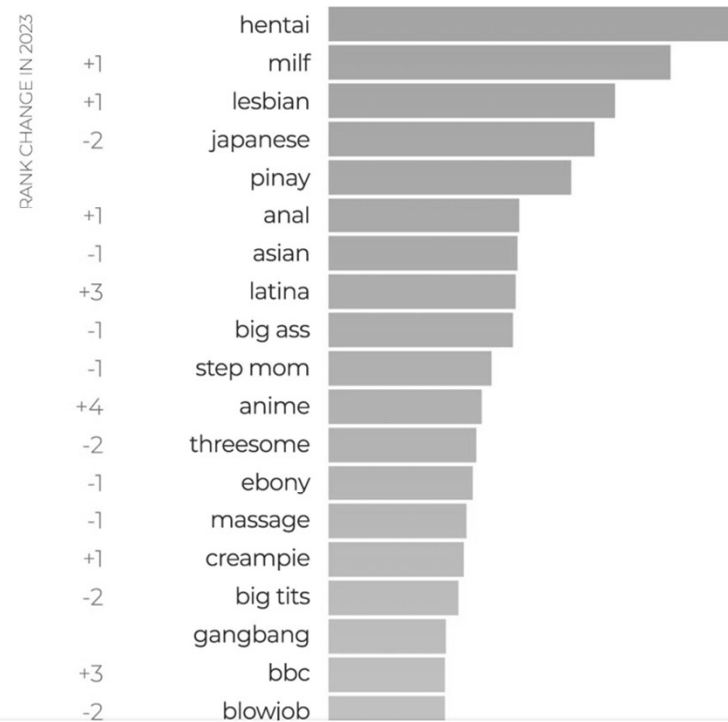
- What people search for is not what they end up watching
- Sexually explicit content serves many functions

(Pornhub 2020; 2023)

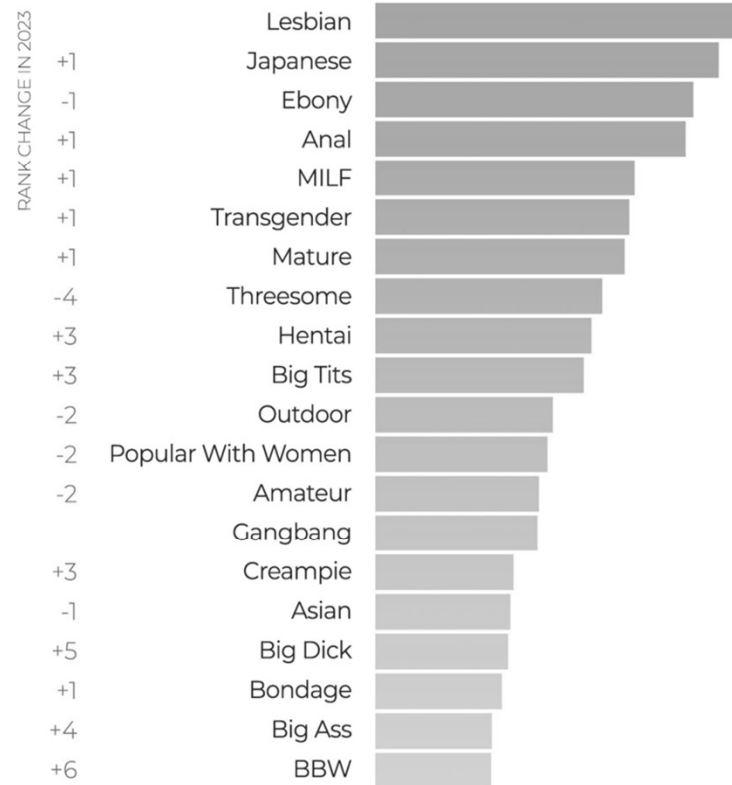
PORNHUB 2023



Most Searched for Terms of 2023



Most Viewed Categories of 2023



[PORNHUB.COM/INIGHTS](https://www.pornhub.com/inights)

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[OK](#)

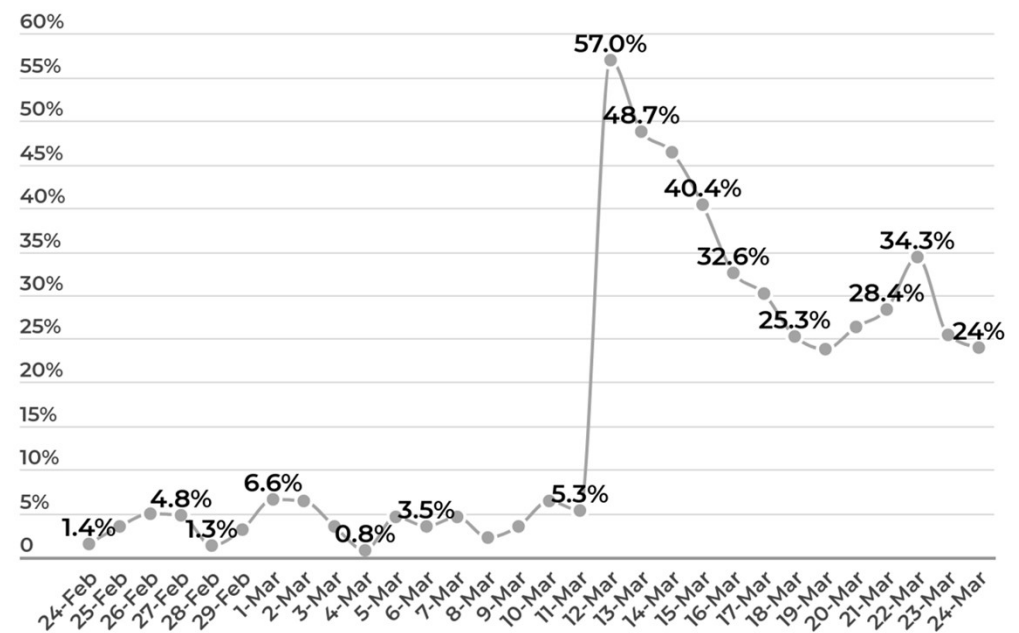
Around the world, you will notice that Pornhub is most popular in Canada, Australia, and Mexico. There was most popular in the United States and parts of Africa, China or

Onset of the
pandemic, 2020
(Pornhub, 2020)

