

# Pornography impacts on gender



~ Liz Walker

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## Essential Link:

<https://www.youthwellbeingproject.com.au/2018-denmark/>



**YOUTH WELLBEING**  
PROJECT

SCHOOL  
EDUCATIONAL RESOURCES



AWARENESS & ADVOCACY  
PREVENT – EQUIP – RESTORE

**CULTURE REFRAMED PARENTS PROGRAM**  
BUILDING RESILIENCE & RESISTANCE TO HYPERSEXUALIZED MEDIA & PORN

FREE ONLINE  
PARENTS PROGRAM

# Overview

- Being clear on our aim - sexual health and relational wellness
- Gain an overview of Critical Porn Analysis as an educational response to the researched harms of pornography as a public health crisis
- Understanding how pornography creates gendered sexual 'scripts' that contribute to violence
- Develop awareness of the ways in which pornography contributes to child sexual exploitation
- Learn how pornography impacts mental health and addiction
- Identity
- Gain strategies to engage and equip parents

What is sexual health?

What is sexuality?

DISCUSS

# 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

*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.*

# Sexual Rights

## ***WAS Declaration: Sexual Rights No. 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:*

*...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.*

SOURCE: World Association for Sexual Health  
Declaration of Sexual Rights

# Sexual Rights

## **WAS Declaration: Sexual Rights No. 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.*

SOURCE: World Association for Sexual Health  
Declaration of Sexual Rights

*With every right  
comes a responsibility*

# PORNOGRAPHY



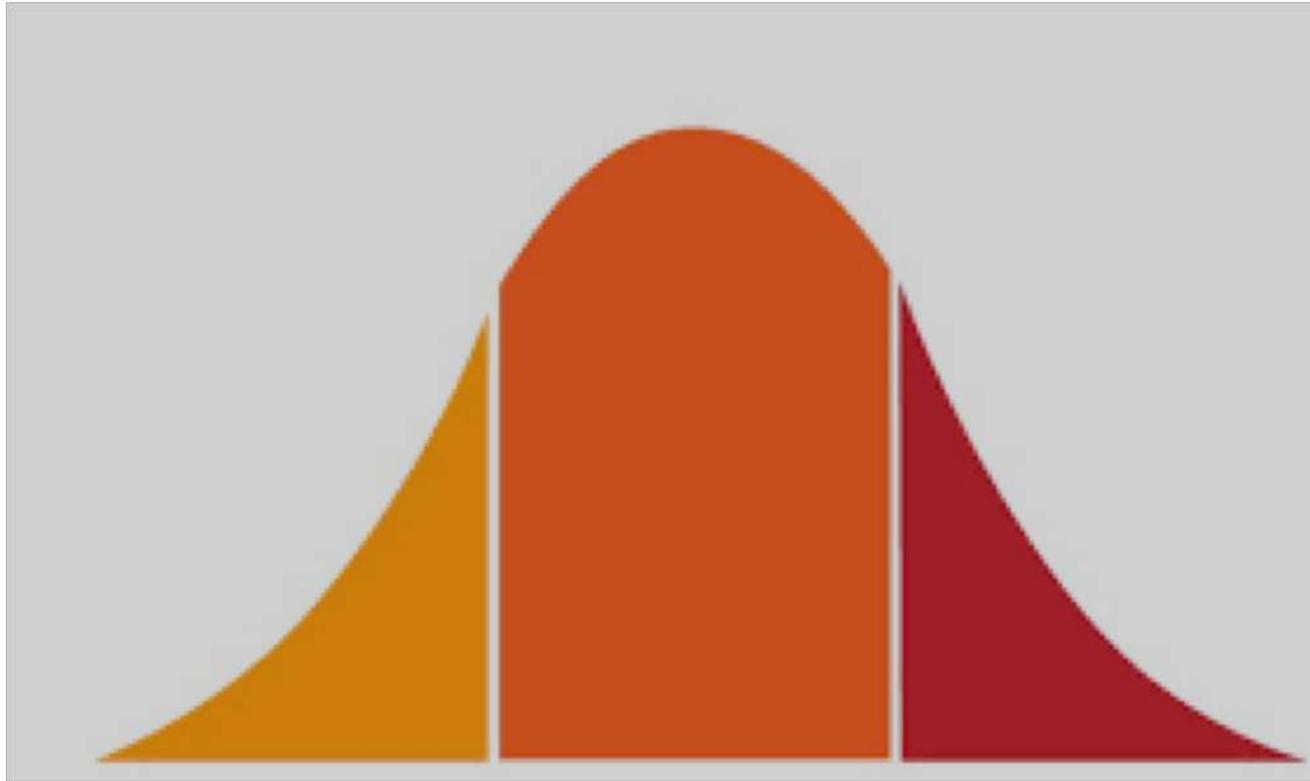
but at what cost?

