

Outline

- How It Happens—how our kids are being exposed to pornography and sexual behavior
- The Brain and Porn—what we now know
- Traumatized Kids
- A Traumatizing Educational System

1. How It Happens

Dr Jay Stringer in his book, “Unwanted”, surveyed 3817 individuals with unwanted sexual behavior (Stringer, Colorado Spring).

1. 50% Had a peer introduce them to pornography.
2. 33% Had a peer touch them in a way that made them feel uncomfortable.
3. 32% Had someone older introduce them to pornography.
4. 35% Touched another peer or child inappropriately.
5. 21% Had an adult touch them in a way that made them feel uncomfortable.

Jay writes “Pornography is introduced in the context of relationships - 50% had a peer introduce them to pornography and 32% had someone older introduce them to pornography.” Now the school libraries are introducing pornography. These adults have authority in kids’ lives. They send a confusing message to kids. Kids are entitled to their innocence.

2. The Brain and Porn

Our brains are hardwired to learn. Dopamine drives learning and curiosity (Weinschenk, 2009). Learning changes our brain (Mengia-S. Rioult-Pedotti, 2000). Human sexuality is an important form of learning (Hilton, 2014). Our brains are highly visual, and we respond to sexual stimuli faster than anything else. This is one reason addicts’ eyes later become their own worst enemy.

FMRI scans now can show the differences between a healthy brain and an addictive brain. If you compare a cocaine brain with a sexually addicted brain, they look the same (Voon V, 2014) (see graphic 1-2). Why? Because our brains respond exactly the same way to all forms of pleasure regardless of their source. Sexual addicts’ brains are basically creating the drug they are addicted too. They have no impulse control. Neuroscientists showed a 8-12% reduction in brain matter due to trauma (Meng, 2016). They become brain damaged over time. Researchers Kuhn and Gallinat study showed a reduction in gray matter with long-term exposure to porn (Kuhn, 2014) (see graphic 3). Addicts do not have the capacity to calm themselves down and rely on porn to do it. Over time they must increase the kind, type of porn and amounts due to the way the brain process dopamine to get the desired high. (Negash S, 2016). Each time they

come off it they will hit lower and lower on the normal baseline and fall into more of a depressive state (See Progressive Drug Tolerance graphic 4).

3. Traumatized Kids

Sit in any sexual addiction recovery group, adults will recall the first time they saw porn as a child, I felt disgust, horror, shameful, shocked, excited and confused, aroused and didn't know what to do. It is also called like/want spilt (Anselme, 2016).

In Dr. Bessel van der Kolk book, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. He writes, "Trauma results in a fundamental reorganization of the way mind and brain manage perceptions. It changes not only how we think and what we think about, but also our very capacity to think." And "Being traumatized means continuing to organize your life as if the trauma were still going on—unchanged and immutable—as every new encounter or event is contaminated by the past." This sets us up for shame and bondage. If you have ever been bitten by a dog, years later all the events surrounding that moment will come flooding up like it happened yesterday.

Ninety percent of critical brain development happens before the age of 5 (First, 2023). Exposure to porn traumatizes kids' brains. A very simple definition of trauma is the brain's inability to metabolize an event. Children have no way to process porn. The development of the prefrontal cortex, the front part of our brain behind our forehead that helps with decision making, planning and impulse control isn't complete until the age of 25. The brain cannot differentiate between explicit material whether it is in the form of a cartoon, drawings, pictures or video (Hilton, 2014). Our brain sees all sexual material in the same way.

4. A Traumatizing Educational System

Dr. Caroline Giroux a psychiatrist who specializes in trauma, says "Exposing children to pornography should be forbidden and better regulated, as it is violating their spiritual boundaries and evolving beliefs around body, sexual development and intimate relationships, in a similar way that direct sexual abuse on their body does. If this trauma is not identified and processed promptly, the survivor runs the risk of reenacting as an attempt to resolve what once left him or her powerless, or of even engaging in similar criminal behaviors (Giroux, 2021)."

Children who become adults become less empathetic and unable to affect regulate over time with exposure to porn (ARIEL KOR, 2021). They become more vulnerable to seek sexual behaviors out including watching more porn and acting this behavior out with other kids (Ed.D., 2011).

A child who is traumatized by sexually explicit material or sexual abuse will grow up and become people are unable to have healthy relationships (Impact of Internet Pornography on Marriage and the Family: A Review of the Research, 2006).

