

# ADDRESSING PORNOGRAPHY AS A PUBLIC HEALTH CRISIS

## WORKBOOK



**YOUTH WELLBEING**  
PROJECT

Brief overview of sexuality, sexual health, sexual diversity and sexual rights

A 'Critical Porn Analysis' framework

The researched harms of pornography; and the social, emotional and relational toll on young people

How reframing the conversation about pornography as a driver of sexual exploitation is a front-line defence in prevention of sexual harms

How pornography triggers sexual harms amongst children and young people, and leaves them more vulnerable to online and offline exploitation

The effects of porn on the brain and pathways to compulsive use

What constitutes a public health crisis?

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## KEY LINKS

### SCHOOLS RESOURCES

**Youth Wellbeing Project** <http://youthwellbeingproject.com.au/>

**Facebook Page** <https://www.facebook.com/YouthWellbeingProject>

### STRATEGIC CHANGE AND ADVOCACY

**Porn Harms Kids** <http://www.pornharmskids.org.au/>

**Facebook Page** <https://www.facebook.com/PornHarmsKids/>

### FREE PARENTS PROGRAM

**Culture Reframed** <http://www.culturereframed.org/parents-program/>

**Facebook Page** <https://www.facebook.com/culturereframed/>

### #SexEdOnline Closed Facebook Page

<https://www.facebook.com/groups/176042315939483/>

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## Holistic sexual health

### WHOLE-PERSON CENTRED SEXUALITY EDUCATION MODEL:



*All young people will vary in development, awareness, attitude, understanding and behavioural expression of sexuality*

## ESSENTIAL DEFINITIONS

### **SEXUAL HEALTH:**

*is a state of physical, emotional, mental and social wellbeing related to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.*

## **SEXUALITY:**

*is a central aspect of being human throughout life and encompasses sex, gender identities and roles, sexual orientation, eroticism (arousal and desire), pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical and religious and spiritual factors.*

# **DECLARATION OF SEXUAL RIGHTS**

## **WORLD ASSOCIATION FOR SEXUAL HEALTH**

**STATES** that sexual rights are grounded in universal human rights that are already recognised in international and regional human rights documents, in national constitutions and laws, human rights standards and principals, and in scientific knowledge related to human sexuality and sexual health.

**RECOGNIZES** that sexuality is a source of pleasure and wellbeing and contributes to overall fulfilment and satisfaction.

**REAFFIRMS** that sexual health cannot be defined, understood or made operational without a broad understanding of sexuality.

**REAFFIRMS** that for sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.

**RECOGNIZES** that sexual rights are based on the inherent freedom, dignity, and equality of all human beings and include a commitment to protection from harm.

**STATES** that equality and non-discrimination are foundational to all human rights protection and promotion and include the prohibition of any distinction, exclusion or restriction on the basis of race, ethnicity, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status, including disability, age, nationality, marital and family status, sexual orientation and gender identity, health status, place of residence, economic and social situation.

**RECOGNIZES** that persons' sexual orientations, gender identities, gender expressions and bodily diversities require human rights protection.

**RECOGNIZES** that all types of violence, harassment, discrimination, exclusion, and stigmatization are violations of human rights, and impact the wellbeing of individuals, families and communities.

**AFFIRMS** that the obligations to respect, protect and fulfil human rights apply to all sexual rights and freedoms.

**AFFIRMS** that sexual rights protect all people's rights to fulfil and express their sexuality and enjoy sexual health, with due regard for the rights of others.

1. The right to equality and non-discrimination
2. The right to life, liberty, and security of the person
3. The right to autonomy and bodily integrity
4. **The right to be free from torture and cruel, inhuman, or degrading treatment or punishment.**

*Everyone shall be free from torture and cruel, inhuman, or degrading treatment or punishment related to sexuality, including: harmful traditional practices; forced sterilization, contraception, or abortion; and other forms of cruel torture, cruel, inhuman, or degrading treatment perpetuated for reasons related to someone's sex, gender, sexual orientation, gender identity and expression, and bodily diversity.*

**5. The right to be free from all forms of violence and coercion**

*Everyone shall be free from sexuality related violence and coercion, including: rape, sexual abuse, sexual harassment, bullying, sexual exploitation and slavery, trafficking for purposes of sexual exploitation, virginity testing, and violence committed because of real or perceived sexual practices, sexual orientation, gender identity and expression, and bodily diversity.*

6. The right to privacy
7. The right to the highest attainable standard of health, including sexual health; with the possibility of pleasurable, satisfying, and safe sexual experiences
8. The right to enjoy the benefits of scientific progress and its application
9. The right to information
10. The right to education and the right to comprehensive sexuality education
11. The right to enter, form, and dissolve marriage and other similar types of relationships based on equality and full and free consent
12. The right to decide whether to have children, the number and spacing of children, and to have the information and the means to do so
13. The right to the freedom of thought, opinion and expression
14. The right to freedom of association and peaceful assembly
15. The right to participation in public and political life
16. The right to access to justice, remedies, and redress

Reference: World Association of Sexual Health - Declaration of Sexual Rights (2014):  
<http://www.worldsexology.org/resources/declaration-of-sexual-rights/>

# WHAT IS PORNOGRAPHY

*'Sexually explicit media that are primarily intended to sexually arouse the audience'.*

It includes images of female or male nudity or semi-nudity, implied sexual activity, and actual sexual activity.

This term 'pornography' is a neutral term, rather than as a negative term referring to representations which are necessarily **offensive, obscene, or harmful**.

Reference: Pornography: Flood, M. (2009). Youth, Sex, and the Internet. *Counselling, Psychotherapy, and Health*, 5(1), The Use of Technology in Mental Health Special Issue, 131-147.

# REDEFINING AS HARDCORE PORNOGRAPHY

A new definition springs from analysing visual material observed in free online sites such as Porn Hub, Red Tube, You Porn or the most extreme teen porn. This style of pornography appears to demand violence and inequity as its core script line.

