

## Pornography

Presented by Paul Nannes, Real Talk Aus.  
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## Links and References:

### Books for Children:

- **Good pictures/Bad pictures: Porn Proofing Today's Young Kids** by K Jenson & G Poyner. Great for talking to primary aged kids about porn. Available from Focus on the Family.
- **Think, Turn, Tell** by Wendy Frances: Children's book teaching kids what to do when they see porn.
- **Not for Kids** by L Walker: Children's book addressing porn exposure.
- **Only for Me** by Michelle Derrig: Great book on body protection and sexual abuse protection for children [www.onlyforme.com.au](http://www.onlyforme.com.au)
- **As I Have Loved You** by Gerard O'Shea: Great resource for parents of pre-teens.

### Books:

- **The Porn Myth** by Matt Fradd: Great overview of all the big questions about Pornography. Very well researched and a comprehensive discussion
- **Pornland** by Gail Dines. How porn has hijacked our sexuality. A hard-hitting book that discusses what the title suggests.
- **Big Porn inc** - Melinda Tankard Reist, Abigail Bray. Exposing the harms of the global porn industry
- **From Good Man to Valiant Man** - Dr Allan Meyer. Good Aussie book – broader than sex struggles. Mainly for married Christian men. I regard it very highly.
- **Unwanted** – Jay Stringer - Looks at the topic through the lens of how our unwanted sexual behaviours points us to the places that needs healing.
- **Breaking Free** - Russell Willingham - Good solid and goes into the psychology of addiction. Good for people with some serious stuff going on & issues at the core of their struggle. E.g. past abuse
- **Wired for Intimacy** - William Struthers -Focuses on science, the human brain and how porn hijacks it
- **Delivered** - Matt Fradd -A collection of stories of men and women who broke free from sexual addiction/porn use
- **Treating Porn Addiction: the essential tools for recovery** - Kevin Skinner -Small book but thorough and clinical.

### Websites:

- [www.fightthenewdrug.org](http://www.fightthenewdrug.org) A well-presented and contemporary non-religious USA movement with lots of great stuff on the porn topic
- [www.pornfreemovement.com](http://www.pornfreemovement.com) Heaps of good videos, references, links and books.
- [www.yourbrainonporn.com](http://www.yourbrainonporn.com) Good basic info on the brain processes of porn use

- [www.thelightproject.co.nz](http://www.thelightproject.co.nz)
- [www.protectyoungminds.org](http://www.protectyoungminds.org) Helps parents to teach kids how to reject pornography.
- [www.safesurfer.co.nz](http://www.safesurfer.co.nz) Good, simple **free** Internet safety app, software & can also get parental control router
- [www.covenanteyes.com](http://www.covenanteyes.com) Internet safety and software for helping prevent and break free from pornography. \*Great FREE eBooks for parents and adults.
- [www.esafety.gov.au](http://www.esafety.gov.au) Australian government website for all things regarding digital safety including reporting.
- [www.TheParentingPlace.com](http://www.TheParentingPlace.com) A great NZ based parenting website/org with great tips
- [www.opendns.com](http://www.opendns.com) The world's largest Internet security site.
- **National Online Safety:** *UK based - Information for parents and teachers to make the internet a safer place for children.* [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)
- [www.paulnannes.com](http://www.paulnannes.com) – You can find some of Paul's work on the topic

## **References:**

Please see [www.pornfreemovement.com](http://www.pornfreemovement.com) for a good simple reference list that covers most of what Paul referred to in the presentation.

See also [www.yourbrainonporn.com](http://www.yourbrainonporn.com)

**Porn and Relationships.** Over 80 studies link porn use to poorer sexual and relationship satisfaction. As far as we know all studies involving males have reported more porn use linked to poorer sexual or relationship satisfaction. While some studies report little effect of women's porn use on women's sexual and relationship satisfaction, many do report negative effects: Porn studies involving female subjects: Negative effects on arousal, sexual satisfaction, and relationships

**Porn equivalent to substance use.** 57 neuroscience-based studies (MRI, fMRI, EEG, neuropsychological, hormonal). All but one provide support for the addiction model as their findings mirror the neurological findings reported in substance addiction studies

**Addiction with extreme material.** Over 60 studies reporting findings consistent with escalation of porn use (tolerance), habituation to porn, and even withdrawal symptoms (all signs and symptoms associated with addiction)

**Porn and sexual problems.** Over 40 studies linking porn use/porn addiction to sexual problems and lower arousal to sexual stimuli. The first 7 studies in the list demonstrate causation, as participants eliminated porn use and healed chronic sexual dysfunctions

**Porn use affecting beliefs, attitudes and behaviors.** 2016 meta-analysis of 135 relevant studies: Media and Sexualization: State of Empirical Research, 1995–2015. Excerpt: The findings provided consistent evidence that both laboratory exposure and regular, everyday exposure to this content are directly associated with a range of consequences, including higher levels of body dissatisfaction, greater self-objectification, greater support of sexist beliefs and of adversarial sexual beliefs, and greater tolerance of sexual violence toward women.

**Sexual aggression and porn use.** A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies (2015). Excerpt: 22 studies analysed. Consumption was associated with sexual aggression, among males and females, and in cross-sectional and longitudinal studies. Associations were stronger for verbal than physical sexual aggression, although both were significant. The general pattern of results suggested that violent content may be an exacerbating factor.