When a child sees porn they develop a bond through oxytocin and vasopressin hormones (Hilton, 2014). Exposure porn begins the creation of what is called a “sexual arousal template” a term developed by Dr. Patrick Carnes (Carnes, 2008).

Is this the kind of kids we want to develop in our educational system.

Kids who are driven by the dopamine porn gives. Kids are naturally curious, and they will seek it out.

Kids whose eyes become their own worst enemy.

Kids who are traumatized by porn.

Kids who use porn as a coping mechanism for their future emotional wounds..

Kids who will have unhealthy relationships because they are bonding to porn and not the important people in their life.

Kids who are unempathetic and unable to control emotions.

Kids who have high divorce rates.

Kids who are depressed and lonely.

Kids whose learning is impacted by porn.

Kids who have low motivation.

Kids who become potential predators.

References

Anselme, P. &. (2016). "Wanting," "liking," and their relation to consciousness. . *Journal of Experimental Psychology: Animal Learning and Cognition*, 123–140.

ARIEL KOR, A. D.-S. (2021). Alterations in oxytocin and vasopressin in men with problematic pornography use: The role of empathy. *Journal of Behavioral*.

Carnes, D. P. (2008). *Facing the Shadows 3rd Edition: Starting Sexual and Relationship Recovery*. Gentle Path Press.

Ed.D., F. K. (2011, September 23). *The Super-Sexualization of Children: Time to Take Notice*. Retrieved from Psychology Today: <https://www.psychologytoday.com/us/blog/what-your-child-needs-know-about-sex-and-when/201109/the-super-sexualization-children-time-take>

First, F. T. (2023). *Why Early Childhood Matters - Brain Development* . Retrieved from First Things First: <https://www.firstthingsfirst.org/early-childhood-matters/brain-development/>

- Giroux, D. C. (2021, December 7). *Early exposure to pornography: a form of sexual trauma*. Retrieved from Journal of Psychiatry Reform: <https://journalofpsychiatryreform.com/2021/12/07/early-exposure-to-pornography-a-form-of-sexual-trauma/>
- Hilton, D. D. (2014). *Pornography and the Brain: Understanding the Science of Addiction and Recovery*. *Youtube*. Portland, Oregon: Northwest Coalition for Healthy Intimacy 2014 Conference.
- Impact of Internet Pornography on Marriage and the Family: A Review of the Research. (2006). *Sexual Addiction & Compulsivity*, 131-165.
- Kühn, S. &. (2013). Gray matter correlates of posttraumatic stress disorder: A quantitative meta-analysis. *Biological Psychiatry*, 70–74.
- Kuhn, S. a. (2014). Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn. *JAMA Psychiatry*.
- Meng, L. J. (2016). Trauma-specific Grey Matter Alterations in PTSD. 6, 33748 (). *Scientific Reports*.
- Mengia-S. Rioult-Pedotti, D. F. (2000). Learning-Induced LTP in Neocortex. *Science*, 533-536.
- Negash S, S. N. (2016). Trading Later Rewards for Current Pleasure: Pornography Consumption and Delay Discounting. *Journal of sex Research.*, 689-700.
- Stringer, D. J. (Colorado Spring). *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*. 2018: NavPress.
- Truth About Porn: John D. Foubert, P. S. (2020). *Media*. Retrieved from Truth About Porn: <https://truthaboutporn.org/media/>
- Voon V, M. T. (2014). Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours. *PLoS ONE*.
- Weinschenk, S. (2009, November 7). *100 Things You Should Know About People #8 Dopamine Makes You Addicted to Seeking Information*. Retrieved from The Team W Blog: Behavior Science, Brain Science, and Design, By Susan Weinschenk Ph.D: <https://www.blog.theteamw.com/2009/11/07/100-things-you-should-know-about-people-8-dopamine-makes-us-addicted-to-seeking-information/>