Porn hub

Italy Traffic Changes

Percent change in traffic compared to an average day



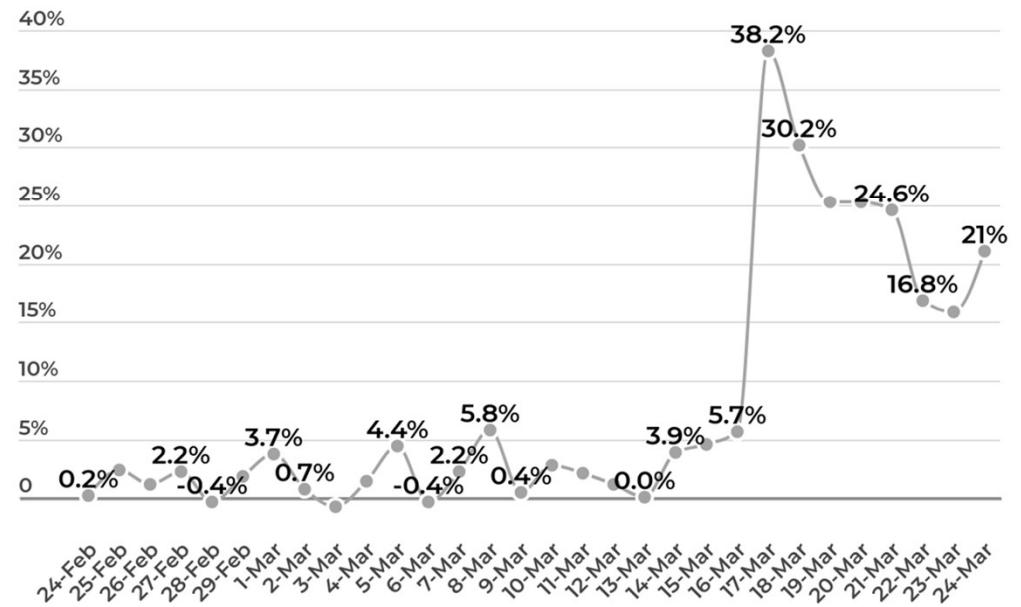
pornhub.com/insights

Onset of the
pandemic, 2020
(Pornhub, 2020)

Porn hub

France Traffic Changes

Percent change in traffic compared to an average day



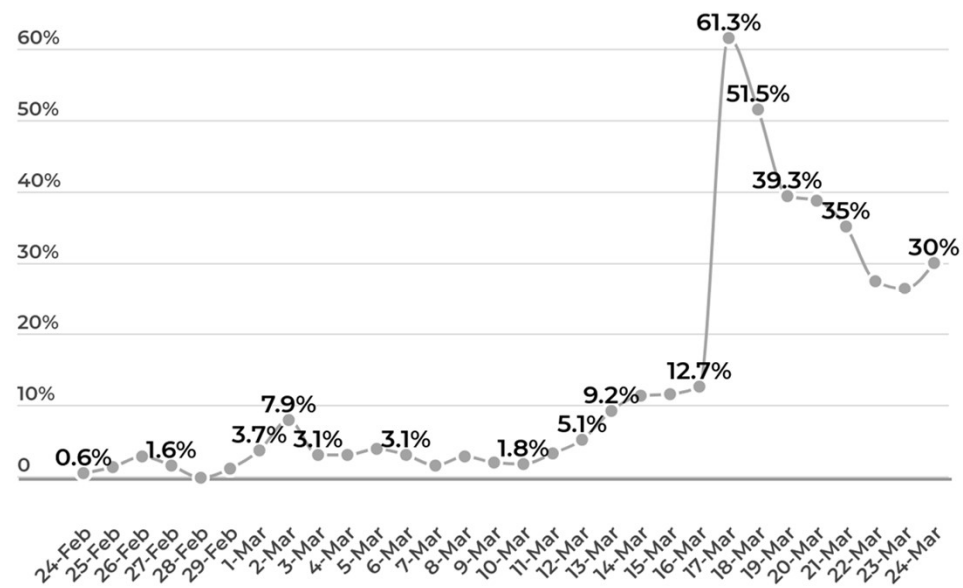
pornhub.com/insights

Onset of the
pandemic, 2020
(Pornhub, 2020)

Porn hub

Spain Traffic Changes

Percent change in traffic compared to an average day



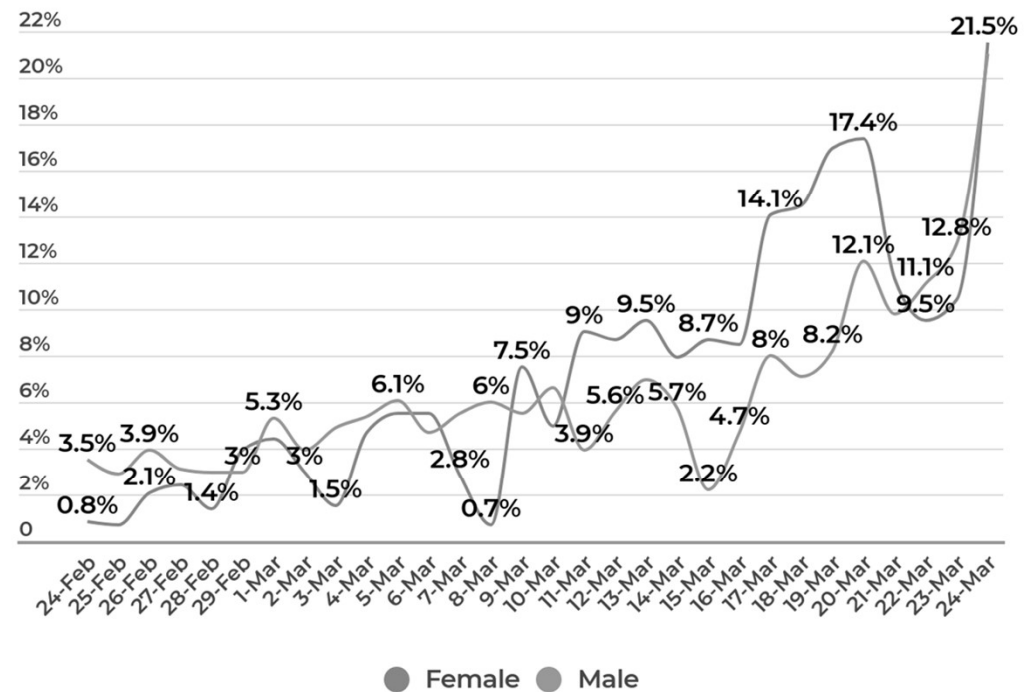
pornhub.com/insights

Onset of the
pandemic, 2020
(Pornhub, 2020)

Porn hub

Traffic Change by Gender

Percent change in traffic compared to an average day





PROBLEM OR SOLUTION?

- *“David you don’t understand. I’m not good-looking. I’m not even very interesting. No one likes me and no one ever will. I’ll never have a girlfriend. You need to understand... for me, porn isn’t the problem, it’s the solution.”*
- What’s upstream from the viewing of sexually explicit content?



BEHAVIOR ANALYTIC APPROACH?

- What is the function of this behavior?
 - “Escape?”
- Sex as a primary reinforcer
 - Unlearned reinforcers such as food, sleep, shelter, sex, and touch, pleasure, and others
 - Secondary reinforcers are valued because they are tied to primary reinforcers



COGNITIVE-BEHAVIORAL APPROACH?

- Castro-Calvo et al. (2021) on cognitive approaches
 - Attentional biases towards sexual stimuli?
 - “Deficient inhibitory control”?
 - Worse performance in tasks assessing working memory?
 - Decision-making impairments?
- Should we look for healthy alternative replacement behaviors?
- Should we impart problem-solving and decision-making skills?
 - (Our bias: These seem very adult-oriented)



ACCEPTANCE AND COMMITMENT THERAPY (ACT)?