*Illegal, unclassified, "gonzo" or hard-core XXX, "free online material that depicts individuals or groups engaging in sexual behaviours where inequity between the parties is clear, violence is observed or audible, where degradation, humiliation, punishment and extreme submission appear to be the general objective of the power dynamics or behaviour depicted.*

Etheredge, L. (2015). Submission to the Royal Commission into Family Violence. Victoria. Pornography, problem sexual behaviour and sibling on sibling sexual violence. Citing Lemon, J. (2014) Unpublished Masters' Thesis: Characteristics of Young People Referred for Problem Sexual Behaviour: A thesis submitted to the faculty of Swinburne University of Technology Faculty of Life and Social Sciences In partial fulfilment of the requirements for the degree Masters of Psychology (Clinical Psychology). Available from URL:

<http://www.rcfv.com.au/getattachment/B8A6174A-6C6F-495F-BF7B-9CA9BF902840/Etheredge,-Linette>

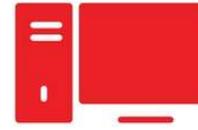
## **NORMALISATION**

- Normalization is defined as the process by which an idea, concept or behaviour becomes an accepted part of societal culture.
- Once this occurs, it is considered "just the way it is" and becomes viewed as beneficial or preferential.
- Once indoctrinated & barriers removed, it is viewed as beneficial or preferential & then NOT questioned; **problem is with the questioner**

Definition from: <http://www.cordeliaanderson.com/ConteringNormalization>

# THE RISE OF PORN

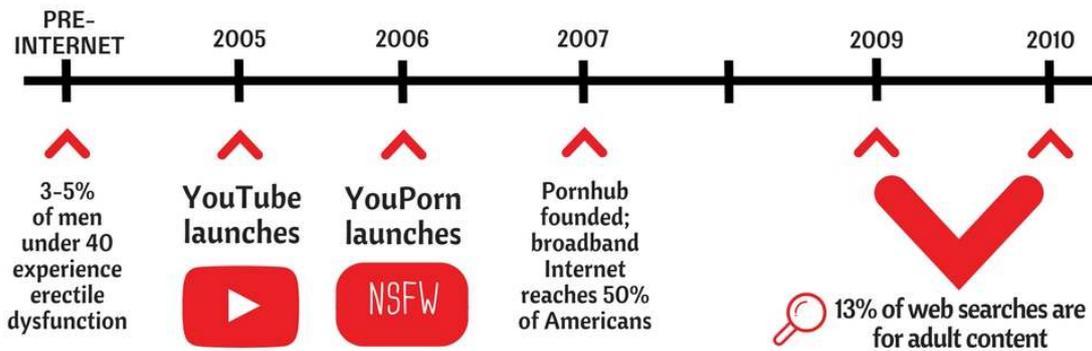
At the peak of Playboy's popularity in 1975, the magazine had a circulation of 5.6 million. Today more than 100 million people in the U.S. visit adult sites monthly.



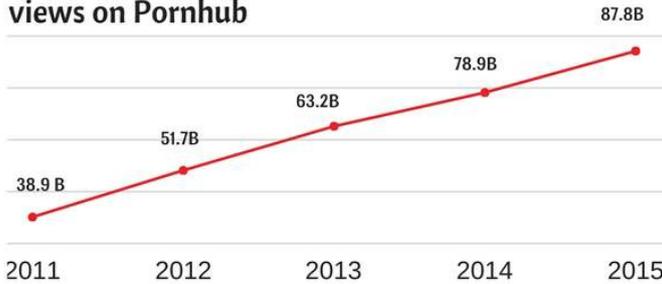
**58 million**  
Monthly U.S. visitors to adult sites (Feb 2006)



**167 million**  
Total U.S. Internet users



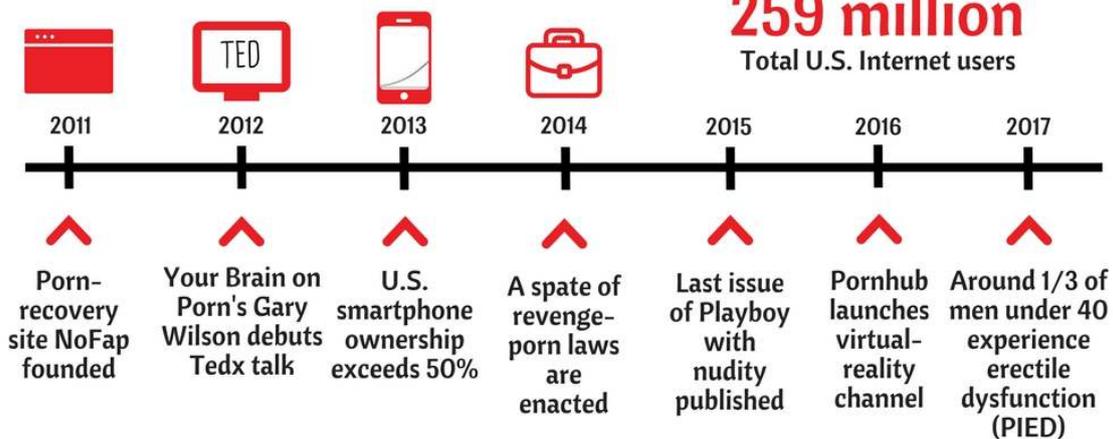
## Annual video views on Pornhub



**107 million**  
Monthly U.S. visitors to adult sites (Jan 2016)



**259 million**  
Total U.S. Internet users



Source: TIME MAGAZINE: PORN & THE THREAT TO VIRILITY. Available to purchase from: <http://yourbrainonporn.com/porn-and-threat-virility-time-cover-story>

## **CHILDREN AND YOUNG PEOPLE'S INITIAL EXPOSURE:**

### DELIBERATELY:

- Curiosity
- Interest in sexual and reproductive health
- Interest in information which may benefit their interpersonal relations
- A desire for sexual stimulation
- On the Internet, minors may search for sexually explicit material using a search engine, go to a particular web site, use a chat room, or sign up to a sexual mailing list. (or apps, Instagram, SM etc.)

### ACCIDENTALLY

- The internet makes it easy for children (all users) to inadvertently encounter pornography.

Reference: Pornography: Flood, M. (2009). Youth, Sex, and the Internet. *Counselling, Psychotherapy, and Health*, 5(1), The Use of Technology in Mental Health Special Issue, 131-147.