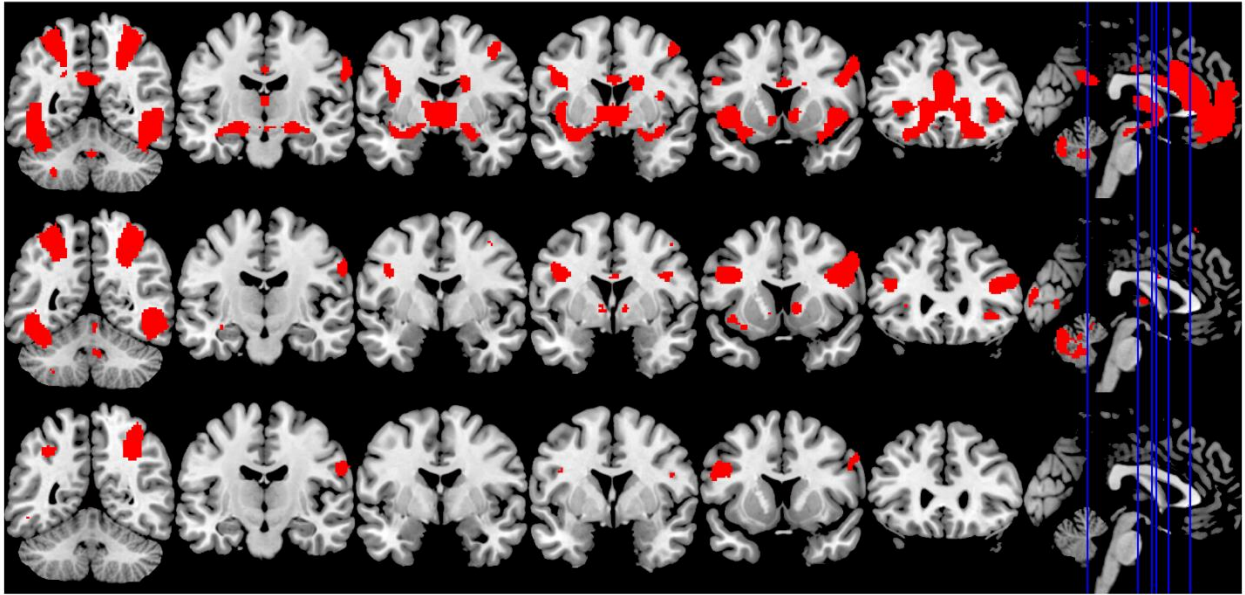
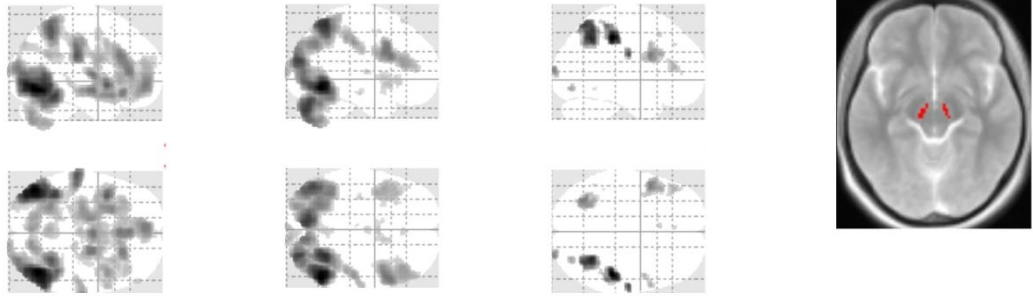


