

# Parenting the Internet Porn Generation

John D. Foubert, Ph.D.  
Dean, College of Education  
Union University

For Slides go to:  
[johnfoubert.com/homeschool](http://johnfoubert.com/homeschool)  
@JohnFoubert

## Goal

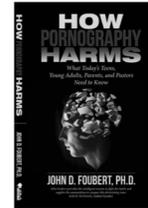
- Give you information to help you have good conversations with your children about pornography.



**This is Difficult!**  
It is OK to put yourself in time-out



**Based on Research For 2017 Book  
And More Recently Reviewed Research**



## PORN & THE BIBLE: The Basics



Pornography "tears away at the seams of the one flesh, monogamous, heterosexual relationship, because it brings another party into that."

"If you look on a woman and lust after her you've committed adultery in your heart. You can't really look at pornography without that [lust] happening..."

\* Hitchcock, M. (2015). Personal Communication

## Look at the Contrast

### Devil: Stand

#### **Ephesians 6: 11 & 13**

Put on the whole armor of God, that you may be able to **stand** against the schemes of the devil.

Therefore take up the whole armor of God, that you may be able to **withstand** in the evil day, and having done all, to **stand** firm.



Dr. Mark Hitchcock  
Dallas Theological Seminary

### Sex & Lust: Flee

#### **1 Cor 6:18 and 2 Tim 2:22**

**Flee** from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

So **flee** youthful lust and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

{ 6 }



**Worldwide:  
100 Billion a Year**

- Microsoft
- Google
- Amazon
- eBay
- Yahoo
- Apple
- Netflix

**Porn**

**While They Are  
Under Our Roof**

What percent of boys have seen online pornography before graduating high school?

- A. 14%
- B. 49%
- C. 62%
- D. 93%

• Sabina, C., Wolak, J., & Finkelhor, D. (2008). The nature and dynamics of Internet pornography exposure for youth. *CyberPsychology & Behavior*, 17(6), 691-693.

• Carroll, J. S., Padilla-Walker, L. M., Nelson, L. J., Olson, C. D., Barry, C. M., & Madsen, S. D. (2008). Generation XXX. *Journal of Adolescent Research*, 23(1), 6-30.

**Boys Under 13**

- 2008: 14%
- 2011: 49% (Daily x2)
- Average age = 11.

• Sun, C., Bridges, A., Johnson, J., & Ezzell, M. (2014). Pornography and the male sexual script: An analysis of consumption and sexual relations. *Archives of sexual behavior*, 1-12.

**PAUL AT AGE 14**

**“(My teammates) would be like joking around like, ‘Look at this.’ They’d pull up some porn video on their iPhone. ....I remember one time a guy after practice thought it was ridiculous that I had never seen porn so he would show it to me.”**

Foubert, J.D. (2017). *How Pornography Harms: What Teens, Young Adults, Parents & Pastors Need to Know*. Bloomington, IN: LifeRich Publishing.

**Exposure for Girls**

- 25% of girls see porn before 12
- 61% viewed porn before turning 16
- 64% viewed by high school graduation

• Sabina, C., Wolak, J., & Finkelhor, D. (2008). The nature and dynamics of internet pornography exposure for youth. *CyberPsychology & Behavior*, 17(6), 691-693.

• 2014 Research.org Pornography Addiction Survey (conducted by Banned Council)

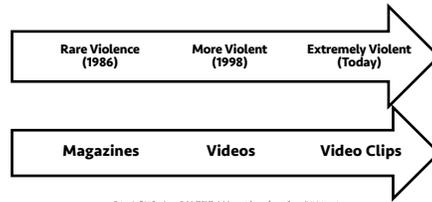
The survey results are located at: [www.research.org/2014/08/08/pornography-addiction-survey-2014/](http://www.research.org/2014/08/08/pornography-addiction-survey-2014/)



## Content of Pornography

It is worse than you think.

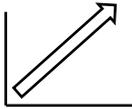
## Trend in Pornography Scripts Over Time



Peter, J., & Valkenburg, P. M. (2010). Adolescents' use of sexually explicit Internet material and sexual uncertainty: The role of involvement and gender. *Communication Monographs*, 77, 302-325. doi:10.1080/03637751.2010.488791

## Past 10 years, Exponential Increase in...

- Violent Porn
- Gore Porn
- Child Porn
- Racist Acts in Porn



Duffy-Bennett, W. S. (2015). Critical criminological understandings of adult pornography and women abuse: New progressive discourse in research and theory. *International Journal for Crime, Justice and Social Democracy*, 4, 4-21.