## **STUDY OF 50 BEST-SELLING PORNOGRAPHIC VIDEOS**

**88%** of scenes include physical aggression

**48%** of scenes include verbal aggression

**94%** of cases – including gagging, choking and slapping – are directed at females

**95%** of aggression was met with neutral or positive response

Reference: Bridges, A., Wosnitzer, R., Scharrer, E., Sun, C., & Liberman, R. (2010). Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update. *Violence Against Women*, 16(10): 1065-85. DOI: 10.1177/107780121038286

## **VIDEO**

Interview with Dr. John Foubert

Video available from: <https://vimeo.com/190576748>

## **RATES OF EXPOSURE**

TAKEN FROM THE PORN HARMS KIDS STATEMENT OF RESEARCH:

<http://www.pornharmskids.org.au/statement>

- In 2011, it was reported that over two in five (44%) Australian 9-16 year olds had seen sexual images in the past 12 months. This is much greater than the 25-country average of 23%.

- Between 2008 and 2011, exposure to porn among boys under the age of 13 jumped from 14% to 49%. Boys' daily use more than doubled.
- Well over two-thirds of 15-17-year-old adolescents have seen porn websites when they did not intend to access them, with 45% being 'very' or 'somewhat' upset by it. (2001)
- In a 2016 study of 1565 18-19-year-old Italian students, 4 out of 5 stated they consumed pornography. Almost 22 per cent (21.9%) reported that it became habitual, 10% stated that it reduced their sexual interest towards potential real-life partners, and 9.1% reported a kind of addiction.
- In 2017, a Swedish study reported that nearly all respondents (98%) had watched pornography, although to different extents. Eleven per cent were found to be frequent users (watched pornography one or more times per day), 69 per cent average users (at least once a month up to several times a week, but less than once per day), and 20 per cent infrequent users (less than once a month).

## **CURRENT USE IN AUSTRALIA**

According to data of young people viewing pornography in Australia (June 2017):

- 84% of young men and
- 19% of young women watch pornography on a weekly or daily basis

This paper notes implications for public health and states that viewing pornography is common and frequent among young people from a young age and this needs to be considered in sexuality education.

Reference: Lim, M.S.C.; Agius, P.A.; Carrotte, E.R.; Vella, A.M.; Hellard, M.E.; (2017). Young Australians' use of pornography and associations with sexual risk behaviours; Australian and New Zealand Journal of Public Health; 41(4): 438- 443. DOI: 10.1111/1753-6405.12678

## **RESEARCH ARTICLE LINKS:**

*Porn Harms Kids Statement of Research Relating to Pornography Harms to Children*  
<http://www.pornharmskids.org.au/statement>

### **Journal Articles:**

<http://www.culturereframed.org/journal-articles/>

## **MEDIATORS OF PORNOGRAPHY'S EFFECTS**

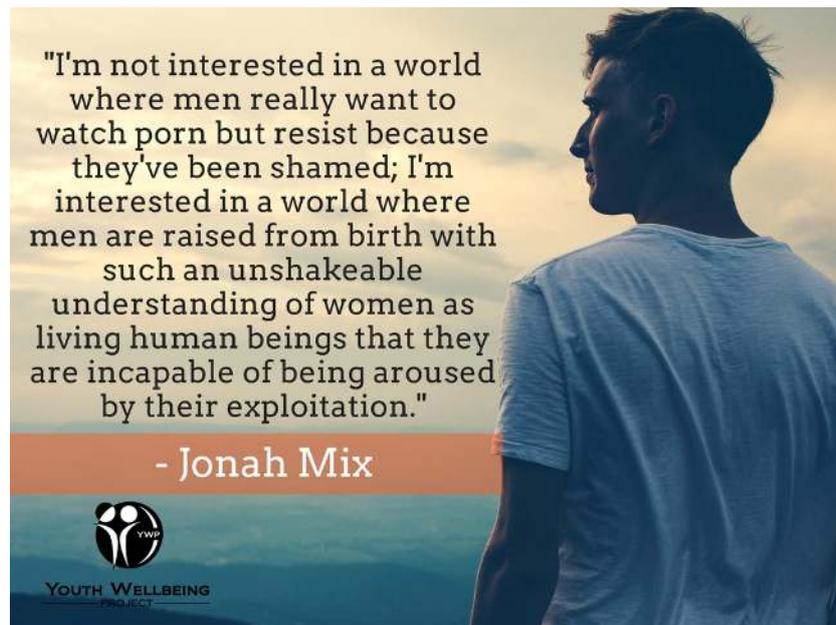
- ✓ The characteristics of the viewer
  - Age, gender, maturation, sexual experience, personality characteristics, current emotional state, cultural & home background, parental involvement, existing attitudes towards gender and sexuality
- ✓ The viewer's engagement with the material
  - The viewers' sexual, emotional and cognitive responses to the material

- Effects of exposure are likely to be mediated by views interpretations and evaluations of the material
- ✓ The content of the material
- ✓ Character and context of exposure
  - The duration and intensity of viewing, masturbation, the immediate context (whether voluntary or involuntary, and whether solitary or collective), and the wider cultural context

Reference: Pornography: Flood, M. (2009). Youth, Sex, and the Internet. *Counselling, Psychotherapy, and Health*, 5(1), The Use of Technology in Mental Health Special Issue, 131-147.

## *Toxic decisions seem rational in toxic environments*

- Dr. John Briere



## Critical Porn Analysis

*Critical Porn Analysis* is an educational response to the researched harms of pornography as a public health crisis. *Critical Porn Analysis* moves beyond the micro focus of how the individual interacts with pornographic content, to consider a more holistic approach on how porn's proliferation and ease of access impacts the health & wellbeing of individuals, relationships, families, communities and cultures.

1. Global industry
2. Sex, gender, power & relationships
3. Sexual exploitation
4. Child sexual exploitation
5. Mental health & addiction

DOWNLOAD PDF AT [http://www.culturereframed.org/educational\\_response/](http://www.culturereframed.org/educational_response/)

## GLOBAL INDUSTRY

- How has the porn industry normalized consumption of its product?
- How has the industry shaped sexual attitudes and behaviours?
- How does the industry commodify human sexuality and desires?
- Why does the industry fight any attempt to implement health, safety, and employee care guidelines?
- Why does the industry produce increasingly abusive and exploitative content?
- What support is there for performers exploited by the industry, who go on to live with post-traumatic stress disorder, permanent injury or disease?
- How does the industry use PR and media to promote their wares and manage the image of its product?