Image 1

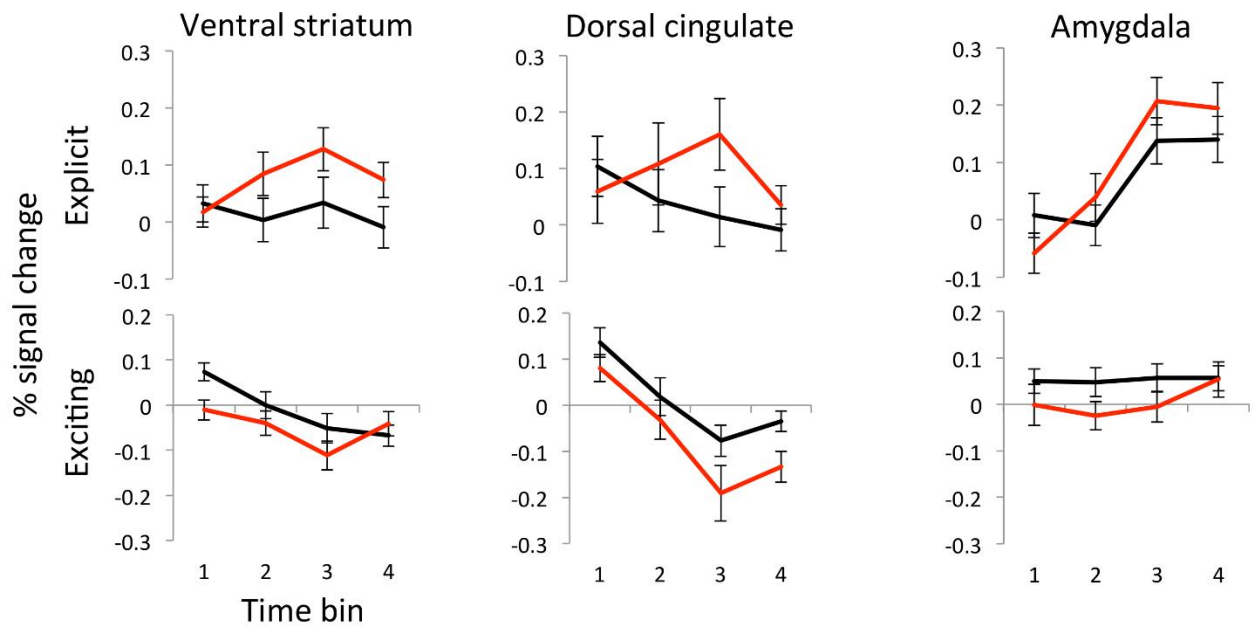
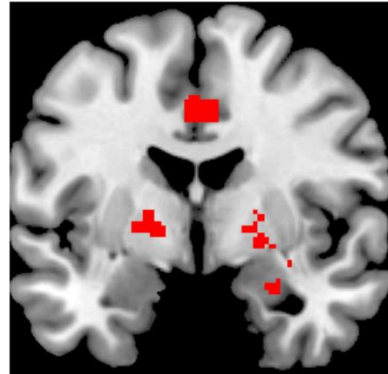
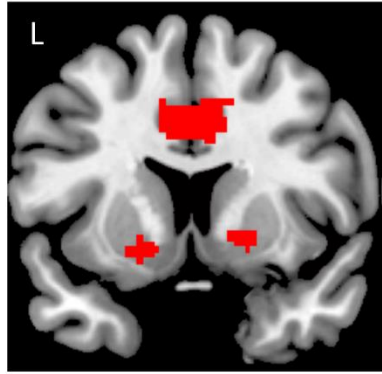