- Rather than using interventions that confront the client and risk creating shame, can interventions focus on accepting that sexual feelings, urges, etc. exist? Can the same interventions then help a client to manage them in a healthy way?



MOTIVATIONAL INTERVIEWING?

- Where are all the ways that this person feels ambivalent about their behavior?
- What's the payoff of the behavior and what is the price that they might pay?



GOOD LIVES MODEL

- What's “upstream” from this behavior?
- What are the “primary human goods” that this person is seeking through sexually explicit content?





ENDLESS SCROLL

- Time:
 - The evolution of webpages; there is no bottom to the page.
 - No more “Click here for next page.”
 - Keeps viewers engaged
 - Time loss
 - Beyond our awareness
- Content:
 - Kids reporting less searches, more scrolling
 - Making statistically unusual behaviors seem mainstream

An abstract graphic consisting of several overlapping, wavy, horizontal bands in shades of gray and white, creating a sense of movement and depth. It occupies the top portion of the slide.

QUESTIONS

- If the news and social media can be divisive and polarizing in general, how are they the same with sexuality?
- Why would we expect discussions of sex and sexuality to be any better than political discussions in social media environments?

A decorative graphic consisting of several overlapping, wavy, horizontal bands in shades of gray and white, creating a sense of motion and depth, positioned at the top of the slide.

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

(Common Sense Census: Rideout et al., 2022)

PORNOGRAPHY + SOCIAL MEDIA = **⚠ DANGER**



THE WHITE HATTER

APRIL 27, 2020

- *The Pornification and Juxtaposition Of TikTok Videos*
- Underground movement where people copy TikToks and use the 'duet' feature to create a "pornified duet"
- "We were able to identify one teen who garnered hundreds of thousands of followers on TikTok because of their dance moves, and then once they turned 18, created an OnlyFans page. On this private subscription-based account, this 18yr old teen did the same TikTok dance moves fully naked. It was estimated that through their OnlyFans account, they were taking in more than \$90,000 a month."



MARCH 1, 2021

- Schofield, 2021:
- *TikTok has accidentally conquered the porn industry*
- TikTok-style videos are crossing over into other platforms
- “Pornhub, for example, is filled with videos mimicking one of the app’s popular trends or challenges, or sexualised compilations of clips downloaded from TikTok”
- “Transition edits – which allow users to suddenly change outfits, or go from fully clothed to nude – are made easy on TikTok, and have emerged as a particularly popular feature among sex workers using the app.”
- “Videos don’t need to contain explicit content to help performers drive traffic to other platforms.”



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

TIKTOK

“Make your day”

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

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



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.



musical.ly



Tik Tok



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~~

MEETME

“Meet, chat, and have fun with
new people — free!”





MEETME

- Teen focused location-based dating app
- Designed to allow strangers to meet and interact
- Users select “friends” or “dating” and specify who they are seeking
- Profiles are public by default, user must manually change
- Linked to sex crimes in numerous states

Collier County man arrested after offering child for sex on dating app

by Ryan Arbogast — 7:20 PM EDT, Wed May 10, 2023

Detectives: Sex offender raped 13-year-old Utah girl he met through MeetMe app

by Adam Forgie | Wed, August 12th 2020, 5:58 PM CDT



Downriver man used MeetMe app to send child porn and offered sex with underage daughter

By Jessica Dupnack and FOX 2 Staff | Published October 26, 2022 | Crime and Public Safety | FOX 2 Detroit | [↗](#)



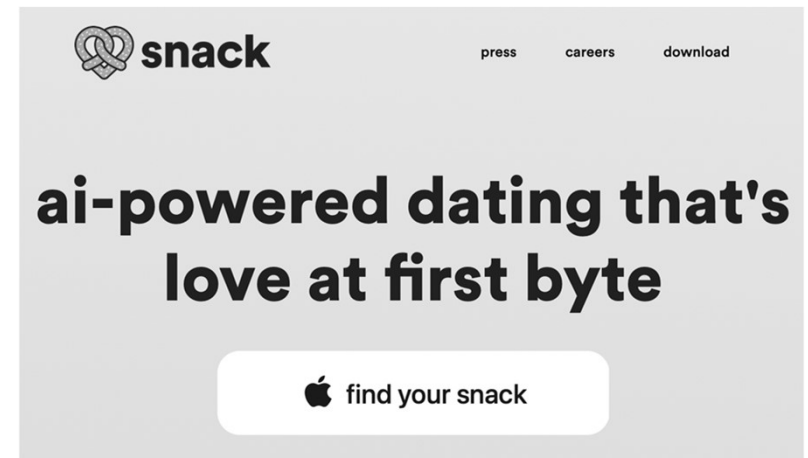
MEETME

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

SNACK

"Snack, the ultimate dating app for Gen Z rebels who want to break free from the dating app monotony!"

"Tired of swiping left, right, up, and down with no luck? Look no further than Snack, the app that's like a rebellious friend, but for dating!"



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HOME / CULTURE / FEATURES


SNACK

- Vogue (2021)
- Videos will provide more meaningful matches than photos
- Gen-Z dating, geared toward 17+

‘Snack’ is the new dating app being touted as ‘Tinder meets TikTok’

PEMA BAKSHI

13 MAY 2021

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“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.”

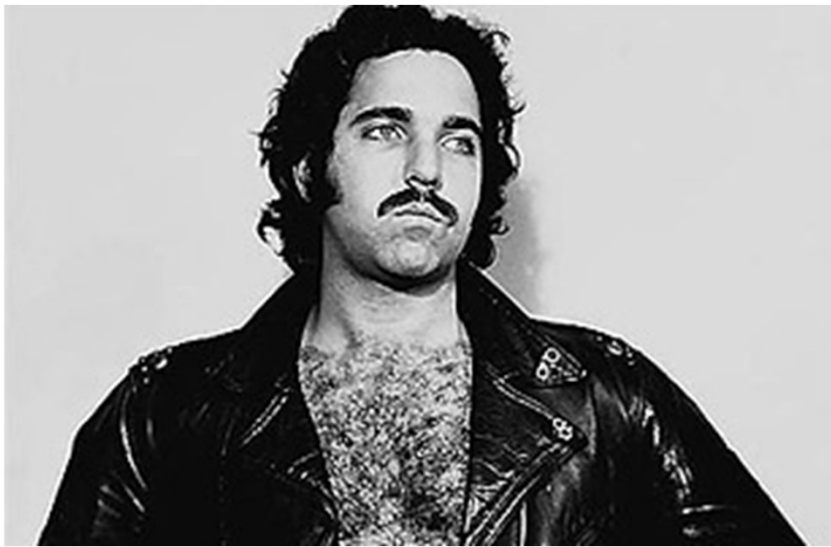


WHAT IS MASCULINITY?

- Definitions say 'set of attributes or behaviors associated with men'
- Learned and unlearned
- How do men learn these behaviors? Who do they learn from?