# A GLOBAL ISSUE



Typically, pornography is defined as:

‘Sexually explicit media that are primarily intended to sexually arouse the audience’.



erotica

hard-core porn

extreme

# Mainstream hardcore pornography defined as:

*[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.*

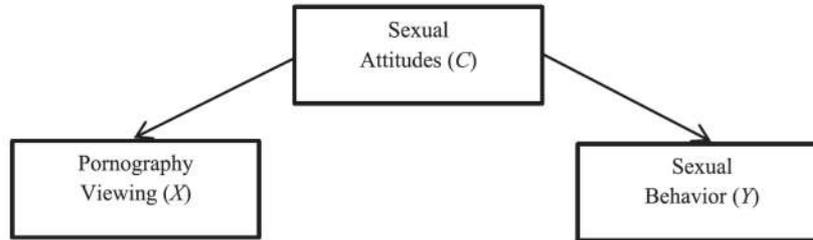
# Definition of Violence - Denmark

- Physical violence
- Psychological violence
- Financial violence
- Material violence
- Sexual violence
  - A person forces another person to do a sexual action that the person does not want
  - Disturbing, demeaning comments can hurt just as much as physical violence
  - An action or a threat, despite the cause can abuse another person's integrity – harm, frighten or hurt the person

# Pornography and Sexual Behavior – study by Paul Wright comparing theories

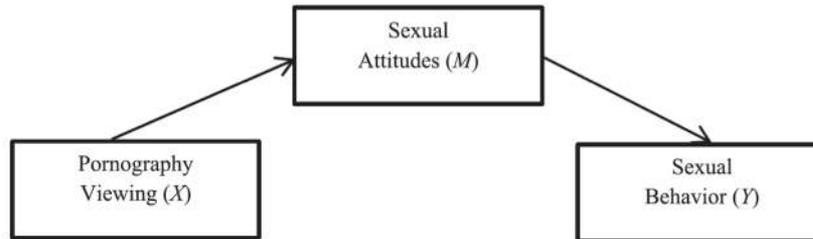
Libertarian theory

Conceptual Model 1: Sexual Attitudes ( $C$ ) Confound the Relationship Between Pornography Viewing ( $X$ ) and Sexual Behavior ( $Y$ ).



Sexual Script theory

Conceptual Model 2: Sexual Attitudes ( $M$ ) Mediate the Relationship Between Pornography Viewing ( $X$ ) and Sexual Behavior ( $Y$ ).



# Examples of porn categories

Amateur	Anal	Animal	Big Ass
Black/ebony	Double penetration	Teens	Torture
Deepthroat	Orgy	Torture	Schoolgirl
Exhibitionist	Pregnant	Transsexual	Pissing
Fisting	Milf/mom	Upskirt	Cheating
Extreme Facial	Small tits	Gangbang	Public Reality
Granny	Lolita	Bizarre	Slave
Young	Bukkake	Threesome	Bareback
Ladyboy	Shemale	Hentai	Hardcore

# Sexual Media Scripts

Are more likely to be applied when:

1. **exclusive** (main message in the absence of alternative messages)
2. **formative** (early exposure or first source of information)
3. **resonant** (consistent with real life experiences)
4. **reinforced** (the viewer receives positive reinforcement from enacting the script – e.g. through masturbation to porn)

