

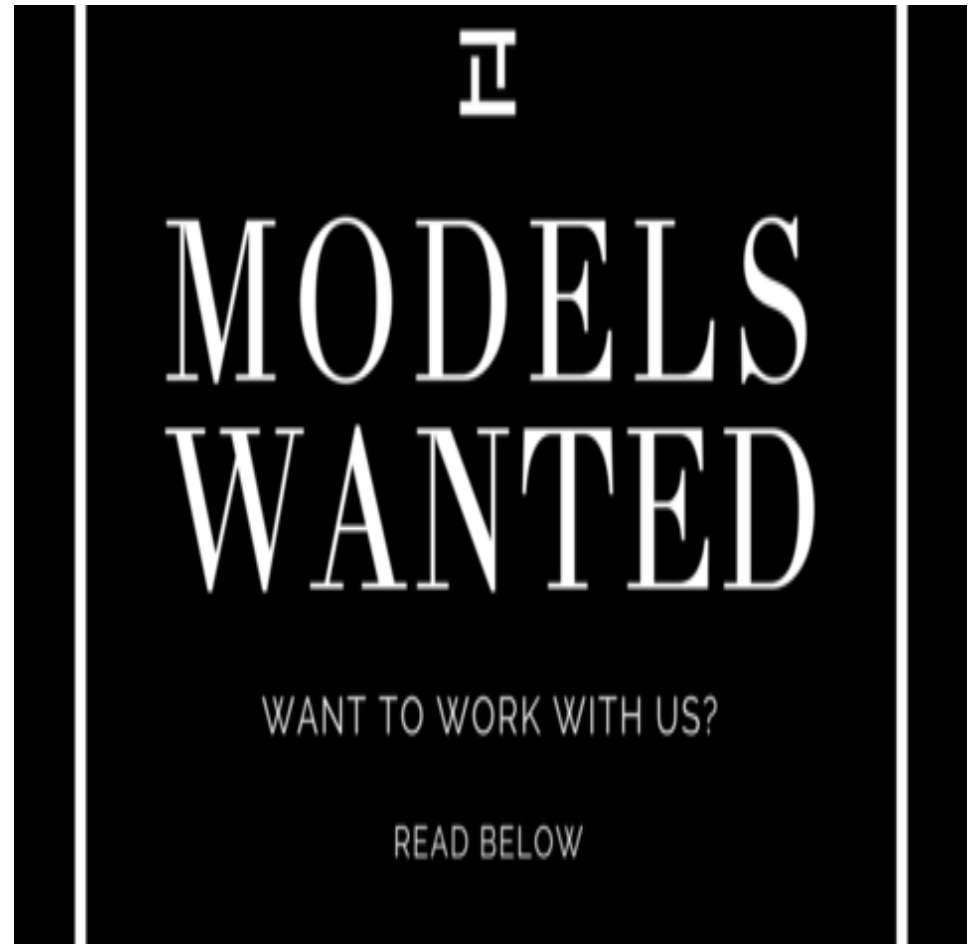
PORNOGRAPHY – A PUBLIC HEALTH CRISIS

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Do you remember what you were
doing at 16?

Alicia's Story

- Alicia, 16 yrs old, saw the following ad online:
- **Hot models wanted!**
- **Like to travel? Want a free trip?**
- **Want to be famous?**
- **Contact Lee**



Alicia's Story...

Alicia is so excited she's escaping her parents and is on her way to a new life, full of new, exciting things.

Only weighing 95 lbs., she knows she is the perfect size for modeling!

Lee picks her up from the airport and takes her to his BIG house with 5 bedrooms. Every bedroom has a mattress on the floor, So Cool!

She meets other girls her age and can just feel the excitement.

The very next day Lee takes her to "The Studio" where she will become a famous model..

Alicia's Story...

The Studio is a small room with a bed, a video camera and several older men.

She gets her script and learns she will star in a porn film. She gets a little nervous because she's never been sexually active, but she whispers to herself "This is your big day".



Alicia's Story...

After 8 hours of being raped vaginally, anally, orally and sometimes two men at the same time, she has blood gushing from her vagina and anus. Although she screamed throughout their roughness, no one cared. This was going to make Lee big bucks.

Alicia's Story...

Seeing that she was no longer a suitable model, Lee called a taxi, put her in it, tossed \$300.00 at her and ordered the taxi to go to the airport.

