

Internet Porn and its Effects on Marriage:

According to the *Journal of Adolescent Health*, prolonged exposure to pornography leads to:

- An exaggerated perception of sexual activity in society
- Diminished trust between intimate couples
- The abandonment of the hope of sexual monogamy
- Belief that promiscuity is the natural state
- Belief that abstinence and sexual inactivity are unhealthy
- Cynicism about love or the need for affection between sexual partners
- Belief that marriage is sexually confining
- Lack of attraction to family and child-raising⁴¹

According to sociologist Jill Manning, the research indicates pornography consumption is associated with the following six trends, among others:

1. Increased marital distress, and risk of separation and divorce
2. Decreased marital intimacy and sexual satisfaction
3. Infidelity
4. Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices
5. Devaluation of monogamy, marriage and child rearing
6. An increasing number of people struggling with compulsive and addictive sexual behavior⁴²

In a press release from the American Academy of Matrimonial Lawyers (divorce lawyers) reported that the most salient factors present in divorce cases are as follows:⁴³

- 68% of the divorces involved one party meeting a new lover over the Internet.
- 56% involved one party having “an obsessive interest in pornographic websites.”
- 47% involved spending excessive time on the computer.
- 33% involved excessive time spent speaking in chat rooms.

In 2003, a Focus on the Family poll showed 47% percent of families said pornography is a problem in their home.⁴⁴

⁴¹ Dolf Zillmann. “Influence of Unrestrained Access to Erotica on Adolescents’ and Young Adults’ Dispositions toward Sexuality.” *Journal of Adolescent Health*, Vol. 27, Iss. 2, Supp. 1, pgs. 41-44), Aug. 2000. Abstract: *ScienceDirect*. Web. 25 Nov. 2009. <<http://www.sciencedirect.com/science/article/B6T80-40RTM34-8/2/d8568349f3984dbaa02fbfdd7a5f1a09>>.

⁴² Jill Manning, Testimony. “Hearing on Pornography’s Impact on Marriage & the Family,” 10 Nov. 2005. U.S. Senate Hearing: Subcommittee on the Constitution, Civil Rights and Property Rights, Committee on Judiciary, 10 Nov 2005. Web. 25 Nov. 2009. <http://judiciary.senate.gov/hearings/testimony.cfm?renderforprint=1&id=1674&wit_id=4826>. <<http://www.bing.com/search?q=jill+manning+subcommittee+on+constitution%2C+civil+rights%2C+committee+on+judiciary%2C+united+states+senate&go=&form=QBLH&qs=n>>. Web Ppt. 25 Nov. 2009. <<http://www.namb.net/atf/cf/%7BCDA250E8-8866-4236-9A0C-C646DE153446%7D/MANNING.PPT>>.

⁴³ Patrick F. Fagan. Qtd in “The Effects of Pornography on Individuals, Marriage, Family and Community.” Marriage & Religious Inst., Family Research Council., Love & Responsibility Project: Center for Study of Catholic Higher Ed. *Scribd*. Web. 11 Dec. 2009. <<http://www.scribd.com/doc/23930556/The-Effects-of-Pornography-on-Individuals-Marriage-Family-and-Community>>.

⁴⁴ Rebecca Grace. Focus on the Family Poll, Oct. 2003. Qtd. in “When Dad Falls: A Family’s Ordeal with Pornography.” *Agape Press*. Web. 25 Nov. 2009. <<http://www.crosswalk.com/1284103/>>.

In 2004, 42% of surveyed adults indicated that their partner's use of pornography made them feel insecure, and 41% admitted that they felt less attractive due to their partner's pornography use.⁴⁵

A brief survey on the effects of cybersex shows how wives of porn users develop deep psychological wounds, reporting feelings of betrayal, loss, depression, mistrust, devastation, anger, and sexual inadequacy. The same survey shows more than half of those engaged in cybersex lost interest in sexual intercourse, and one third of their partners lost interest as well.⁴⁶

"I have also seen in my clinical experience that pornography damages the sexual performance of the viewers. Pornography viewers tend to have problems with premature ejaculation and erectile dysfunction. Having spent so much time in unnatural sexual experiences with paper, celluloid and cyberspace, they seem to find it difficult to have sex with a real human being. Pornography is raising their expectation and demand for types and amounts of sexual experiences; at the same time it is reducing their ability to experience sex." (Dr. MaryAnne Layden)⁴⁷

*"Should pornography sufficiently arouse a biologically determined male predisposition for polygamy, then its informational system may be contributing to contemporary male frustration and even aggressivity toward the female in general and monogamous patterns of sexuality in particular. It may be argued that if the visual data of pornography encourages distrust of female sexual fidelity and a distorted perception of female personhood, such data could encourage disdain and/or animosity toward heterosexual comradeship and the value of such comradeship for individual and social solvency."*⁴⁸

The Internet, Pornography, and Teens:

"Never before in the history of telecommunications media in the United States has so much indecent (and obscene) material been so easily accessible by so many minors in so many American homes with so few restrictions." (U.S. Department of Justice)⁴⁹

In 2007, a study from Grunwald Associates, LLC, in cooperation with the National School Boards Association reported:⁵⁰

⁴⁵ Mark A. Yarhouse. Marriage Related Research. *Christian Counseling Today*. 2004 Vol. 12, No. 1.