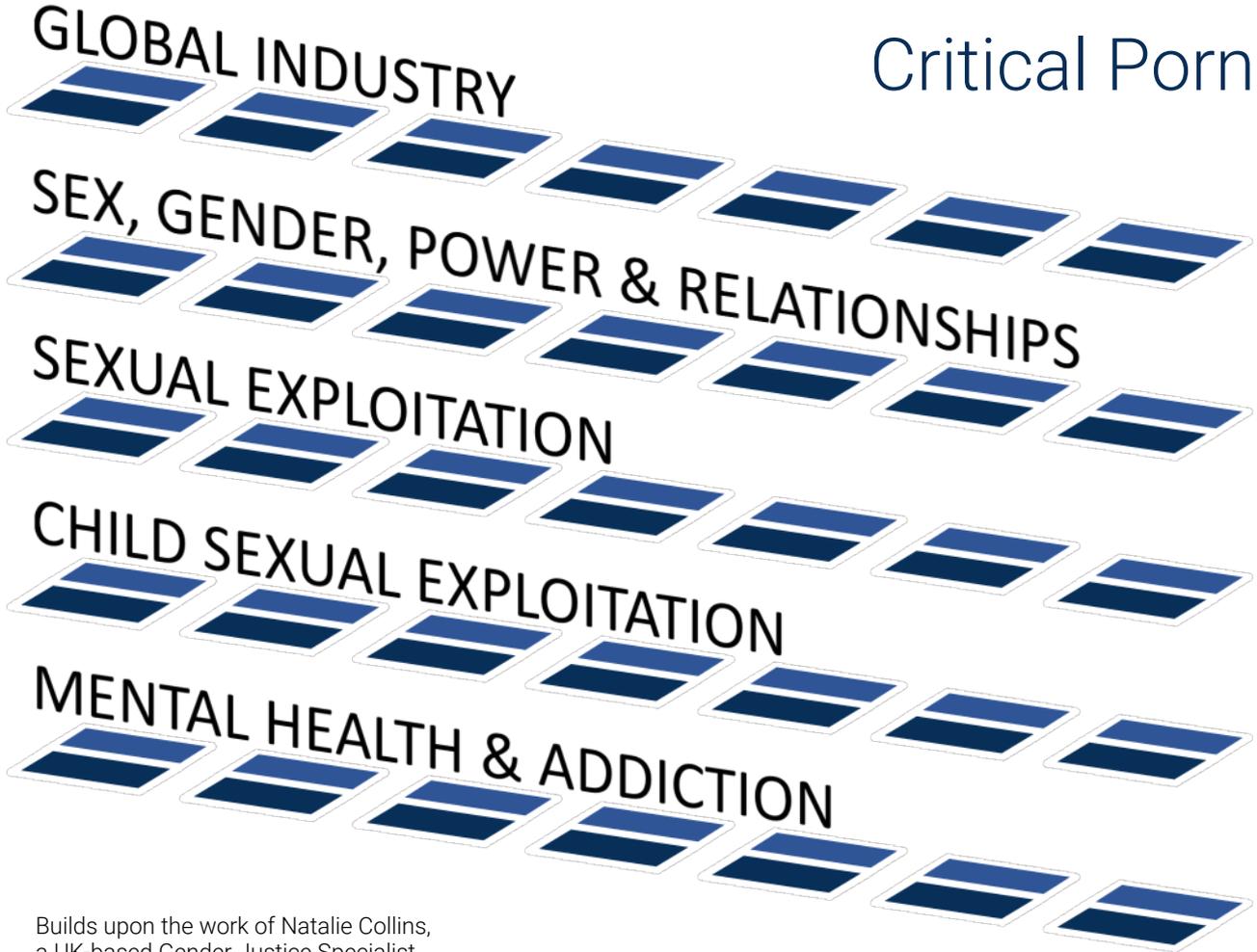
Alternatively, when other sexual scripts are...

- early
- persistent and
- reinforced

...this can result in a LOWER likelihood of viewers applying sexual media scripts.

# Critical Porn Analysis

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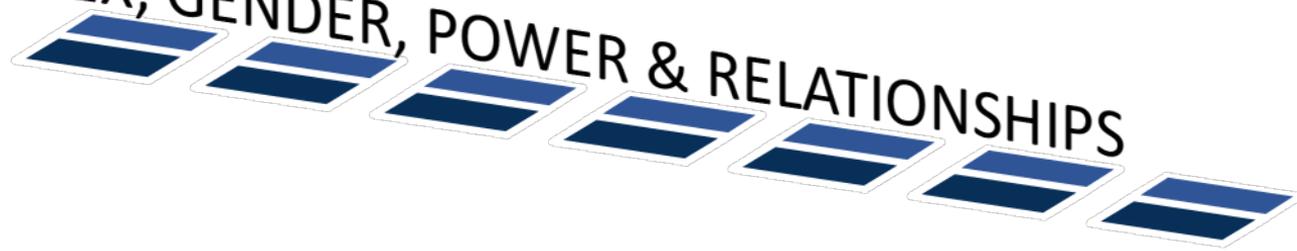


Builds upon the work of Natalie Collins,  
a UK-based Gender Justice Specialist.

# Critical Porn Analysis

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SEX, GENDER, POWER & RELATIONSHIPS



# SEX, GENDER, POWER & RELATIONSHIPS

- How does porn shape people's fantasies, sense of gender and sexual identity, relationship expectations, behaviours, 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 hyper masculinity and hyper femininity?
- 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?