MASCULINITY: ARE WE THERE YET?



How demeaning is porn to men?





WHY IS THIS IMPORTANT?

- Mating and Dating
- Boys and young men are getting a tutorial on misogyny from pop culture
- Hypermasculinity – (Moser & Sirkin, 1984)
 - violence is ‘manly’, callousness regarding sexual attitudes, danger is exciting

Mosher, D. L., & Sirkin, M. (1984). Measuring a macho personality constellation. *Journal of research in personality*, 18(2), 150-163.



DEBBY HERBENICK

(HERBENICK, 2024)

- Depictions of violent sex are become more popular
- Social media – videos that show ‘how to properly choke’ your partner

VIOLENT PORNOGRAPHY & TEEN DATING VIOLENCE

- Adolescents develop sexual scripts through sexual media consumption and behavior that is modeled (Rostad, et. al., 2019)
- For adolescents who uphold rape myths and who have rigid attitudes about gender and masculinity, violent pornography may normalize interpersonal dating violence (Rostad, et., al, 2019)
- We need to teach healthy dating skills

Rostad, W. L., Gittins-Stone, D., Huntington, C., Rizzo, C. J., Pearlman, D., & Orchowski, L. (2019). The association between exposure to violent pornography and teen dating violence in grade 10 high school students. *Archives of sexual behavior*, 48, 2137-2147.



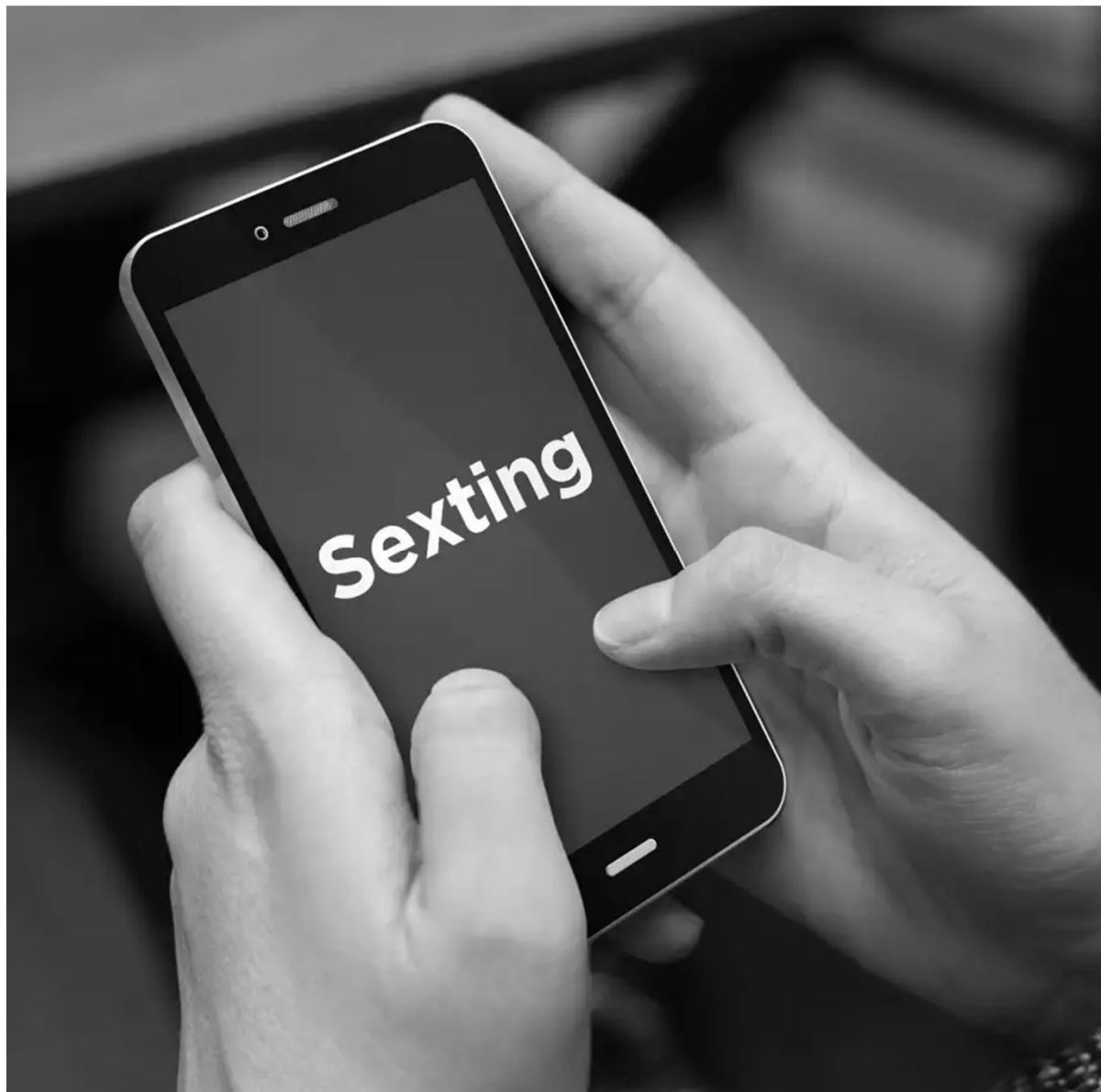
MATING & DATING

- Percentage who met their partners online (Pew Research Center, 2020)
 - 21% of 18-29
 - 13% of 30-49
 - 8% of 50-64
 - 5% of 65+
- Men and Women are single at different stages of life (Pew Research Center, 2020)
 - 51% of men 18-29 are single
 - 32% of women 18-29 are single
 - 27% of men 30-49 are single
 - 19% of women 30-49 are single

Pew Research Center, August 2020, "Nearly Half of U.S. Adults Say Dating Has Gotten Harder for Most People in the Last 10 Years."

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



SEXTING

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



A NEW WAY TO FLIRT? (OR SOMETHING ELSE)



< Messages

Bae ❤️

Contact

iMessage
Today 12:59 AM

Send nudes



Delivered





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

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 (<i>n</i> = 211)	9–12-year-old boys (<i>n</i> = 167)	13–17-year-old girls (<i>n</i> = 390)	13–17-year-old boys (<i>n</i> = 185)	Total (<i>N</i> = 996)
Self-sharing images	2.8% (<i>n</i> = 6)	5.4% (<i>n</i> = 9)	15.1% (<i>n</i> = 59)	8.6% (<i>n</i> = 16)	9.5% (<i>n</i> = 95)
Received images of others	8.1% (<i>n</i> = 17)	15% (<i>n</i> = 25)	30.3% (<i>n</i> = 118)	25.9% (<i>n</i> = 48)	21.6% (<i>n</i> = 215)
Nonconsensually reshared images of others	6.2% (<i>n</i> = 13)	12% (<i>n</i> = 20)	9.7% (<i>n</i> = 38)	10.8% (<i>n</i> = 20)	9.6% (<i>n</i> = 96)
Own images nonconsensually reshared	2.8% (<i>n</i> = 6)	6.6% (<i>n</i> = 11)	12.1% (<i>n</i> = 47)	13% (<i>n</i> = 24)	9.5% (<i>n</i> = 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.”