Image 2

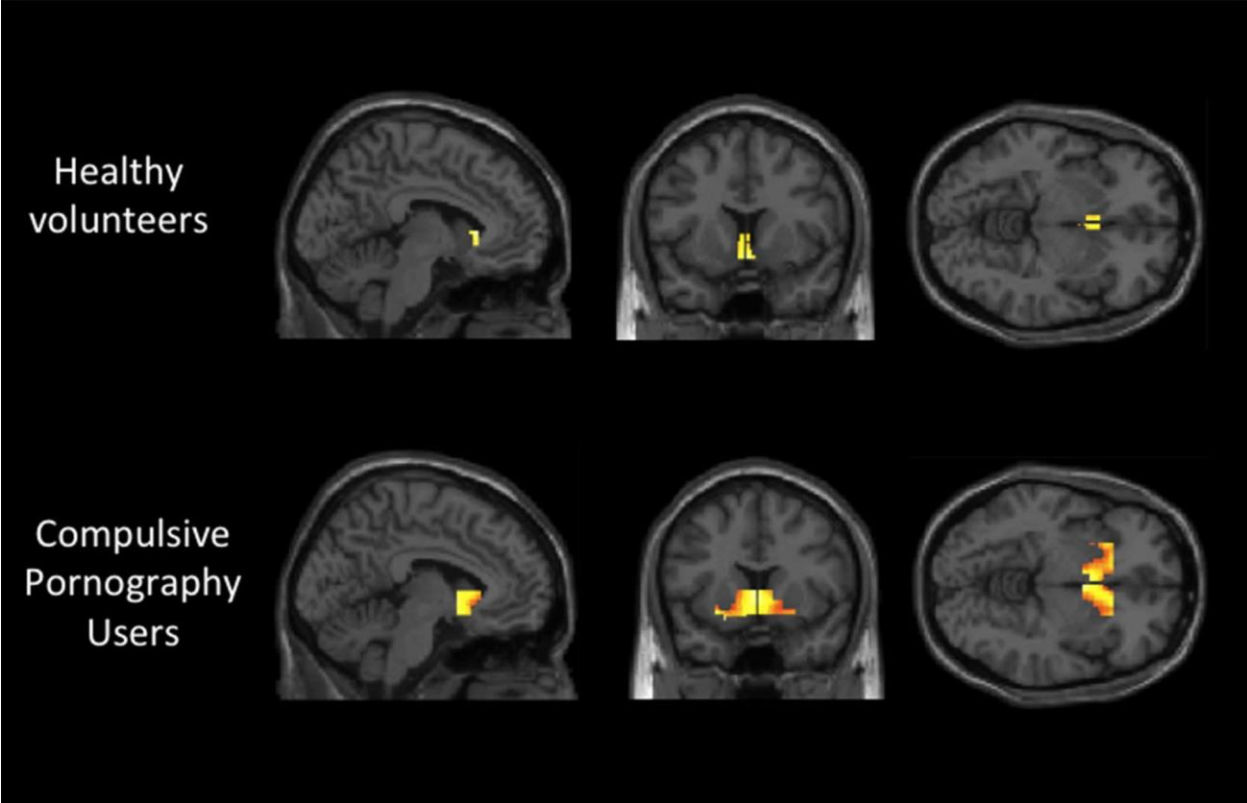
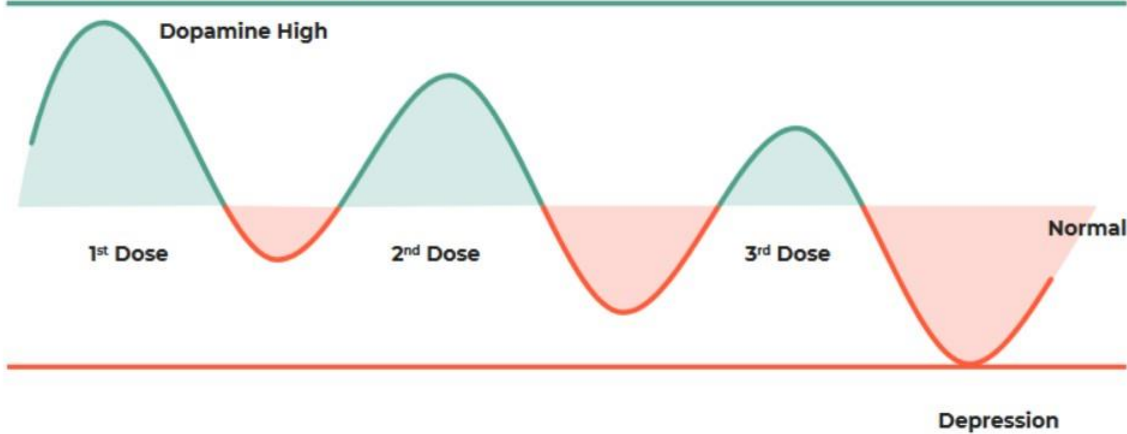


Image 3

TOLERANCE

PROGRESSIVE DRUG TOLERANCE



Progressive Drug Tolerance

Links to Podcasts and Videos on porn's impact on the Brain.

Valerie Voon Interview at Stanford

<https://neuroscience.stanford.edu/videos/valerie-voon-addictions-brain-network-disorder>

Effects Of Porn On Your Brain

https://www.youtube.com/watch?v=lzduEttIC_g

Pornography and the Brain: Understanding the Science of Addiction and Recovery -- Dr. Donald Hilton

<https://www.youtube.com/watch?v=P2yKslvPfV4>

What does porn do to a kid's brain?

<https://www.youtube.com/watch?v=UK-kJWc6abl>

How Porn Corrupts the Brain's Reward System: Neurosurgeon Explains

<https://www.defendyoungminds.com/post/how-porn-corrupts-brains-reward-system-neurosurgeon-explains>

John D. Foubert, Ph.D., Simone Kühn, Ph.D., Donald Hilton, M.D.

<https://truthaboutporn.org/media/>

Chapter 3 - Effects of premature sexualization on child development

https://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Environment_and_Communications/Completed_inquiries/2008-10/sexualisationofchildren/report/c03