BOOK: The Sexualized Body and the Medical Authority of Pornography: Performing Sexual Liberation

Available from Amazon:

<https://www.amazon.co.uk/Sexualized-Body-Medical-Authority-Pornography/dp/1443899585/>

## SEX, GENDER, POWER & RELATIONSHIPS

- How does porn shape people's fantasies, sense of gender and sexual identity, relationship expectations, behaviors, and treatment of others?
- How does pornography impact women's and men's sexuality? (e.g. body image issues, performance anxiety, feelings of inadequacies etc.)
- How does porn create or reinforce toxic masculinity?
- Does porn link to increasing levels of sexual violence in relationships?
- What is the difference between porn and sexual intimacy?
- How does porn normalize gender power imbalances and violence?
- What messages do same sex attracted & gender diverse people receive from porn?
- Why does hidden porn use trigger insecurity, trauma, rejection and broken trust for partners?
- How does porn impact commitment and relationship satisfaction?

## **INDICATIONS OF RESEARCHED IMPACTS FOR ADOLESCENTS WHO REGULARLY WATCH**

### **PORN:**

- more likely to have increased anxiety and depression
- less likely to follow rules
- report difficulties in relationships
- more likely to develop unrealistic values & beliefs
- have more sexual preoccupation
- engage earlier in sexual experimentation
- girls report feeling physically inferior
- boys report fear of performance during sex
- endorse violent social attitudes that are supportive of committing sexual assault and show decreased empathy for rape victims
- emergence of distorted sexual scripts and fetishes
- limited capacity for intimacy and unawareness of pleasure
- limited knowledge of consent
- less sexual enjoyment from real life behaviours
- tension & difficulties within real life sexually intimate relationships
- decreased commitment to partners:
  - Relationships Australia: pornography is leading to a breakdown of trust and an erosion of intimacy in about 21% of all relationships
- young women more likely to expect violence or degrading behaviours from young men
- more likely to accept coercive tactics: includes sexting
- body dissatisfaction in both young men and women
- habitual / compulsive / addictive use leading to erectile dysfunction

SOURCE: Refer to references in Youth Wellbeing Project's submission to the Senate Inquiry into the Harm being done to Australian children through access to pornography on the Internet.

URL: <http://www.lizwalkerpresents.com/wp-content/uploads/2016/03/sub131.pdf>

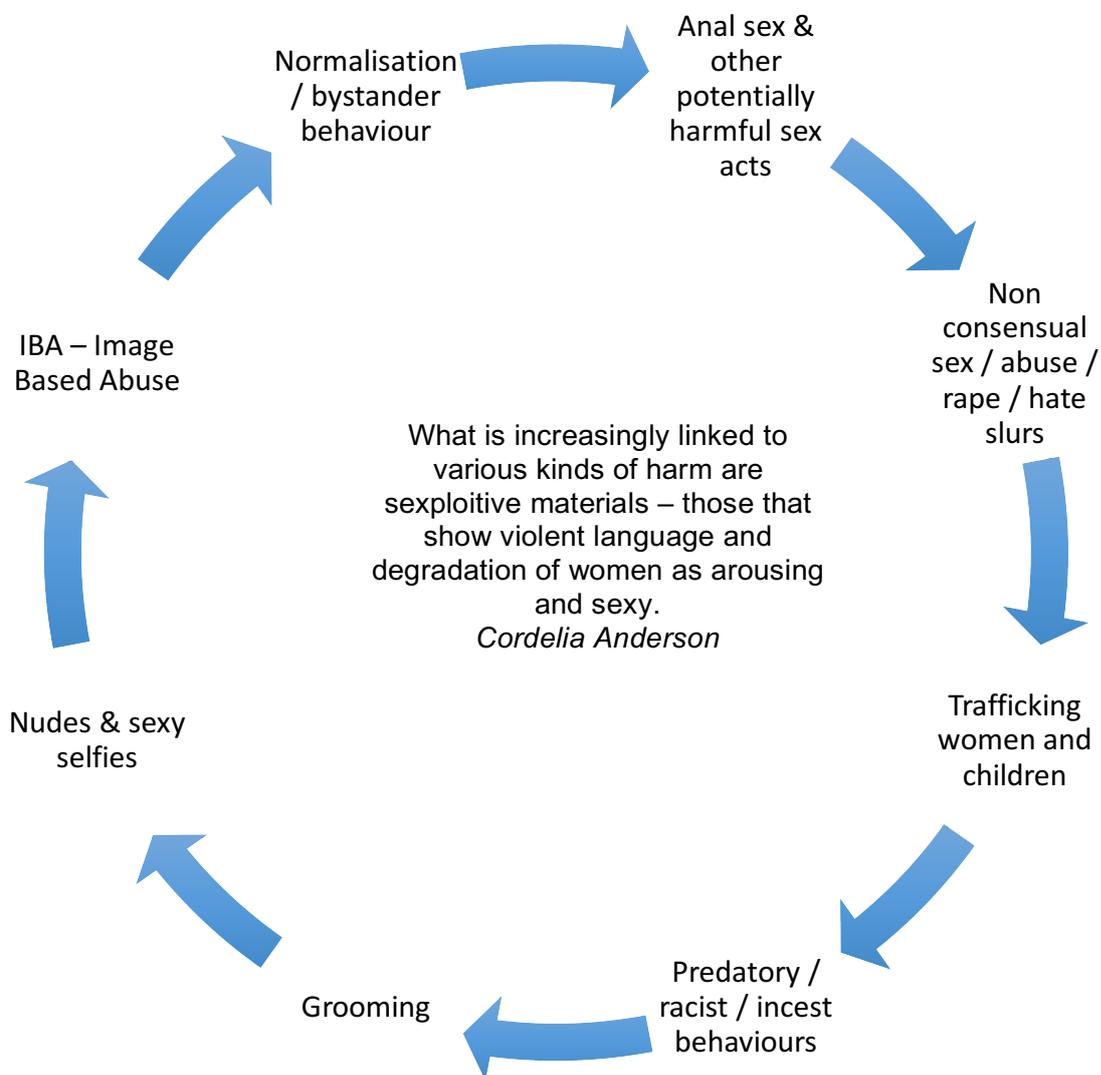
### **VIDEO**

Dr, Anita Elias interviewed for The Porn Factor by Maree Crabbe  
Available from: <https://youtu.be/dnYiHufVJEk>

# SEXUAL EXPLOITATION

- What social and cultural impacts are there to normalizing sexual exploitation?
- How does porn promote messages which normalize and groom viewers into being subjected to exploitation?
- How does porn promote oppression of women, racism, and same-sex attracted and gender diverse people?
- How does consumption fuel trafficking of women and children?
- How does porn increase the harms for women in the sex trade?
- How does porn normalize illegal behaviours?
- How does porn normalize the perpetuation of sexual exploitation and bystander behaviour?
- How does porn normalize rape, sexual harassment, hate slurs and 'revenge porn'?