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

SOCIAL MEDIA & SEX EDUCATION





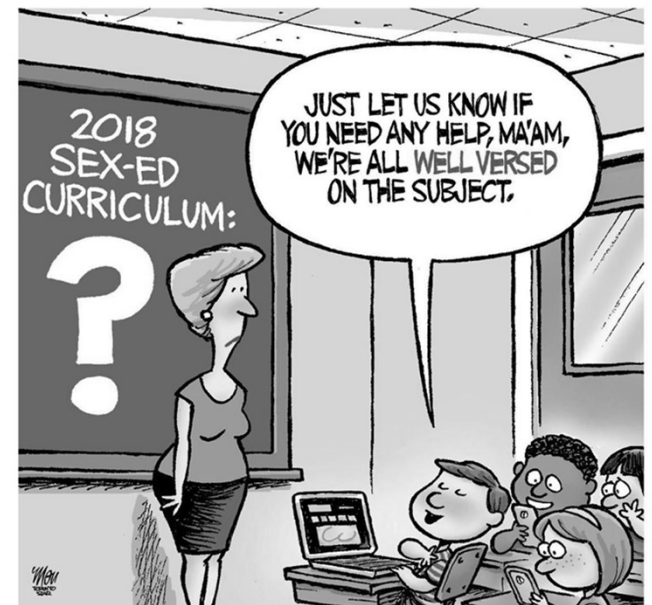
LET'S BE CLEAR

- 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
- For example:
 - “Vanilla shaming”
 - “Consensual non-consent” absent clear communication and consent

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

- 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?





GUTTMACHER INSTITUTE, 2023

According to the Guttmacher Institute, 38 states and the District of Columbia mandate some kind of sex education in public schools, but the content of that education varies widely. Only 18 states require that if sex ed is taught, it must be medically accurate, and only 10 mandate that if sex ed is taught, it must include information about consent.

Less than half of all states require students to learn about refusal skills and personal boundaries, in other words, how to say, and respect, the word 'no'.

ONE (FAILED) APPROACH

SEX ED:

1. Do not have sex
2. See number 1
3. See number 2
4. See number 3

A LITTLE CLOSER



#105200655



LET'S ALSO CONSIDER

- Consent
- Sexual development
- Boundaries
- Communication
- Sexual Health
- Inclusivity



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

INTEGRATING THIS TOPIC INTO TREATMENT



An abstract graphic at the top of the slide consisting of several overlapping, wavy, horizontal bands in shades of gray and white, creating a sense of movement and depth.

WHEN IN DOUBT...

...Chunk it out!

- What are all the components involved in this behavior?
 - Intrinsic sexual gratification of the content?
 - (or is the content a proxy for something else?)
 - Breaking rules?
 - Affirmation of sexual identity?
 - Lack of knowledge/curiosity?
 - General emotional loneliness?



IMPLICATIONS

Scenario 1:

A young man in treatment for sexual aggression discloses that he has been viewing pornography.

- What is the most unacceptable element of this behavior?
- What are the otherwise acceptable aspects?
- What do we know about his development?
- What do we know about his attitudes, beliefs, schemas, and learning style?
- What do we know about his history of adversity?

IMPLICATIONS

Scenario 2:

An adolescent is breaking rules/laws in order to access pornography.

- What is the most unacceptable element of this behavior?
- What are the otherwise acceptable aspects?
- What do we know about his development?
- What do we know about his attitudes, beliefs, schemas, and learning style?
- What do we know about his history of adversity?





IMPLICATIONS

Scenario 3:

A 17-year-old on the Autism spectrum has been viewing “furry porn”.

- What is the most unacceptable element of this behavior?
- What are the otherwise acceptable aspects?
- What do we know about his development?
- What do we know about his attitudes, beliefs, schemas, and learning style?
- What do we know about his history of adversity?



AN EXAMPLE: CONSENT

- Definition
- Age of consent
 - For person-to-person sexual behavior
 - For sexual images/videos
- The need for crystal-clear communication:
 - 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



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

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.



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



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



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



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



REALISTIC EXPECTATIONS

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

PAPPAS, 2021

[←](#) [→](#) [↺](#) [🔒](#) [apa.org/monitor/2021/03/teaching-porn-literacy](#) [🔍](#) [☆](#) [S](#) [⋮](#)

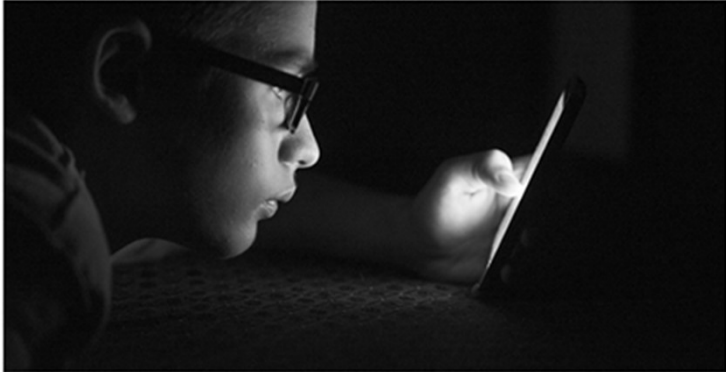
FEATURE

Teaching porn literacy

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

By Stephanie Pappas Date created: March 1, 2021 11 min read
Vol. 52 No. 2
Print version: page 54

[Sex and Sexuality](#) [Social Media/Internet](#)



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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,”



ALDER, DALEY, & ROTHMAN, 2020

The Truth About Pornography:

A Pornography-Literacy Curriculum for High School Students
Designed to Reduce Sexual and Dating Violence

Jessica Alder, MPA

Nicole Daley, MPH

Emily F. Rothman, ScD, MS





PORN LITERACY

- A Porn Literacy Program for Adolescents (Rothman, Daley, & Alder, 2020)
 - “Instructors talk candidly about the history of pornography and obscenity laws, sexual norms, and gendered double standards, and the research on pornography and compulsive use. The curriculum also includes sessions on healthy relationships, the unrealistic sexual scripts portrayed in pornography, and sexually explicit selfies.”
- Australia: “Reality & Risk: Pornography, Young People and Sexuality” (Pappas, 2021)
- Ireland: “Healthy Sexuality” (Pappas 2021)



HOW MUCH SCREEN TIME IS TOO MUCH?

- It's not just about “avoiding” certain apps
- Expectations need to be clear, concrete, and realistic
- Encourage healthy use of technology, i.e., using technology to learn, not just scroll, like, and socialize



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

A decorative wavy line in shades of gray and black, flowing from the left side of the page towards the right, positioned above the 'THANK YOU!' text.

THANK YOU!

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8575 W. 110th St. Suite 110
Overland Park, KS 66210
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PSSSST!

- Some extra material if there's time!

IS PORN A RISK FACTOR?