## Violent Content = The New Mainstream

- **88% of scenes:**
  - Spanking
  - Slapping
  - Hair Pulling
  - Choking
  - Bondage
- **41% of movies:**
  - Anal sex, immediate oral sex.



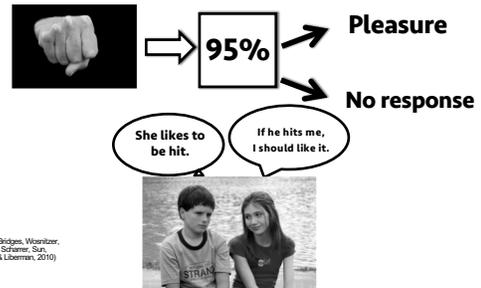
(Bridges, Wosnitzel, Scharer, Sun, & Liberman, 2010).

## Internet Clips

- 45% show at least one male "finishing" on woman's face.

Gorman S, Monk-Turner E, Fish J. (2010). Free adult Internet web sites: How prevalent are degrading acts? *Gender Issues*, 27 (3-4), 131-145.

## Porn Teaches Violence



(Bridges, Wosnitzel, Scharer, Sun, & Liberman, 2010)

### Female Performers Reactions in Online Porn

- Express pleasure during forced vaginal or anal penetration, and forced gagging; particularly if the performer is a teenager.
- Teaches viewers that women enjoy aggressive and demeaning sexual behaviors



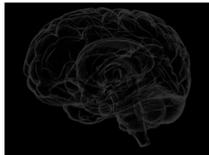
• Khan, F. (2018). Age, aggression, and pleasure in popular online pornographic videos: Violence Against Women, DOI: 10.1186/1077801118004101.



### Effects of Pornography On Adolescents

### The Adolescent Brain

- More sensitive to sexually explicit material than adult brains (Brown & Wisco, 2019).



### Among Adolescents...

- Pornography use increases with age, especially with boys.
- Adolescents who attend religious services frequently are less likely to view pornography (Rasmussen & Bierman, 2016).



### The more frequently adolescents view pornography...

- The more likely they are to attend religious services less frequently
- The less importance their faith is to them
- The less frequently they pray and feel close to God
- The more religious doubts they have

• (Alexandraki et al., 2018).



### Adolescents who are more attached to religious leaders

- Have lower levels of pornography consumption (Alexandraki et al., 2018).



## Adolescents who view pornography...

- Are more likely to begin sexual activity at an earlier age.
- This early onset of sexual activity is due to more permissive attitudes toward casual sex that are directly linked to their pornography use

• (Van Oosten, Jochen, & Vandebosch, 2017).



## Asking Adolescents if they Use Pornography...

- Has no effect on whether or not they will actually access pornography in the future (Koletic, Cohen, Stulhofer, & Kohut, 2019).



## Frequent Use of Pornography

- More likely to have relationship problems with their peers

• (Alexandraki, et al., 2018).



## Review of 19 Studies

- Adolescents who view online pornography are more likely to engage in risky sexual behaviors and to have anxiety or depression (Principi et al., 2019).



## Adolescents Who Use Pornography

- More likely to commit sexual violence
- More likely to have disturbed family relationships
- Boys more likely to be involved in sexting



• Hahn, J., & Nollmann, G. (2012). Adolescents and pornography: A review of 22 years of research. *The Journal of Research*, 124(1), 107-123.  
• Sasaki, N., Barnes, C., Wood, M., Agnew, W., Lissak, C., Sato, A., & Overhol, C. (2016). Pornography, sexual consent and abuse: Is watching it young people's intimate relationships. *Journal of Interpersonal Violence*, 31(10), 2019-2044.  
• Wood, M., & Thompson, S. (2015). Predicting the intergenerational transmission of sexual violence in adolescence. *Prevention Science: The Official Journal of the Society for Prevention Research*. DOI: 10.1007/s11121-015-0568-4



## Pornography and the Brain The Complex Process

## A hijacking?

**Pornography hijacks the most influential sex organ.**



## Neural Pathways are Flexible



**UNLIMITED CLICKABLE LINKS:  
A Supra-Normal Stimulus:  
High Speed Internet Pornography**



## Dopamine "I Want It"

- Internet porn gives unlimited stimuli
- Steady, high rush of dopamine can't be matched with a single human body.
- Brain retrained to be stimulated to so many images, it can't be matched with a human body.



## Brain Scan Study

**Brains: women are objects, not people.**



\* Eberstadt, M. & Linden, M.A. (2010). The social costs of pornography: A statement of findings and recommendations. Princeton, NJ: The Wilson Center Institute.  
\* Haidt, R., & Koenigsmann, S. (2013). Dehumanization and infanthumanization. Annual Review of Psychology, 64, 389-423.