# Dr. John Foubert, Ph.D. Interview

<https://vimeo.com/190576748>

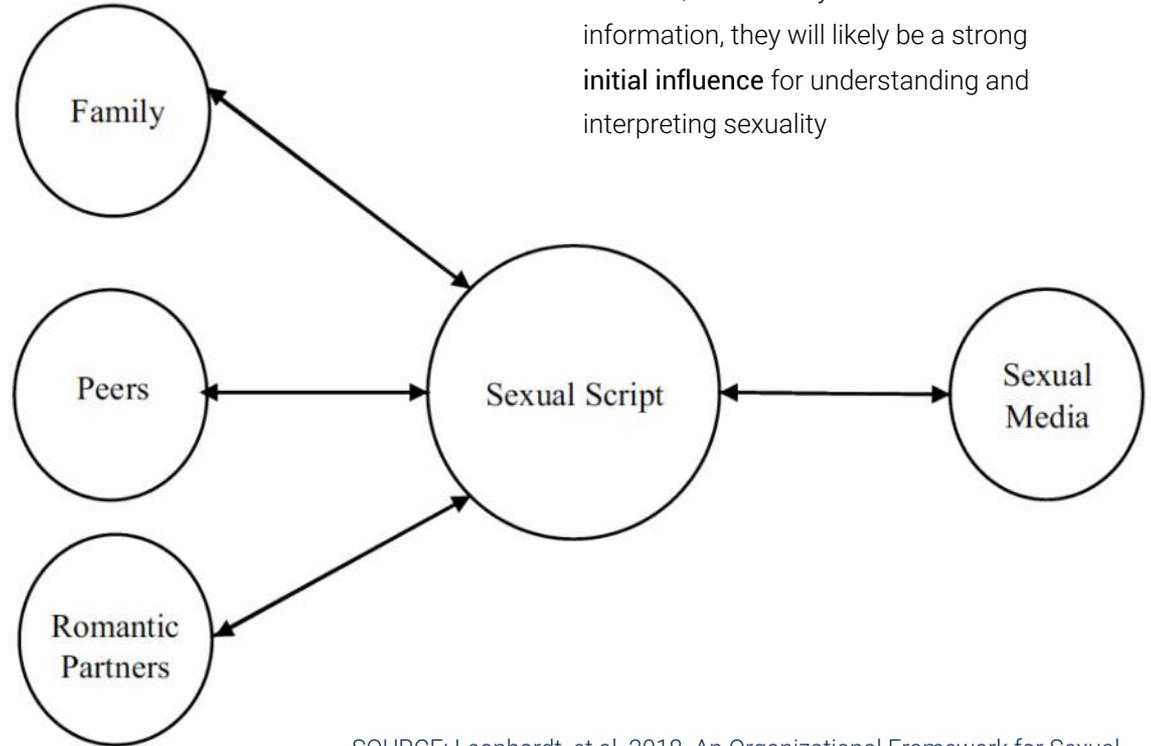
# Online Sexually Explicit Material Exposure to, Desire for, and Participation in Rough Sex

- New research reveals that it's common for those who have been exposed to rough sex in pornography to both desire and engage in those acts.
- Rough Sex is defined as hair pulling, spanking, scratching, biting, bondage, fisting, and double penetration.
- 91.4% of 19-30 year old's surveyed who had been exposed to sexually explicit material desired to engage in one or more of these behaviours.
- 81.7% had engaged in one or more behaviours
- Almost half of the study participants (49.5%) engaged in four or more rough sex behaviours.

## Model of Script Sources

Double-sided arrows were used to acknowledge that while all these sources influence the formation of a sexual script, the sexual script also can influence interactions with each of these sources of information.

Note - We do not claim this is an exhaustive depiction of sexual scripting sources.

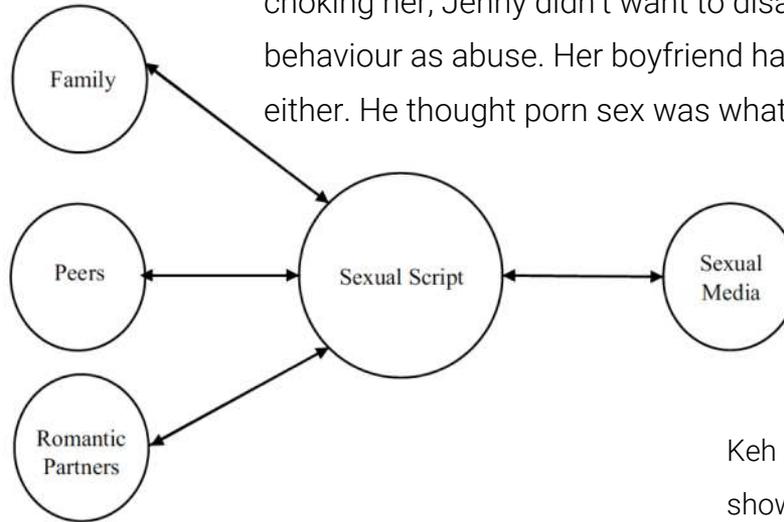


- information regarding sexuality may not shape preferences and expectations as strongly as sexual experience itself
- however, if the family is the first source of information, they will likely be a strong **initial influence** for understanding and interpreting sexuality