Pornography Use and Sexual Aggression: The Impact of Frequency and Type of Pornography Use on Recidivism Among Sexual Offenders

Drew A. Kingston^{1*}, Paul Fedoroff^{2,3}, Philip Firestone¹, Susan Curry³, and John M. Bradford^{2,3}

¹*School of Psychology, University of Ottawa, Ottawa, Ontario, Canada*

²Royal Ottawa Health Care Centre, Integrated Forensic Program, Ottawa, Ontario, Canada

³*Institute of Mental Health Research, University of Ottawa, Ottawa, Ontario, Canada*

In this study, we examined the unique contribution of pornography consumption to the longitudinal prediction of criminal recidivism in a sample of 341 child molesters. We specifically tested the hypothesis, based on predictions informed by the confluence model of sexual aggression that pornography will be a risk factor for recidivism only for those individuals classified as relatively high risk for re-offending. Pornography use (frequency and type) was assessed through self-report and recidivism was measured using data from a national database from the Royal Canadian Mounted Police. Indices of recidivism, which were assessed up to 15 years after release, included an overall criminal recidivism index, as well as subcategories focusing on violent (including sexual) recidivism and sexual recidivism alone. Results for both frequency and type of pornography use were generally consistent with our predictions. Most importantly, after controlling for general and specific risk factors for sexual aggression, pornography added significantly to the prediction of recidivism. Statistical interactions indicated that frequency of pornography use was primarily a risk factor for higher-risk offenders, when compared with lower-risk offenders, and that content of pornography (i.e., pornography containing deviant content) was a risk factor for all groups. The importance of conceptualizing particular risk factors (e.g., pornography), within the context of other individual characteristics is discussed. *Aggr. Behav.* 34:341–351, 2009. © 2009 Wiley-Liss, Inc.



2008

- *Statistical interactions indicated that frequency of pornography use was primarily a risk factor for higher-risk offenders, when compared with lower-risk offenders, and that content of pornography (i.e., pornography containing deviant content) was a risk factor for all groups.*
- Chicken-or-the-egg problem
 - Correlation versus causation

The Importance of Individual Differences in Pornography Use: Theoretical Perspectives and Implications for Treating Sexual Offenders

Drew A. Kingston

School of Psychology, University of Ottawa

Neil M. Malamuth

Department of Communication Studies, University of California, Los Angeles

Paul Fedoroff

*Royal Ottawa Health Care Centre, Integrated Forensic Program, University of Ottawa,
Institute of Mental Health Research*

William L. Marshall

Rockwood Psychological Services

This article reviews the extant literature regarding pornography's influence on antisocial attitudes, sexual arousal, and sexually aggressive behavior in both noncriminal and criminal samples. The article concludes that when examined in the context of multiple, interacting factors, the findings are highly consistent across experimental and nonexperimental studies and across differing populations in showing that pornography use can be a risk factor for sexually aggressive outcomes, principally for men who are high on other risk factors and who use pornography frequently. Finally, this article presents theoretical implications based on these findings, as well as some clinical implications relevant to the assessment and treatment of sexual offenders.



2009

- *The article concludes that when examined in the context of multiple, interacting factors, the findings are highly consistent across experimental and nonexperimental studies and across differing populations in showing that pornography use can be a risk factor for sexually aggressive outcomes, principally for men who are high on other risk factors and who use pornography frequently.*



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“Adding fuel to the fire”? Does exposure to non-consenting adult or to child pornography increase risk of sexual aggression?



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ARTICLE INFO

Keywords:

Non-consenting pornography
Child pornography
Sexual aggression
Confluence Model

ABSTRACT

This article is the first to integrate the vast research literatures on non-consenting adult and on child pornography (also a form of non-consenting pornography) by using the framework of the Confluence Model of sexual aggression. In contrast to the contradictory conclusions reached by various reviewers and commentators who have typically emphasized a particular methodology or parts of the literature, this review finds a great deal of consistency and convergence among the differing methodologies and literatures that have examined the impact of pornography on individuals. It is concluded that pornography use may add to the risk of sexual aggression only for those men already predisposed to aggress sexually due to more primary causes than pornography use.



2018

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Pornography and Sexual Aggression: Can Meta-Analysis Find a Link?

TRAUMA, VIOLENCE, & ABUSE
1-10

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Christopher J. Ferguson¹  and Richard D. Hartley²

Abstract

Whether pornography contributes to sexual aggression in real life has been the subject of dozens of studies over multiple decades. Nevertheless, scholars have not come to a consensus about whether effects are real. The current meta-analysis examined experimental, correlational, and population studies of the pornography/sexual aggression link dating back from the 1970s to the current time. Methodological weaknesses were very common in this field of research. Nonetheless, evidence did not suggest that nonviolent pornography was associated with sexual aggression. Evidence was particularly weak for longitudinal studies, suggesting an absence of long-term effects. Violent pornography was weakly correlated with sexual aggression, although the current evidence was unable to distinguish between a selection effect as compared to a socialization effect. Studies that employed more best practices tended to provide less evidence for relationships whereas studies with citation bias, an indication of researcher expectancy effects, tended to have higher effect sizes. Population studies suggested that increased availability of pornography is associated with reduced sexual aggression at the population level. More studies with improved practices and preregistration would be welcome.

Keywords

pornography, sexual aggression, rape, domestic violence



2020

- Whether pornography contributes to sexual aggression in real life has been the subject of dozens of studies over multiple decades. Nevertheless, scholars have not come to a consensus about whether effects are real. ... evidence did not suggest that nonviolent pornography was associated with sexual aggression. Evidence was particularly weak for longitudinal studies, suggesting an absence of long-term effects. Violent pornography was weakly correlated with sexual aggression, although the current evidence was unable to distinguish between a selection effect as compared to a socialization effect. Studies that employed more best practices tended to provide less evidence for relationships whereas studies with citation bias, an indication of researcher expectancy effects, tended to have higher effect sizes. Population studies suggested that increased availability of pornography is associated with reduced sexual aggression at the population level.



IMPLICATIONS

- Ideology is everywhere
- Science matters
 - Better studies yielded more refined results
 - Not as simple as “your brain on porn”
- On its own, porn isn’t that much of a risk factor
 - Truly high risk individuals are the exception
 - It’s time we get over that
- It’s the combination of porn with other life factors that we should attend to
 - Malamuth’s “Confluence Model”

WHY DON'T WE JUST TELL THEM TO STOP IT?