Objectives

1. Porn physical harm/ addiction
2. Porn fantasy or reality?
3. Porn related to trafficking
4. Porn related to Children

Mainstream the issue

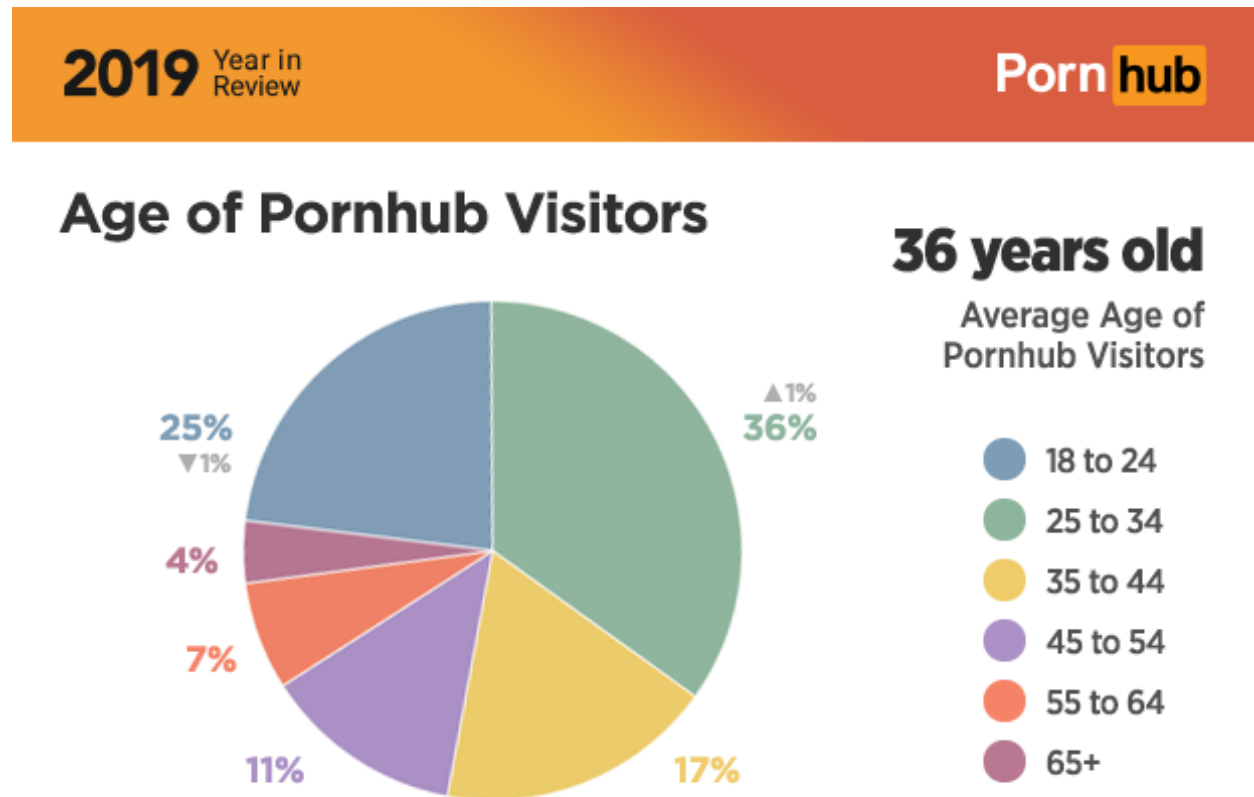
- Not a **moral** issue, but a **people** issue
- Public Health Crisis
- Effects all gender identities, ages, socio-economic statuses, education levels
- Encourages racism

Public Health Crisis

- “On July 19, 2019, over 16 states have declared pornography a public health crisis.”
- Pornography is ubiquitous and unregulated contributing to social and physical health issues that have yet to be fully studied and understood.
- It's time both health care providers, churches, and parents have conversations regarding pornography.
- It's time we, as citizens, vote to hold the adult entertainment world accountable.

Pornhub Statistics

- Pornhub got **42 Billion** visits in 2019
- Almost 1,300 million visits a **second**
- United States holds highest daily traffic rate to site



Billion Dollar Industry



National Center on Sexual Exploitation

2020 Dirty Dozen List

- Every year the NCOSE publishes a list of the top 12 companies contributing to sexual exploitation
- This year's current list attached below
- [Dirty Dozen Flyer](#)

Porn and Addiction

- Average first exposure **is 8 yrs old.**
- More addictive than gambling, gaming, surfing, or social networking
- Negatively alters brain reward and motivation system similar to drug addiction

Porn and Addiction

- Dopamine, pleasure chemical, released →
- DeltaFosB protein released to make new nerve pathways in brain that connect action to feeling →
- CREB protein (cyclic adenosine monophosphate response element binding protein) released to defend brain from overload of dopamine and DeltaFosB, slowing pleasure response →
- This tolerance means user needs to consume more porn to gain same dopamine high →
- Addiction begins.