SOURCE: Leonhardt, et.al. 2018. An Organizational Framework for Sexual Media's Influence on Short-Term Versus Long-Term Sexual Quality. Archives of Sexual Behavior

## consider these scenarios

Jack's family was a strong source of initial influence, with sexuality openly discussed in the home. He was introduced to porn at age 13. He rejected porn at first, but normalised porn use amongst peers meant that he felt left out if he didn't share porn stories. He now uses porn daily and wants to try out porn acts on his partner.



What other scenarios may result in unhealthy **sexual scripts** when **sexual media** is reinforced rather than challenged by peers, romantic partners or family?

Jenny's family didn't talk about sex and she first learnt about it from her boyfriend showing her porn. He said that porn was how you learn what to do. He asked her to copy it and perform like the porn performers. As much as sex was painful and she was scared by her boyfriend choking her, Jenny didn't want to disappoint him, and didn't identify his behaviour as abuse. Her boyfriend had no idea he was being abusive either. He thought porn sex was what girls wanted.

Keh had no idea about sex until someone showed them hardcore porn at age 11. They think sex is horrible and they don't want to have anything to do with it. They now identify as non-binary and asexual.

# Recap Sexual Media Scripts

Are more likely to be applied when:

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Alternatively, when other sexual scripts are...

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# Critical Porn Analysis

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# 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 normalise exploitation (e.g. sexting) amongst young people?
- What messages does porn provide to youth who are exploring their sense of self and sexuality?

The growing ubiquity of mobile devices means those targeted or indirectly implicated are getting younger and younger – with children as young as 5 or 6 years of age now exposed to cyber bullying and online pornography – sometimes of the most extreme kind. In some contexts online culture represents the worst form of gang violence.

# Kids access to Pornography

- Pornhub has a current global ranking of 27 (up from 65 in January 2016)
- A 2013/14 survey carried out by ChildWISE in the UK revealed that Pornhub was one of the “Top 5” internet sites for 11-16-year-old boys.
  - Nearly one in ten 12-13-year old's are worried they are addicted to porn
  - Around one in five said they'd seen pornographic images that had shocked or upset them
  - 12% admitted to making or been part of a sexually explicit video
- Although this data is from the UK, the Internet leaves few parts of the globe disconnected - figures are likely to be consistent elsewhere.