Masturbation Prohibition in Sex Offenders: A Crossover Study

Christina M. Brown, M.A.,^{1,3} Giovanni Traverso, M.D.,⁵ and
J. Paul Fedoroff, M.D.^{2,4,6}

Some self-help groups for individuals with aberrant sexual interests (e.g., Sexaholics Anonymous and Sex and Love Addicts Anonymous) maintain that a period of "sexual sobriety" is necessary for treatment. The hypothesis was tested that sexual urges during a 30-day period of voluntary abstinence from masturbation would be less frequent and intense than during a period when masturbation was not avoided. Outpatient pedophiles were randomly assigned to either refrain from masturbating or make no attempt to alter their masturbation frequency for a period of 30 days. All participants were crossed over to the other treatment condition at the start of the 2nd month. Sexual urges and behavior were measured using weekly self-reports. A repeated measures ANOVA failed to show a difference in reported intensity of sexual urges, $F(7, 91) = 1.15$, $p = 0.34$; masturbation urges, $F(7, 91) = 1.73$, $p = 0.11$; adult sex urges, $F(7, 91) = 1.82$, $p = 0.09$; or child sex urges, $F(7, 91) = 1.58$, $p = 0.15$, in Masturbation Allowed vs. Masturbation Not Allowed conditions. Of 17 participants, 3 (18%) were able to retain completely from masturbating for 1 month, 4 participants (25%) thought it was helpful not to masturbate; 1 participant (7%) thought therapists should recommend avoidance of masturbation. This study suggests that sexual sobriety from masturbation does not aid in the control of pedophilic fantasies. This may be because the technique is ineffective, or because so few participants are willing to engage in it.

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⁵Dipartimento di Scienze Medico-Legali, Cattedra di Psicopatologia Forense, University di Siena, Siena, Italia 53100.

⁶To whom correspondence should be addressed.



1996

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MAYBE WE SHOULD JUST TELL THEM TO SLOW DOWN?



PARAPHILIAS

High-Frequency Pornography Use May Not Always Be Problematic



Beáta Bóthe, PhD,^{1,2} István Tóth-Király, PhD,³ Marc N. Potenza, PhD, MD,^{4,5} Gábor Orosz, PhD,^{6,1} and Zsolt Demetrovics, PhD, DSc¹

ABSTRACT

Background: Previously, variable-centered analytic approaches showed positive, weak-to-moderate associations between frequency of pornography use (FPU) and problematic pornography use (PPU). However, person-centered studies are sparse in the literature, and these could provide insight into whether there are individuals who use pornography frequently and do not experience problems or whether there are individuals with comparable high-frequency use who differ on reported experiencing of negative consequences.

Aim: The aims of the present study were (i) to identify profiles of pornography use based on FPU and PPU by applying a person-centered analytic approach and (ii) to examine whether the identified profiles could be distinguished based on theoretically relevant demographic and psychological constructs.

Methods: Latent profile analyses were conducted on 3 nonclinical samples recruited from general websites and a pornography site (study 1: N = 14,006; study 2: N = 483; study 3: N = 672).

Results: Results were consistent across all studies. 3 distinct pornography-use profiles emerged: nonproblematic low-frequency pornography use (68–73% of individuals), nonproblematic high-frequency pornography use (19–29% of individuals), and problematic high-frequency use (3–8% of individuals). Nonproblematic and problematic high-frequency-use groups showed differences in several constructs (ie, hypersexuality, depressive symptoms, boredom susceptibility, self-esteem, uncomfortable feelings regarding pornography, and basic psychological needs).

Clinical Translation: FPU should not be considered as a sufficient or reliable indicator of PPU because the number of people with nonproblematic high-frequency use was 3–6 times higher than that with problematic high-frequency use. These results suggest that individuals with PPU use pornography frequently; however, FPU may not always be problematic.

Strengths & Limitations: Self-report cross-sectional methods have possible biases that should be considered when interpreting findings (eg, underreporting or overreporting). However, the present research included 3 studies and involved large community samples and visitors of a pornography website. The present study is the first that empirically investigated pornography-use profiles with a wide range of correlates using both severity of PPU and FPU as profile indicators on specific and general samples.

Conclusion: The present study is a first step in the differentiated examination of pornography-use profiles, taking into consideration both PPU and FPU, and it provides a foundation for further clinical and large-scale studies. Different



2020

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- *Clinical Translation: FPU should not be considered as a sufficient or reliable indicator of PPU because the number of people with non-problematic high-frequency use was 3e6 times higher than that with problematic high-frequency use. These results suggest that individuals with PPU use pornography frequently; however, FPU may not always be problematic.*

DOES IT GIVE YOU SEXIST ATTITUDES?



ORIGINAL ARTICLE

Pornography and Sexist Attitudes Among Heterosexuals

Gert Martin Hald^{1,2}, Neil N. Malamuth³, & Theis Lange⁴

1 Department of Public Health, University of Copenhagen, Copenhagen, Denmark

2 Clinic of Sexology, Copenhagen University Hospital, Copenhagen, Denmark

3 Department of Psychology, University of California, Los Angeles, CA, USA

4 Department of Biostatistics, University of Copenhagen, Copenhagen, Denmark

Using a probability-based sample of young Danish adults and a randomized experimental design, this study investigated effects of past pornography consumption, experimental exposure to nonviolent pornography, perceived realism of pornography, and personality (i.e., agreeableness) on sexist attitudes (i.e., attitudes toward women, hostile and benevolent sexism). Further, sexual arousal mediation was assessed. Results showed that, among men, an increased past pornography consumption was significantly associated with less egalitarian attitudes toward women and more hostile sexism. Further, lower agreeableness was found to significantly predict higher sexist attitudes. Significant effects of experimental exposure to pornography were found for hostile sexism among low in agreeableness participants and for benevolent sexism among women. These experimental exposure effects were found to be mediated by sexual arousal.



2013

- ...when agreeableness is controlled for, past pornography consumption no longer holds significant associations with any of the sexist attitudes investigated. Consequently, associations between past pornography consumption and dependent variable(s) investigated may partly or better be accounted for by dispositional factors or other individual differences.



Pornography Consumption and Attitudes Towards Pornography Legality Predict Attitudes of Sexual Equality

David Speed , Jordan MacDonald, Alyssa Parks, Hannah Doucette, and Keerthana Munagapati

Department of Psychology, University of New Brunswick

ABSTRACT

Some scholars argue that the existence of pornography is an ongoing assault on women and that it should be banned. However, the existing evidence suggests the connection between pornography consumption and sexism is overstated and may actually run in the opposite direction. Using data from the General Social Survey (2010–2018), the current study investigated if “pornography consumption” and “pornography tolerance” predicted sexism and whether these associations varied by sex. Results indicated that pornography consumption predicted lower levels of sexism, although these effects were rendered nonsignificant with the inclusion of sociodemographic, religious, and sociocultural covariates. When comparing the results of the current study to findings based on data from the 1970s–1990s, it appears that pornography consumption is now irrelevant to sexism rather than promoting egalitarianism. Our analyses focusing on “pornography tolerance” revealed that people who supported *regulated* pornography were more egalitarian than people who supported a pornography ban. Generally, men were more likely to report sexist attitudes than women, but sex moderated the relationship that pornography variables had with sexism in several of the models. Overall, pornography consumption and pornography tolerance were either irrelevant in predicting sexism or were associated with greater egalitarianism.



2021

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A COMPARISON OF MALE AND FEMALE DIRECTORS IN POPULAR PORNOGRAPHY: WHAT HAPPENS WHEN WOMEN ARE AT THE HELM?