## Yes, Pornography Can Be Addictive

**In a study looking at brain scans of males, neurologists found that the brain activity among heavy porn users showed a behavioral addiction, much like substance and gambling addiction.**



\* Gola, M., Woreck, M., Szeleszeni, G., Lew-Starowicz, M., Kozminski, S., Wroch, M., Nalep, S., Paluszka, M.N. & Marchwinska, A. (2017). Can pornography be addictive? An fMRI study of acute media treatment for problematic pornography use. Neurobiology of Technology, 4(2), 202-207.



## General Effects Of Pornography

## Brain Shrinkage

- More porn = brain shrinkage
- Short-term memory

- Yes, porn makes you...



• Lamer, C., Schultz, P. P., & Brand, M. (2015). Pornographic picture processing interferes with working memory performance. *Journal of Sex Research, 52*(7), 647-652. doi:10.1080/00220018.2015.1048717

## Resisting small short-term rewards for larger, later rewards.

- More porn use = less able to resist short term rewards



- Abstaining from porn for even 3 weeks helps people work toward long-term goals.

• Negosh, S., Sheppard, N.V., Lambert, N.M., & Fincham, F.D. (2015). Trading later rewards for current pleasure: Pornography consumption and delay discounting. *Journal of Sex Research, 52*(2).

## Tommy's Story

- "I think the youngest I've seen would probably be 15 or 14; mainly the female. It's mainly like an older adult, like a homemade video with a younger girl. ...Usually the guy is like 18 but not much older. It's always a girl who doesn't really know what to do, so the male just kind of takes over and controls the whole thing. ...It's almost like abuse."



## Is there any hope?



## Conversation starters for 4-7 year olds

1. Have you ever seen pictures of naked people?
2. What would you do if you did?
  - Form a plan that includes:
    - look away,
    - find and tell a trusted adult,
    - tell a parent
3. Should we take pictures of ourselves or others when we are not fully dressed?



### Conversation Starters Age 8-10

1. "If someone showed you a picture of people who didn't have their clothes on, what do you think you would do?"
2. "Do you think it is ok to watch videos where people have no clothes on?"
3. "If you are over at a friends house and they told you they wanted to show you something cool but that you can't tell your parents, what would you say?"



### Questions to Ask 10 and up

1. When your friends hand you their I-Phones or I-Pads, what kinds of things do they show you?
2. In the past, what have you done when a friend of yours handed you a smart phone and it had pictures of people who didn't have very many clothes on?
3. Do you think pictures that you saw show you God's will for people made in the image of God?
4. How did looking at the pictures make you feel inside?



### More Parenting Advice

1. Privacy in two places: the bathroom and changing clothes.
2. Talk with kids about God's plan for sex frequently in age appropriate ways.
3. Use the word "pornography" enough so they know what it means, so they can avoid it. Other times, talk about pictures or video clips of people without their clothes on.
4. Encourage kids to make healthy friendships with the other sex.



### Even More Parenting Advice: When do I get my kid a phone?

1. Dumb phone for your convenience, not their fun.
  - Enter "Dumb Phone" into Amazon.
2. Consider smart phone 2 years before they go to college/job
3. Install accountability software
4. 1st time they knowingly violate, they start paying for the software
5. 2nd time they knowingly violate, take the phone away for a month.



### Good Book



### If You Use Google and Don't Want to See Pornographic Images: To Do Today: On Your Laptop

1. Open Google
2. Type in "Safe Search"
3. Click on Settings
4. Activate Safe Search



**If You Use Google and Don't Want  
to See Pornographic Images:  
To Do Today: On Your I-Phone**

1. Open Google
2. Click on "More ..."
3. Click on Settings
4. Click on General
5. Click on Search Settings
6. Click on "Filter Explicit Results"



## Filtering and Accountability



Get a free month by  
entering "Foubert" where  
it asks for a code.

## TheFreedomFight.org

Want help privately?

Go to The Freedom Fight

47 Biblically based short videos



## Help is Available

- Certified Sex Addiction Therapist
- Christian Counselor



## PureDesire.org

Lots of resources for men and women,  
groups and individuals

- Men, Women, Parents, Teens, College Students
- Books, Videos, Groups, In-Person and Skype counseling



## Questions?

For Slides go to:  
[johnfoubert.com/homeschool](http://johnfoubert.com/homeschool)



Tweeting about Ending Sexual Violence, The  
Harms of Porn, and Christian Living  
@JohnFoubert

[John.Foubert@gmail.com](mailto:John.Foubert@gmail.com)  
405-338-8046