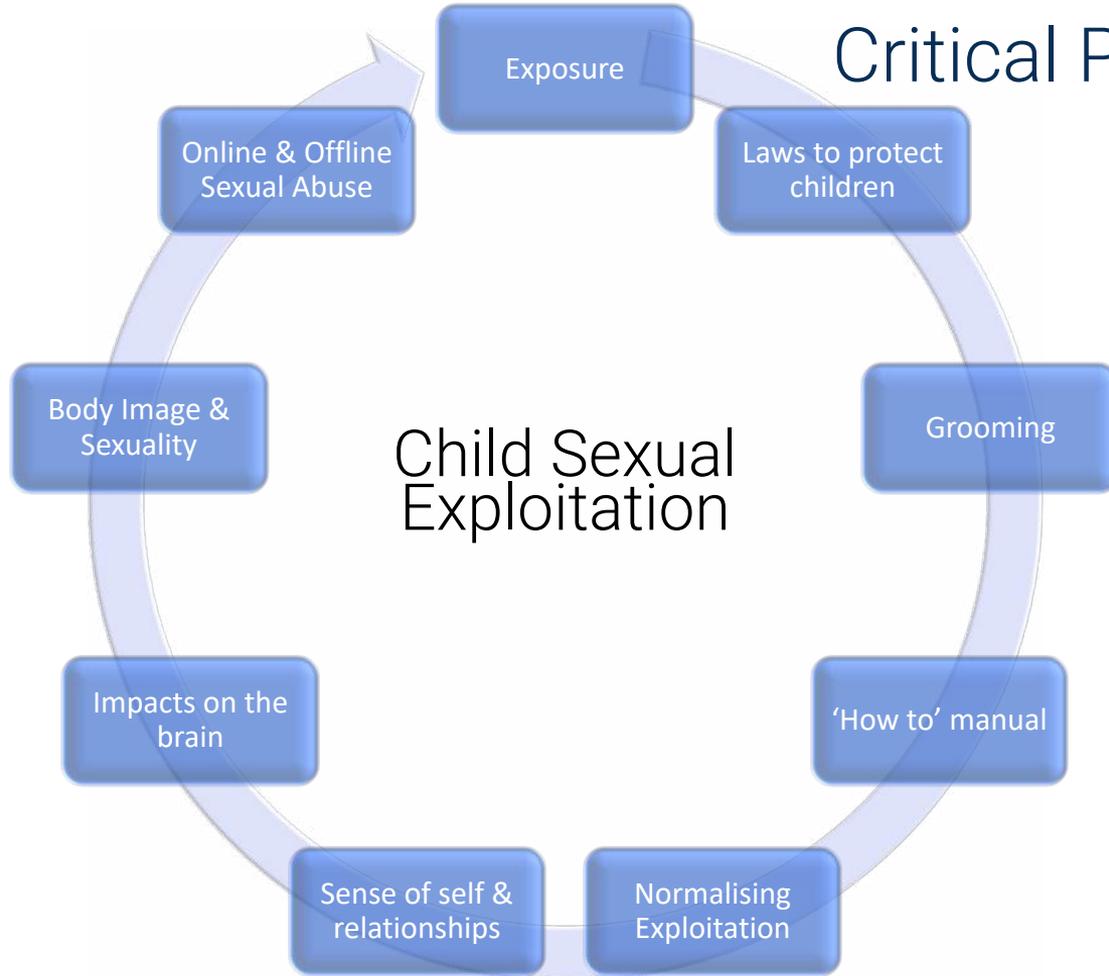
# Porn Harms Kids Report

*Children having access to pornography is essentially,  
child sexual abuse via digital images.*

[echildhood.org/report\\_2017](http://echildhood.org/report_2017)



# Critical Porn Analysis



# Critical Porn Analysis

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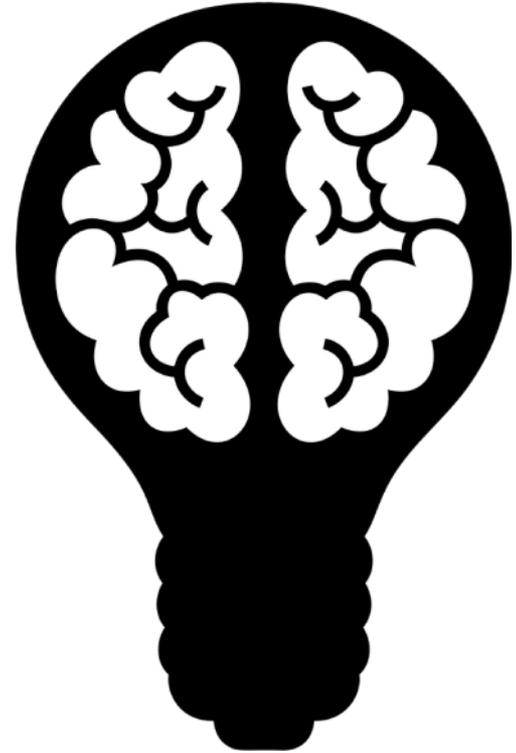


# MENTAL HEALTH & ADDICTION

- 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?

# Four Vulnerabilities Unique to Teen Brains

1. Much stronger "Go get it!" signals
2. Decreased sensitivity to aversion
3. Weaker "Stop!" signals
4. Extensive pruning throughout adolescence



A photograph of a DJ performing at a music event. The DJ is wearing a dark blue and black striped t-shirt and blue jeans. They are holding a microphone in their right hand and adjusting a knob on a piece of audio equipment with their left hand. In the background, there is a laptop and other DJ equipment. A large, semi-transparent circular overlay is positioned on the left side of the image, containing text.

—

**"If a teen is doing music or sports or academics, those are the cells and connections that will be hardwired. If they're lying on the couch or playing video games or MTV [or Internet porn], those are the cells and connections that are going to survive."**

**– Jay Giedd**

SOURCE: Your Brain on Porn (2011) Why Shouldn't Johnny Watch Porn If He Likes?