Chyng Sun
New York University

Ana Bridges
University of Rhode Island

Robert Wosnitzer
New York University

Erica Scharrer
University of Massachusetts, Amherst

Rachael Liberman
New School for Social Research, New York

Pornography is a lucrative business. Increasingly, women have participated in both its production, direction, and consumption. This study investigated how the content in popular pornographic videos created by female directors differs from that of their male counterparts. We conducted a quantitative analysis of 122 randomly selected scenes from 44 top-renting adult videos in 2005 (half male- and half female-directed). Findings revealed that all films shared similar depictions: Verbal and physical aggression was common, women were the primary targets of aggression, and negative responses to aggression were extremely rare. Compared to male-directed films, female-directed films were significantly more likely to portray women-only scenes and sexual acts. Even when controlling for main characters' gender, female-directed films showed significantly more female perpetrators aggressing against female targets and significantly more depictions of women as perpetrators of aggression. We highlight the importance of economic forces, rather than director gender, in dictating the content of popular pornography.



2008

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DOES IT MAKE PEOPLE MORE LIBERTINE?



RESEARCH ARTICLE

Associations between adolescents' use of sexually explicit material and risky sexual behavior: A longitudinal assessment

Goran Koletić^{1*}, Taylor Kohut², Aleksandar Štulhofer¹

1 Department of Sociology, Faculty of Humanities and Social Sciences, Zagreb, Croatia, **2** Department of Psychology, University of Western Ontario, London, Canada

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OPEN ACCESS

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Abstract

The unprecedented accessibility and affordability of online sexually explicit material (SEM) has facilitated widespread use among adolescents and growing concerns over adverse reproductive health outcomes. Although SEM-induced risky sexual behavior is among key concerns, there is a paucity of longitudinal research addressing this issue. This study aimed to assess the longitudinal association between frequency of SEM use and risky sexual behavior among adolescents in two independent 5-wave panel samples of Croatian adolescents ($n = 368$; $n = 247$). The indicators of risky sexual behavior were: (1) not using a condom at most recent sexual intercourse, and (2) reporting two or more sexual partners. Multilevel logistic regression analysis with a lagged component was used to explore the associations of interest. Controlling for sociodemographic characteristics, pubertal timing and sensation seeking, frequency of SEM use was not associated with the two indicators of sexual risk taking. This study's findings are relevant for health and educational experts, but also for concerned parents.



2019

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DOES IT TURN YOUR BRAIN INTO MUSH?





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Full length article

The impact of immersion on the perception of pornography: A virtual reality study



Sofia C. Simon*, Tobias Greitemeyer

University of Innsbruck, Austria

ARTICLE INFO

Keywords:

Virtual reality
Immersion
Pornography
Sexual arousal
Presence
Sexual presence

ABSTRACT

The present study investigated the effects of varying degrees of immersion on the perception of pornographic video material. Concretely, we compared conventional desktop with Virtual Reality (VR) technology, with the latter embedding the observer in a virtual environment. Differences in the participant's reaction and evaluation between both display modes were explored. Sixty male participants were alternately shown sexually explicit video material on a two-dimensional desktop monitor and a three-dimensional, high-immersive VR head-mounted display (HMD). During the two video sequences, physical arousal was continuously measured as skin conductance response, whereas subjective sexual arousal was measured using a slider. Questionnaire measures of subjective sexual arousal, presence, and sexual presence were also employed. Results showed that viewing pornographic video material via VR technology had a stronger effect on psychophysiological reactions as well as subjective experience than using the conventional desktop display. It thus appears that experiencing pornographic video stimuli in high-immersive virtual environments increases the experience of presence as well as sexual-related perception.



2019

- Results showed that viewing pornographic video material via VR technology had a stronger effect on psychophysiological reactions as well as subjective experience than using the conventional desktop display. It thus appears that experiencing pornographic video stimuli in high-immersive virtual environments increases the experience of presence as well as sexual-related perception.

SO WHAT IS GOING ON HERE?



Is Male Adolescents' Sexual Aggressiveness Better Explained by Prior Pornography Use or Callousness? A Brief Report

Sexual Abuse

1–13

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DOI: 10.1177/1079063220952777

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Aleksandar Štulhofer¹ 

Abstract

To address growing concerns about the role of pornography use in adolescents' sexual socialization, we explored the role of callousness, relative to pornography use, in male adolescents' self-reported sexual aggressiveness. Two competing conceptualizations of this role were tested using data from a larger longitudinal research project on sexualized media use and adolescent well-being. Considering that callousness was assessed at only two waves (T2 and T4), 381 male Croatian adolescents ($M_{age} = 15.88$, $SD = 0.49$) who participated in both waves were included in the study. Generalized mixed effects regression modeling indicated that callousness, but not pornography use, significantly predicted sexual aggressiveness 11 months later. Callousness also moderated the association between pornography use and sexual aggressiveness, so that among participants who scored high in callousness, more frequent pornography use was related to lower odds of reporting sexual aggressiveness. High callousness is a risk factor for male adolescents' sexual aggression and should be addressed in prevention programs.

Keywords

sexual aggression, adolescents, pornography use, callousness

- 
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SO WHAT NOW?

- Kids are kids
- Kids are vulnerable
- Kids do not have an adequate fund of knowledge to assess porn and the role it plays in their lives
- Kids need adult guidance and education
- However, kids are not stupid
- There are far more established risk factors that we should worry about
- Kids, like many adults, report using porn as a victim-access method
- Kids need to be savvy consumers of all media

A CHILD'S RIGHT TO BE PROTECTED FROM EXPOSURE TO ONLINE PORNOGRAPHY: ASSESSING THE HARM CAUSED BY CONTEMPORARY ONLINE PORNOGRAPHY AND EVALUATING CURRENT REGULATORY AND LEGAL FRAMEWORKS AIMED AT CHILD PROTECTION ONLINE

Caylee E. Campbell¹

ABSTRACT

Following the violent abduction, rape, and murder of eight-year old Asifa Bano in Kathua, Kashmir, her name topped the trending search board on at least one major pornography website.² Across the globe in the United Kingdom, one thirteen-year-old boy reported, "I have been bullied into watching pornographic videos by people at school, which makes me feel sick. One showed a woman being raped, it was so upsetting."³ Another young girl confessed, "I am really ashamed and now I am getting emails from tons of porno sites. I am so scared my mum is going to find out."⁴

Pornography is not harmless. Each day children as young as five are exposed, either inadvertently or via deliberate searches, to shockingly violent content comprising today's mainstream pornography. The effects of young children viewing "barely legal" content and consuming sexually aggressive messages at a young age manifest in a slew of harms that are grave enough to have prompted governmental regulation.



HARMS RESULTING FROM EXPOSURE TO PORNOGRAPHY

- Desensitization and Normalization of Pornographic Behavior
- Impact on Sexual Development
- Impact on Mental Health
- Increased Vulnerability to Grooming
- Harms to Peers and Families
- Harms to Society
- Impact on Women, Girls, and Gender Stereotypes
- Impact on Racial Minorities
- Impact on Public Health
- Impact on Economy
- Impact on Exploitation

2019