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Pornification of America

by Rev. Dona Johnson – April 2023

**How many of you have tried heroine?
Cocaine? Why not?**

Porn is the new digital cocaine.

Unlike cocaine, pornography is a behavioral addiction.

- **Porn is everywhere!**

There are people in every life setting: work, politics, school, churches and civic where sexual exploitation is taking place and users of porn are feeding their addictions. Porn can be found:

- movies and television shows
- checkout line of a grocery stores
- Super Bowl halftime shows
- current fashions sold to young girls
- drag queen shows being brought into public schools and churches

- **Until the age of 24 90% of boys are viewing porn and 60% of girls view porn.** Dr. James Dobson with Patrick Trueman

- **Porn, like cocaine is extremely addictive.**

- Once hooked, you can battle this addiction for life.
- It is damaging to women, marriages and families.
- It is damaging to children.
- It is a progressive addiction.
- You need harder and harder porn.
- To be stimulated, the person requires more violent porn:
 - porn with young children
 - violent porn against women
 - homosexual porn
 - bestiality

- ***The pornification of America is not only an individual tragedy but a societal one.***

- Story of Dr. Dobson and serial killer Ted Bundy – 1974-78 “Don’t do it!”

- **Stats**

- **40 million adults (5-8%)** of U.S. population watch porn
- **65%>** adult men watch porn more than once a week (politicians/professionals, users of all socioeconomic levels).
- **18%** women watch at least once a week.
- **Children age 12** and younger view porn
~ The Recovery Village
- **50%>** clergy use porn
- **103 Porn sites**
- **83%** of users watch porn on smartphones
- **Porn revenue is \$6-15B in US.**
- US continues to be the country with the highest daily traffic, followed by the UK, India, Japan, Canada, France and Germany ~The Guardian

- **Why is Porn Addictive**
“Triple A” influence: accessibility, affordability and anonymity.
 These aspects can make it easy to develop a habit.
 - **The first time someone looks at pornography the brain stores that experience. It is seared in their memory.**
 - **Rush of Dopamine occurs.**
 - Meanwhile, the dopamine shouts an irresistible message to the brain regions it hits: “Do it again!” a dopamine rush.
 - Porn produces intense cravings and urges, especially when the person experiences anxiety—they turn to porn for relief. Much like alcohol/drugs.
 - Continued use of porn causes the user to use harder and more violent porn to get the same relief effect.

- **How Is Porn Connected to Human Trafficking—Predators Groom Victims**
 - Victims are exposed to porn films showing other children engaged in sex for training.
 - This helps to normalize sex acts.
 - Victims begin sexting images of themselves
 - Predator uses the images as blackmail to further groom the child.
 - Victims are also filmed and used in the production of porn content.

Why men and women use Porn?

- 1. Respect:** If we feel inadequate or rejected, our hearts often crave *respect*, and porn offers the fantasy of respect where we feel valued.
- 2. Relationship:** Fear of intimacy, but we don’t like its risks. We want to be close to others, but we don’t want to be vulnerable.
- 3. Refuge:** In times of hardship or fear of failure, we want to relieve our stresses. Porn gives us a fantasy world where we are never a failure.
- 4. Reward:** In times when we are bored or when we feel like we’ve made great sacrifices, we often want to reward or entertain ourselves. Overworked minds and under-appreciated egos can “get what we deserve.”
- 5. Revenge:** In times of frustration and anger, we might turn to porn as an act of revenge against another person (like our spouse who isn’t having sex with us when we want) or against God (who isn’t giving us the life we want). Porn is our tantrum at the world that isn’t catering to our desires.

There is hope! You are not alone. Reach out to one of these programs today.

Porn Addicts Anonymous (PAA) is an addiction support group for men and women suffering from addictive behavior. It ensures addicts do not isolate themselves, feel alone, or afraid of seeking help for their addiction. It follows the 12-steps program for recovery to help a member recover from their addiction, including porn addiction. The only thing you need to have to join PAA is the desire to stop using pornography in any form.

SAA of Southern Arizona - Sex Addicts Anonymous Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction and dependency. This is a 12-steps program of recovery.

Mensgroup.com Men's Group is a men-only online support group that offers peer support to any male looking to connect with others as they fight various issues, including porn addiction. At Mensgroup.com, men are free to talk about their triggers, shortcoming, and failures in their recovery process