# Understanding the Brain Science

Dr Hilton explaining the Brain Science

<https://vimeo.com/245120968>

Complete Documentary

<https://vimeo.com/153479168>

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*The fact is, teenagers get addicted to every substance faster than adults, and once addicted have much greater difficulty ridding themselves of the habit— and not just in their teen years but throughout the rest of their lives.*



# Compulsive Porn Use

- In 2016, a study of 1565 18-19-year-old Italian male students,
  - 4 out of 5 stated consumed pornography.
  - Almost 22% 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 on 18-year-old young men
  - 98% had watched pornography to different extents.
  - 11% were frequent consumers (watched porn 1 or more times/ day
  - 69% average consumers (at least once / month up to several times a week, but less than once per day)
  - 20% infrequent consumers (less than once a month)

REFERENCE 1: Pizzol et. al. (2016) Adolescents and web porn: a new era of sexuality.  
REFERENCE 2: Donevan & Mattebo (2017) The relationship between frequent pornography consumption, behaviours, and sexual preoccupation among male adolescents in Sweden

# Compulsive Porn Use

- In 2017, a cross-disciplinary survey of students (avg. age 23)
  - 10.3% scored in the clinical range for cybersex addiction (19% of men and 4% of women).
- In 2017, a study on Australians ages 15-29 found
  - 100% of males (and 82% females) had viewed porn.
  - Of these, 85% of young men and 23% of young women watch pornography on a weekly or daily basis.
  - Also, 69% of males and 23% of females first viewed porn at age 13 or younger.
  - The more frequent pornography viewing correlated with mental health problems.

REFERENCE 1: Giordano, & Cashwell (2017) Cybersex Addiction Among College Students: A Prevalence Study

REFERENCE 2: Lim et. al (2017) Young Australians' use of pornography and associations with sexual risk behaviours

# Compulsive sexual behaviour disorder

ICD-11 (2018) World Health Organization

- 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.

AND PORNOGRAPHY IS...

A  
PUBLIC  
HEALTH  
CRISIS

# Health education's role in framing pornography as a public health issue

*Social issues from the public health perspective involve problems that affect individuals or groups beyond their capacity to correct.*

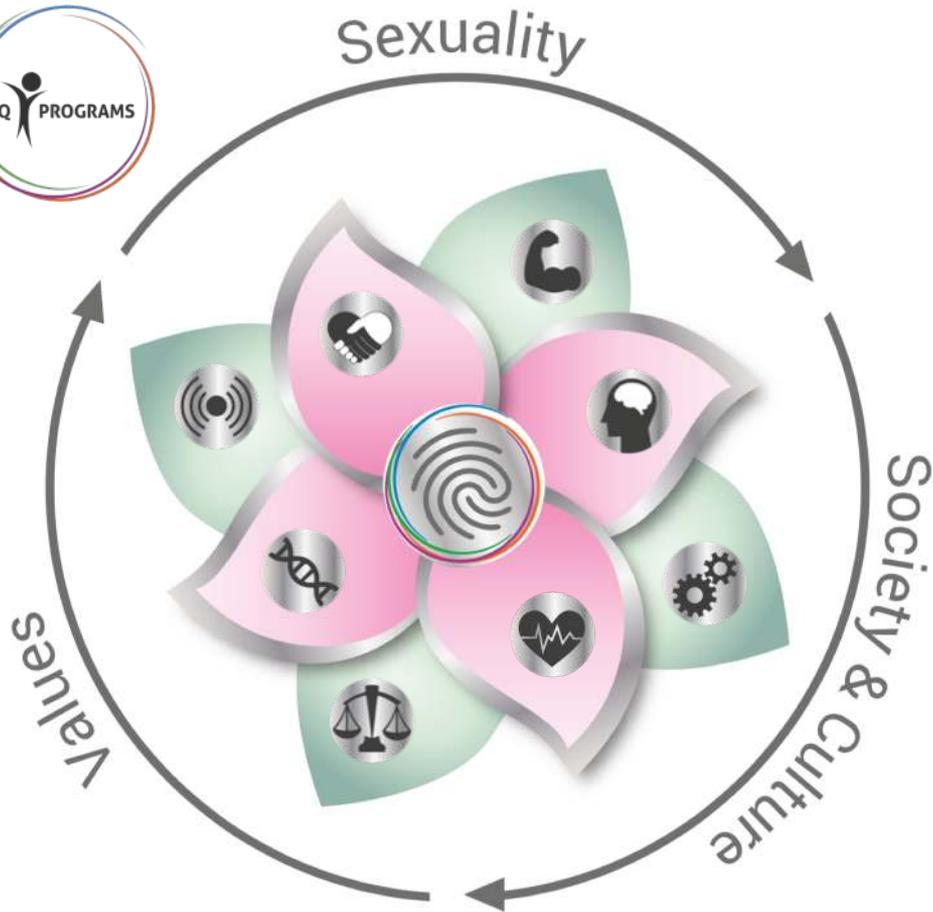
*Social issues are detectable when responsibility is shifted from individuals being able to adequately make changes themselves, toward holding external social causes or influences accountable.*