## PORNOGRAPHY = NORMALISATION OF SEXUAL EXPLOITATION



## **VIDEO**

Interview with Dr. Karen Countryman-Roswurm

Video available from: <https://vimeo.com/190317258>

## **CHILD SEXUAL EXPLOITATION**

- Given the research on the impact of early exposure to porn, could children and young people's exposure to pornography be considered sexual abuse in and of itself?
- The impact of exposure (whether via adults, children or themselves) can induce trauma and premature sexualization that is a form of child sexual abuse. Previous generations would have only been exposed to such graphic and violent sexual content through sexual abuse.
- Relating to pornography harms, why are the laws that are in place to protect children from sexual and wider harms, not enacted?
- How is pornography grooming children to be at risk for both online and offline exploitation?
- How is pornography being used as a 'how to' manual for engaging in sexually abusive behaviours towards other children?
- How does toxic porn culture normalize exploitation (e.g. sexting) amongst young people?
- What messages does porn provide to youth who are exploring their sense of self and sexuality?

## **SEXTING**

- Netsafe, eSafety and UK Safer Internet research (14-17 & 11-17 years of age)
- Nudes, nudies, dick pics, naked pics or videos
- Only around 5% of Australian and NZ young people said they had sent images of themselves in the last 12 months.
  - 'Repeat offenders'
- 9 in 10 (Auz & NZ) perceived others their age sexted – nearly half believed it happened frequently
- Only 1 in 10 young kiwis thought that sharing images was a good way to explore themselves as they were growing up
- 30-40% of NZ'ers suggested there was pressure to send

Source: unpublished research - Net Safe [www.netsafe.org.nz](http://www.netsafe.org.nz)

## **VIDEO:**

Ross Kemp's Britain Season 1 – Episode 2: Child Sexual Exploitation

Available for viewing at: <http://vidzi.tv/9xa2icomg6fj.html>

## SMALL SCALE STUDY

- Australian research findings highlight that 75% of 7-11-year-old boys and 67% of 7-11-year-old girls in treatment for Problem Sexualised Behaviours (PSBs) reported early sexualisation through online pornography.
- Freely available online pornography is shaping the sexual conditioning of increasing numbers of young people.
- Sexual abuse of children by other children or adolescents constitutes approximately 40 to 90% of sexual offending against children.

Etheredge, L. (2015). Submission to the Royal Commission into Family Violence. Victoria. Pornography, problem sexual behaviour and sibling on sibling sexual violence. Citing Lemon, J. (2014) Unpublished Masters' Thesis: Characteristics of Young People Referred for Problem Sexual Behaviour: A thesis submitted to the faculty of Swinburne University of Technology Faculty of Life and Social Sciences in partial fulfilment of the requirements for the degree Masters of Psychology (Clinical Psychology). Available from URL: <http://www.rcfv.com.au/getattachment/B8A6174A-6C6F-495F-BF7B-9CA9BF902840/Etheredge,-Linette>

Reference: J Grant, D Indermaur, J Thornton, G Stevens, C Chamarette and A Halse; 2009; Intrafamilial adolescent sex offenders: psychological profile and treatment; Criminology Research Council; <http://www.aic.gov.au/publications/current%20series/tandi/361-380/tandi375.html>

## EXPOSURE 9 YEARS OR YOUNGER COMPARED WITH 10 OR OVER

Reported more:

Sexually questionable acts  
Desire to engage in more varied sex  
Sexually aroused by violence  
Consumed more pornography later in life  
Spend more time per week looking at pornography

Reference: Skau, B. (2007). Who has seen what when? Pornography's contribution to the social construction of sexuality during childhood and adolescence. Unpublished Doctoral Thesis, Wilfrid Laurier University, 2007. <http://scholars.wlu.ca/etd/1044/>

## VIDEO

Ross Kemp's Britain Season 1 – Episode 2: Child Sexual Exploitation  
Available for viewing at: <http://vidzi.tv/9xa2icomg6fj.html>

## MENTAL HEALTH & ADDICTION

- ✓ What is the impact of pornography on the brain and arousal physiology when viewing 'scenes' and sex acts that are not part of most sexual relationships?
- ✓ What is the addictive potential of internet porn?
- ✓ Given child and adolescent brains are still in development and therefore, most vulnerable to addiction, what long-term impacts does ease-of-access to porn present?
- ✓ What mental health conditions and arousal disorders are linked to porn use?
- ✓ How does porn impact body image, performance anxieties and depression?
- ✓ What improvements to wellbeing occur after porn use stops?

## **IMPACT ON THE ADOLESCENT BRAIN**

Adolescents are uniquely vulnerable to sexualized cues and media. Developmental characteristics make the brain more vulnerable:

1. An innate vulnerability to neuroplasticity—the brain is rapidly strengthening the most used circuits and pruning the least used connections.
2. An immature prefrontal cortex - no brakes - and an over responsive limbic system.
3. An overactive stress response
4. An overactive dopamine system - dopamine is a major player in development of addiction.
5. The ability of steroid hormones to exert an organizational effect on the brain.

Sourced from: FIVE WAYS PORN HARMS KIDS: RESEARCH GUIDE – Dr. Jennifer Brown – 2016 Unpublished Research; Protect Young Minds (CESE Summit Pack 2016).