Porn and Physical Harm

- Increased STI's
- Working Memory Problems that affect decision making, learning and problem solving
- Increased Raping and Sexual Abuse
- Increased physical aggression
- Excessive masturbation related physical harm

Porn Fantasy or Reality?

- “Porn promises immediate satisfaction, endless excitement, and easy intimacy, but in the end, it robs the consumer of all three. The more pornography an individual consumes, the more he or she tends to withdraw emotionally from real people and rely on porn. Eventually, it becomes more difficult to be aroused by a real person or to form a real relationship, and the resulting isolation and loneliness fuel the need for more porn” (Brooks, 1995).

Porn Fantasy or Reality?

- Sexual Dissatisfaction
 - Decrease in satisfaction during partner sex (porn over people)
 - Sexual boredom
 - Sexual Aggression
- Sexual Dysfunction
- Erectile Dysfunction
 - Delayed ejaculation



Porn Fantasy or Reality?

- Mental Health Issues
 - Negative body image
 - Anxiety, depression, PTSD
 - Risky behaviors such as binge drinking
- Marital Problems
 - More critical of partner's body
 - Marital Rape
 - Increase in number of affairs
 - Degraded view of women
 - Dissatisfaction with marital sex

Discussing Pornography with patients

- As patients present with:
- Erectile dysfunction
- Marital or Relationship concerns
- Anxiety
- Depression
- Vague physical or mental complaints

Consider Pornography use, overuse, and possible addiction

Porn related to Human Trafficking

- Human Trafficking is a “modern-day form of slavery in which a commercial sex act is induced by **force, fraud, or coercion**, or in which the person induced to perform such an act is under the age of 18 years” (Trafficking Victims Protection Act).

Porn related to Human Trafficking

- “The real lives of those who are trafficked or prostituted or made into pornography are often indistinguishable from the real lives of victims of rape, incest and intimate partner violence. **The main difference is money**” (Farley, 2015).

Porn Related to Trafficking

- Increases demand for commercial sex
- Increases violent acts
- Increases risk of vulnerable population being trafficked
- Nonconsensual: victims are often forced to produce porn
 - “Trafficking is part of porn. Victims are made to produce porn, porn helps teach and desensitize victims, and porn increases demand for commercial sex” (Farley, 2015).

Porn Related to Children

- Early first exposure and Ease of Access
 - Porn sites are not making it difficult for children to visit!
 - Remember average age of first exposure as early as 8 years old?
- Academic Disengagement

Porn Related to Children

- Higher risk of addiction

“A teen’s reward center in the brain responds two to four times more powerfully than an adult’s brain, releases higher levels of dopamine and produces more DeltaFosB” (Fight The New Drug, 2017).



Porn Related to Children

- Mental Health Issues
 - depression, loneliness, suicidal ideation
- Develop sexual preoccupation at younger age
- Misrepresentation of Healthy Sexual Relations
 - Increase in sexual abuse amongst peers
 - Increase in casual sex
 - Increase in risky sex (group sex, multiple partners, substance abuse with sex)
 - Lack of protection use
 - STIs, unwanted pregnancies

Porn Related to Children

- Children are vulnerable targets for exploitation
- High demand fuels supply of child porn

Take Action

- Get involved in your community to fight against human trafficking
- Seek help for your porn addiction
- Put filters on your children's electronic devices
- Research which companies profit from human trafficking
- Research which companies make Pornography, boycott their businesses.
- Have conversations with your significant other, family members, friends, and co-workers about the prevalence of internet porn addiction

Take Action

- Develop curricula for all health care professionals on the harmful effects of pornography on the viewer and on those being harmed by porn consumers.
- Develop and fund treatment programs for those impacted by pornography addiction including spousal/partner trauma.
- Put warning labels on all pornography – digital and print, just as there are health warnings on tobacco products. Pornography is harmful and potentially addictive and the public should be informed.
- Hire a professional organization to speak in schools, church, any public event in your city

Resources

- FighttheNewDrug.com
- FightSlaveryNow.org
- Love People Not Pixels: lpnp.org
- DefendDignity.ca
- EndSexualExploitation.org

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