*It is clear that many aspects of pornography meet this definition of social issue, and warrant public health advocacy efforts.*



Work together

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© Youth Wellbeing Project

## THE HOLISTIC MODEL OF SEXUALITY

-  Identity
  -  My connections
  -  Emotions & psychology
  -  Sexual Health & wellbeing
  -  Biology & reproduction
  -  Ethics, politics & law
  -  Sex & the media
  -  Sex & power
  -  Sex & the mind
- } Critical Cultural Analysis



*Cultivating Kids for  
Healthy Relationships  
and Development  
4-12 years old*



*Advancing Youth for  
Sustainable Relationships  
& Sexual Health  
12-16 years old*



*Safeguarding Kids  
from Cultural and  
Sexual Harms  
4-12 years old*



*Fortifying Youth  
against Cultural  
and Sexual Harms  
12-16 years old*



**YOUTH WELLBEING  
PROJECT**

## IQ programs

- **FOR PARENTS:** access free online tools to educate on the impacts of hypersexualisation and porn culture. Face-to-face training is available upon request.
- **FOR EDUCATORS:** receive online training and comprehensive lesson plans informed by educational frameworks, social theories and relevant research. Face-to-face training is available upon request.
- **FOR STUDENTS:** gain critical and self-awareness skills to make informed decisions to confidently navigate hypersexualised culture and other 21st century challenges.



This book is also  
a useful resource  
for therapists



Not sure how to have the  
porn talk with your child?

help young people thrive despite hypersexualized culture

find support here 

[parents.culturereframed.org](https://parents.culturereframed.org)

**CULTURE REFRAMED PARENTS PROGRAM**  
BUILDING RESILIENCE & RESISTANCE TO HYPERSEXUALIZED PORN CULTURE



An orange speech bubble graphic with a white outline, containing the title text in white. The bubble has a tail pointing towards the bottom right.

# CULTURE REFRAMED SOCIAL MEDIA & MOBILE PHONE CONTRACT

The Culture Reframed Social Media & Phone Contract aims to equip you with the knowledge and skills to have conversations that ensure you stay connected to your young person's world.

# CONTRACT INCLUSIONS

TWO PARTS: EXPLANATION PLUS A DOWNLOAD CONTRACT TO PERSONALIZE

- ✓ Is my child ready for a phone?
- ✓ What boundaries and expectations do I have?
- ✓ Establishing ownership and responsibility
- ✓ Monitoring for safety
- ✓ Apps and accounts
- ✓ Understanding privacy
- ✓ Sharing passwords
- ✓ Strangers, acquaintances and friends
- ✓ Managing screen time and minimizing distractions
- ✓ Sleep hygiene
- ✓ Managing reputation, conflict, cyberbullying, images, viewing and character
- ✓ Managing a breach

# PARENTS OF TWEENS MODULES

## SECTION 1 – CATCH UP AND KEEP UP: DOES MY TWEEN KNOW THE BASICS?

Module 1: Getting Started

Module 2: Skills and Knowledge

Module 3: Developing a Game Plan

## SECTION 2 – HELPING MY TWEEN NAVIGATE ONLINE AND OFFLINE FRIENDSHIPS

Module 4: Boundaries, Consent & Privacy

Module 5: Managing Technology

# PARENTS OF TWEENS MODULES

## SECTION 3 – RELATING TO THEIR WORLD

Module 6: The Hypersexualized Wallpaper of a Tween

Module 7: How do Kids Get Exposed to Pornography?

Module 8: Developing a Vocabulary

## SECTION 4 – FAMILY DECISIONS

Module 9: Family Culture

Module 10: Masturbation, Fantasy & Porn

Module 11: Responding to Healthy Curiosity

## SECTION 5 – CONVERSATION STRATEGIES

Module 12: Leading Discussions Skillfully

Module 13: But What Do I Say?



# CONVERSATION SCRIPTS

gain confidence to approach difficult but necessary topics by accessing the scripts below

Body image and hypersexualization

Peer pressure among boys & integrity

The harms of pornography

Boundaries for sharing images online

Pressure for girls to be hot

Walking in on watching porn

Sending and receiving nudes

Respectful sex versus porn

Talking through technology boundaries

Avoiding porn - it's everywhere

LIZ WALKER

[contact@youthwellbeingproject.com.au](mailto:contact@youthwellbeingproject.com.au)



**YOUTH WELLBEING**  
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Heidi Als Ringheim

[info@mediesundhed.dk](mailto:info@mediesundhed.dk)

**MEDIE SUNDHED**  
for Børn & Unge

for sunde relationer  
i en digital verden