## **VIDEO**

Segment from Is Free Porn Destroying our Brains – available from <http://www.culturereframed.org/parents-of-teens/>

### **Pre Internet**

- Cross-sectional studies and meta-analysis consistently reported erectile dysfunction rates of 2-5% in men under 40.

### **Post Internet**

- Erectile dysfunction rates range from 27% (>40years) to 33% (<40years)
- Rates for low libido (hypo-sexuality) range from 16% (>40years) to 37% (<40years)
- That's nearly a 1000% increase in youthful ED rates
- A growing number of studies have correlated use of internet porn with arousal, attraction, and sexual performance problems.

Source: <https://www.yourbrainonporn.com/>

## **ICD-11 BETA DRAFT (2018) – WORLD HEALTH ORGANIZATION**

### **Compulsive sexual behaviour disorder (Impulse control disorders)**

Compulsive sexual behaviour disorder is characterized by a persistent pattern of failure to control intense, repetitive sexual impulses or urges resulting in repetitive sexual behaviour. Symptoms may include repetitive sexual activities becoming a central focus of the person's life to the point of neglecting health and personal care or other interests, activities and responsibilities; numerous unsuccessful efforts to significantly reduce repetitive sexual behaviour; and continued repetitive sexual behaviour despite adverse consequences or deriving little or no satisfaction from it. The pattern of failure to control intense, sexual impulses or urges and resulting repetitive sexual behaviour is manifested over an extended period of time (e.g., 6 months or more), and causes marked distress or significant impairment in personal, family, social, educational, occupational, or other important areas of functioning. Distress that is entirely related to moral judgments and disapproval about sexual impulses, urges, or behaviours is not sufficient to meet this requirement.

Exclusions - Paraphilic disorders

Retrieved November 22, 2017 – Available from URL: <https://icd.who.int/dev11/l-m/en#/http%3a%2f%2fid.who.int%2f1630268048>

## Public Health Approach

### **PORNOGRAPHY HAS BEEN DEFINED AS PUBLIC HEALTH ISSUE FOR OVER 25 YEARS**

- For a problem to be a Public Health concern it needs to be a social issue.
- Pornography is a social issue.
- Public Health involve problems that affect individuals or groups beyond their capacity to correct.
- Public health focuses on safeguarding and improving the physical, mental, and social wellbeing of the community as a whole.
- Public health is what we, as a society, do collectively to assure the conditions in which people can be healthy

Read more about the Public Health Approach to pornography at:

[http://www.pornharmskids.org.au/public\\_health\\_approach](http://www.pornharmskids.org.au/public_health_approach)

### **EDUCATION STRATEGIES – 3 MAIN AREAS:**

1. Universal education efforts that address the whole population
2. Selective education efforts that focus on a specific sub-group with risk factors
3. Indicated education efforts focused on identified groups already significantly harmed from exposure to pornography.

*When a public health problem is a social issue, it becomes imperative that social leaders and public health advocates become involved to help create a protective environment.*

Reference: Perrin, P.C., Madanat, H.N., Barnes, M.D., Carolan, A., Clark, R.B., Ivins, N., Tuttle, S.R., Vogeler, H.A., Williams, P.N. (2008). Health education's role in framing pornography as a public health issue: local and national strategies with international implications. *Journal of Promotion & Education*, XV, No. 1. 2008;15(1):11-8. DOI: 10.1177/1025382307088093.

### **A COLLECTIVE IMPACT – PUBLIC HEALTH APPROACH TO PORNOGRAPHY**

1. Government & Community Leaders
2. Mental Health, medical & legal professionals
3. Educators
4. Parents
5. Child, youth, women, men & family advocates
6. Activists & survivors
7. Digital Technology Experts

## THE SOCIAL-ECOLOGICAL MODEL: A FRAMEWORK FOR PREVENTION



Source: <http://www.cdc.gov/violenceprevention/overview/social-ecologicalmodel.html>

## Resources to Support Individuals

### ONLINE / OFFLINE WARNING SIGNS

- Hesitant to be online or unexpectedly stops or avoids using the computer
- Visibly upset, angry, or depressed after using the computer or mobile phone
- Hides or clears the computer screen or mobile when you enter or doesn't want to talk about online activity
- Starts using the computer when you're not in the room (a change in pattern)
- Withdraws from friends, wants to avoid school or peer activities or uneasy about going outside in general, decline in social involvement, pulls away from family members
- A sudden sullen, evasive, withdrawn, marked change in personality or behaviour
- Trouble sleeping, loss of appetite, excessively moody or crying, seems depressed
- Decline in academic performance or engagement at school
- Reactivity at home including outbursts of anger or upset
- Low mood or depression
- Poor self-respect or lack of respect for others
- Out-of-character behaviour and/or aggressive behaviour
- Distorted sexual scripting
- Reports of difficulties in relationships / signs of violence
- Painful intercourse / onset vaginismus due to rough sex / no pleasure
- Internal injuries / anal fissures
- Request for genital surgery and body modification
- Erectile dysfunction / low desire / libido issues

## **WHAT MAY PRESENT IN CHILDREN**

- Psychosomatic symptoms such as headaches and stomach aches
- Trauma type symptoms in children
- bedwetting / nightmares / sudden or distinct changes in behaviour
- Problem sexualised behaviour / child on child sexual abuse

## **HEEADSS ASSESSMENT**

May be used to specifically screen adolescents for risk behaviours and to identify social and environmental risk factors in their lives:

- HOME
- EDUCATION / EMPLOYMENT
- EATING AND EXERCISE
- ACTIVITIES AND PEER RELATIONSHIPS
- DRUG USE / CIGARETTES / ALCOHOL
- SEXUALITY
- SUICIDE / SELF HARM / DEPRESSION / MOOD
- SAFETY & SPIRITUALITY

Include pornography in initial assessment - question technology use/home internet filtering.

## **SEXUALITY QUESTIONS**

Explore their knowledge, understanding, experience, sexual orientation and sexual practices – look for risk taking behaviour/abuse:

Many young people your age become interested in romance and sometimes sexual relationships.

- Have you been in any romantic relationships or been dating anyone?
- Have you ever had a sexual relationship with a boy or a girl (or both)? – If yes, explore further
- (If sexually active) what do you use to protect yourself (condoms, contraception)?
- What do you know about contraception and protection against STIs?
- How do you feel about relationships in general or about your own sexuality?
- (For older adolescents) do you identify yourself as being heterosexual or gay, lesbian, bisexual, transgender or questioning?
- Have you ever felt pressured or uncomfortable about having sex?

ADOLESCENT HEALTH GP RESOURCE KIT, 2ND EDITION; (2008); Peter Chown, Dr Melissa Kang, Dr Lena Sanci, Verity Newnham and Clin Prof David Bennett AO; Available from URL:

<http://www.health.nsw.gov.au/kidsfamilies/youth/Pages/gp-resource-kit.aspx>

## PORNOGRAPHY USE QUESTIONS

Explore their knowledge, understanding, experience and porn viewing practices – look for risk taking related behaviour / abuse / compulsive viewing:

Pornography is something that some young people tend to access on the Internet. This can include quite explicit images and movies of people having sex or doing sexual things.

- When was the last time you saw pornography?
- How did you feel about what you saw?

Pornography that's readily available on the Internet can often be quite violent and degrading towards both men and women, particularly women.

- Do you have any questions about what you've seen?
- How often would you say you watch pornography? (daily, weekly, occasionally)
- When do you feel the need to watch pornography?  
(When you are bored, angry, frustrated, lonely? Note: Porn addiction can sometimes be used as a coping mechanism)
- Do you think porn use is an okay habit?
- Does your porn use feel out of control?
- Have you ever been worried about the types of things you're watching?
- Do you feel as though your porn use has influenced the way you interact with others or what your expectations of 'sex' may be?

## COMMUNITY & TRAINING ORGANISATIONS

- Safe Network [www.safenetwork.org.nz/](http://www.safenetwork.org.nz/)
- Northshore Therapy – Louise von Maltitz [www.northshoretherapy.org/](http://www.northshoretherapy.org/)
- Lifespan Counselling & Rehab [www.lifespanhealth.co.nz](http://www.lifespanhealth.co.nz)
- Kyle MacDonald Psychotherapist [www.psychotherapy.org.nz](http://www.psychotherapy.org.nz)
- IITAP – International Institute for Trauma and Addiction Professionals (CSAT – Certified Sex Addiction Therapists) [www.iitap.com/](http://www.iitap.com/)

## ONLINE SUPPORT

- **Fortify Program** Free for youth aged 13-20. More than fifty short videos that cover the science of addiction, the harms of pornography, tools to help you break free, and other helpful information. This service is also available for anyone over 21 years of age for a \$39 one-time fee. <https://www.fortifyprogram.org/>
- **Reboot Nation** helps people reboot their brains with encouragement and education. They are a community of people who have discovered the negative effects of pornography. <http://www.rebootnation.org/>
- **No Fap** Get a new grip on life. A secular porn recovery community website for all victims of pornography. For anyone struggling, including porn addicts partners, parents, or loved ones of somebody struggling, this community will support you. <http://www.nofap.org/>

## BOOK

Pandora's Box is Open: Now What do I do? By Dr. Gail Poyner. Available from Amazon: <https://www.amazon.com/dp/0692891609/>

## Resources for the Community: Schools and Parents

**Culture Reframed Parents Program – coming soon.** LOTS of great resources and links already available from here: <http://www.culturereframed.org/parents-program/> Sign up to be notified when the Parents Program launches.

**Compose Yourself!** a model to help parents respond well when they discover their young person has viewed pornography. <http://www.culturereframed.org/compose-yourself/>

## School & Organisation Policy Changes and Resources

### PREPARING FOR POLICIES, PROCESSES, AND PRACTICES RELATED TO PORNOGRAPHY

1. Who is in your online safety and student wellbeing team?
2. Which online/offline sexual harms are to be defined?
3. What are the warning signs of a child or young person experiencing online/offline sexual harms?
4. What existing policies, processes and practices can be strengthened to include prevention of online/offline sexual harms?
5. What policies, processes and practices need to be developed to prevent and manage these online/offline sexual harms?

Reference and further information: <https://www.esafety.gov.au/education-resources/school-policies/implementing-policies>

### DEVELOP PORN SPECIFIC POLICIES

- Whole-school, collaboratively developed policies, plans and structures for supporting safety and wellbeing
- Clear procedures
- Clearly communicated procedures
- Agreements for responsible use of technology by staff & students
- Effective risk management plans
- Well-understood protocols about appropriate and inappropriate interactions

Reference: Safe Schools Hub – National Safe Schools Framework

<http://safeschoolshub.edu.au/safe-schools-toolkit/the-nine-elements/element-3/key-characteristics>

<http://safeschoolshub.edu.au/resources-and-help/Glossary#Harassment>

### DEFINING TERMS FOR ONLINE/OFFLINE SEXUAL HARMS

- Clearly outline that pornography is a form of child sexual abuse via digital images
- Sexual Violence
- Grooming
- Child Sexual Exploitation
- Problem Sexual Behaviour (PSBs) or Sexually Abusive Behaviour (SABs)
- Harmful Sexual Behaviours (HSBs)

## **ONLINE/OFFLINE SEXUAL HARMS INCLUDE BUT ARE NOT LIMITED TO**

- sexual harassment
- access or sharing of 'pornography'
- access, production or distribution of 'child exploitation material' (also referred to as 'child pornography' or 'child abuse material') and underage 'image-based abuse';
- sexual violence

## **SEXUAL HARASSMENT INCLUDES**

- Sexually suggestive comments or jokes
- Intrusive questions about a person's private life or physical appearance
- Inappropriate staring or leering
- Unwelcome hugging, kissing or cornering or other types of inappropriate physical contact
- Sexually explicit text messages, images, phone calls or emails

IMPORTANT RESOURCE FOR DEFINING TERMS:

*Terminology Guidelines for the Protection of Children from Sexual Exploitation and Sexual Abuse.* <http://luxembourgguidelines.org/english-version/>

## **POLICY CHANGES LEAD TO**

- ✓ All Staff trained in warning signs, exploitation, and online/offline sexual harms
- ✓ Education and strategies for children and young people on how to navigate social, relational and cultural situations where pornography and exploitive behaviours have become normalised.

## **NEW SCHOOLS RESOURCES**

SafetyIQ for Primary Schools

PreventionIQ for High Schools

*SafetyIQ and PreventionIQ programs provide a whole school approach to prevent sexual harms, and build young people's resilience and resistance to exploitation and hypersexualized culture. Piloting in 2018, SafetyIQ and PreventionIQ provides training for staff within schools; educational materials for delivery with students; guidance to implement policies, processes and practices; and tools to partner with parents through comprehensive online learning.*

Sign up here: <http://criticalpornanalysis.gr8.com/>

## OTHER POSSIBLE RESPONSES

- Survey of parents and point them to parent education
- Survey of professionals. What are clinicians seeing?
- Don't dismiss anecdotal evidence
- Watch for trends in local clinics / schools
- Use studies to inform local and school policies, processes and practices
- Train teams to talk about pornography as a Public Health issue
- Engage medical & public health leaders
- Engage at a political level
- Consider lawsuits for damages
- Feedback to schools on need for education to prevention of online/offline sexual harms
- Offer age & stage appropriate counter education for children, youth and adults

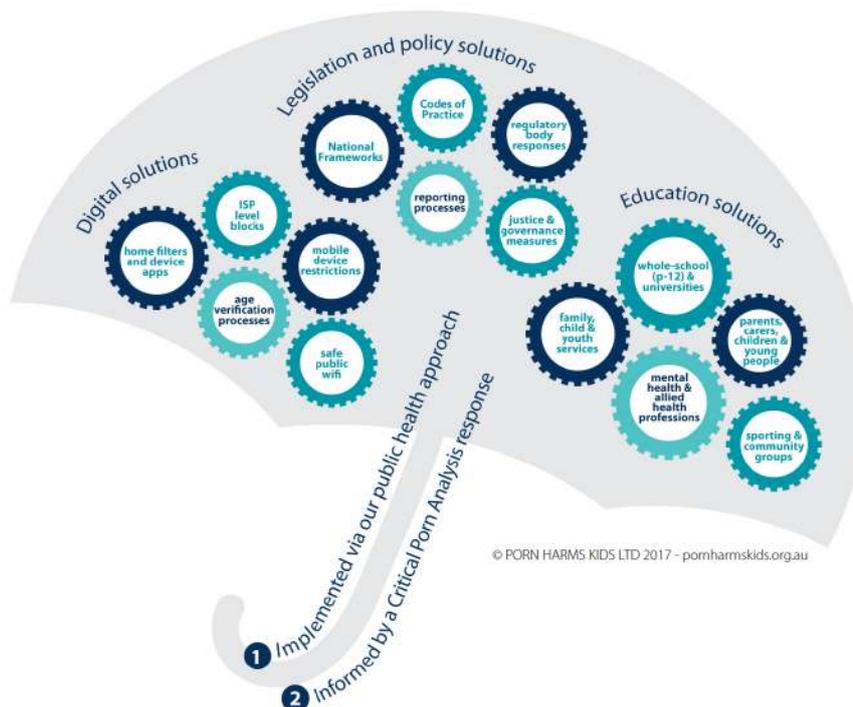
## Strategies for Societal Change

**Porn Harms Kids** addressing the harms of children and young people accessing online pornography.

Porn Harm Kids is a registered health promotion charity that mobilises researchers, child development experts, youth welfare authorities, the medical profession, non-profits, social and public policy sectors and members of the community including schools and parents, to work toward a comprehensive solution. <http://pornharmkids.org.au/>

### **Porn Harms Kids - Stage 1 Action Plan 2017-2020**

Addressing the harms of children and young people accessing online pornography



Add your name to push for change in New Zealand:

[http://www.pornharmkids.org.au/nz\\_sign\\_up](http://www.pornharmkids.org.au/nz_sign_up)

The Porn Harms Kids Stage 1 Action Plan 2017-2020, is detailed in The Porn Harms Kids Report - protecting our kids from online pornography harms is everyone's business and released on September 25, 2017. [http://www.pornharmkids.org.au/report\\_2017](http://www.pornharmkids.org.au/report_2017)

## Youth Wellbeing Project Resources

**Not for Kids! children's book:** Protecting Kids Online: <http://www.notforkids.info/>

Youth Wellbeing Project resources can be purchased from <http://www.youthwellbeingproject.com.au/> and enquiries can be made to [contact@youthwellbeingproject.com.au](mailto:contact@youthwellbeingproject.com.au)

### **IQ programs available now – email for details**

BodyIQ LEVEL 3 (Grade 5-6)

RelationshipIQ LEVEL 4 (Grade 7-8)

RelationshipIQ LEVEL 5 (Grade 9-10)

### **Coming Early 2018**

BodyIQ Level 1 (Grade 1-2)

SafetyIQ for Primary Schools

PreventionIQ for High Schools

*SafetyIQ and PreventionIQ programs provide a whole school approach to prevent sexual harms, and build young people's resilience and resistance to exploitation and hypersexualized culture. Piloting in 2018, SafetyIQ and PreventionIQ provides training for staff within schools; educational materials for delivery with students; guidance to implement policies, processes and practices; and tools to partner with parents through comprehensive online learning.*

### **FOR LINKS TO OTHER RESOURCES**

#### **Culture Reframed:**

Parents of Children: <http://www.culturereframed.org/parents-of-children/>

Parents of Teens: <http://www.culturereframed.org/parents-of-teens/>

#### **Porn Harms Kids:**

Parents of Children: [http://www.pornharmskids.org.au/resources\\_for\\_parents\\_of\\_children](http://www.pornharmskids.org.au/resources_for_parents_of_children)

Parents of Teens: [http://www.pornharmskids.org.au/resources\\_for\\_parents\\_of\\_teens](http://www.pornharmskids.org.au/resources_for_parents_of_teens)

Educational Settings Resources:

[http://www.pornharmskids.org.au/resources\\_for\\_educational\\_settings](http://www.pornharmskids.org.au/resources_for_educational_settings)

### **OTHER RESEARCH: YOUNG NEW ZEALANDERS VIEWING SEXUAL VIOLENCE**

**Office of Film and Literature Classification** Discussion Document:

<http://www.classificationoffice.govt.nz/PDFs/2016-sexual-violence-discussion-document.pdf>

*Thank you for participating in the workshop: Addressing pornography as a public health crisis.*