⁴⁶ Jennifer P. Schneider. "Effects of Cybersex Addiction on the Family: Results of a Survey," *Sexual Addiction and Compulsivity* 7, 2000, Pgs. 31-58. Web. 11 Dec. 2009. <http://www.jenniferschneider.com/articles/cybersex_family.html>.

⁴⁷ MaryAnne Layden. U.S. Senate Testimony. "Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities." 18 Nov. 2004. Qtd. in "Providing How-to and Self-help Information for Women Seeking Answers & Emotional Pain Relief Because of His Narcissism, Addictions, & Abuse." <http://www.narcissismaddictionsabuse.com/Benefiting_Women,LLC>. Web. 3 Dec. 2009. <<http://www.narcissismaddictionsabuse.com/Toxicity%20of%20Pornography.html>>.

⁴⁸ Joseph Shepher & Judith Reisman. "Pornography: A Sociobiological Attempt at Understanding." *Ethology and Sociobiology*. Vol. 6, Iss. 2. 1985 pgs. 103-114. Web. 3 Dec. 2009. <http://www.drjudithreisman.com/archives/Ethology_.pdf>.

⁴⁹ U.S. Department of Justice. Post Hearing Memorandum of Points and Authorities, at 1, *ACLU v. Reno*, 929 F. Supp. 824, 1996.

⁵⁰ National School Boards Association, Grunwald Associates LLC., Microsoft, Newscorp & Verizon. "Online Social Networking and Education: Study Reports on New Generations Social and Creative Interconnected Lifestyles." *Robin Good, Ed. Luigi Canali De Rossi*. Web. 3 Dec. 2009. <http://www.masternewmedia.org/learning_educational_technologies/social-networking/social-networking-in-education-survey-on-new-generations-social-creative-and-interconnected-lifestyles-NSBA-20071109.htm>.

- Nine to seventeen year-olds spend about 9 hours a week on online social networking activities (compared to about 10 hours watching TV).
- 96% of students with online access report that they use social networking technologies (chat, text messaging, blogging, online communities, etc.).
- 71% say they use social networking tools at least weekly.

According to an anonymous survey published in the *Journal of Adolescent Health* in August 2009:⁵¹

- 96% of teens interviewed had Internet access, and 55.4% reported that they had visited a sexually explicit website.
- Adolescents exposed to these sites are more likely to have multiple lifetime sexual partners, more likely to have had more than one sexual partner in the last 3 months, and more likely to have used alcohol or other substances at last sexual encounter.

Representatives from the pornography industry told Congress' COPA Commission that as much as 20 to 30 percent of the traffic to some pornographic websites come from children.⁵²

According to a study done by Symantec, after scanning 3.5 million online searches done between February 2008 and July 2009, "sex" was the 4th most used term; "porn" was the 6th. This reflects searches done by children in households that use OnlineFamily.Norton.⁵³

According to research from Family Safe Media, the largest group of viewers of Internet porn is children between ages 12 and 17.⁵⁴

According to a study cited in the *Washington Post*, more than 11 million teenagers view Internet pornography on a regular basis.⁵⁵

Peer-to-peer file sharing is becoming a very common way to access pornography. Aside from the illegal uses of 'Peer to Peer' (P2P), such as downloading copyrighted music and software and the potential spread of viruses, it is estimated that 35% of all P2P downloads are related to pornographic material.⁵⁶

"Research reveals many systemic effects of Internet pornography that are undermining an already vulnerable culture of marriage and family. Even more disturbing is the fact that the first Internet generations have not reached full-maturity, so the upper-limits of this impact have yet to be realized" (Jill Manning, Sociologist).⁵⁷

⁵¹ *Journal of Adolescent Health*, Society for Adolescent Medicine. "Exposure to Sexually Explicit Web Sites and Adolescent Sexual Attitudes and Behaviors," Vol. 45, Iss. 2, Pg. 156. Web. 3 Dec 2009. <<http://www.jahonline.org/article/S1054-139X%2808%2900658-7/abstract>>.

⁵² Dick Thornburgh & Herbert S. Lin, Eds. "Youth, Pornography and the Internet." *Committee to Study Tools and Strategies for Protecting Kids from Pornography and their Applicability to Other Inappropriate Internet Content; Computer Science and Telecommunications Board; National Research Council*, Washington, D.C. National Academies Press, 2002, P. 78. Web. 3 Dec. 2009. <http://www.nap.edu/openbook.php?record_id=10261&page=R1>.

⁵³ BBC News. "Kids Top Searches Include 'Porn.'" 12 August 2009. Web. 3 Dec. 2009. <<http://news.bbc.co.uk/2/hi/technology/8197143.stm>>.

⁵⁴ Family Safe Media Statistics. Qtd. at *Alabama Policy Institute*. "Internet Pornography: Facts and Figures." Web. 3 Dec. 2009. <<http://www.alabamapolicyinstitute.org/issues/gti/issue.php?issueID=311&guideMainID=21>>.

⁵⁵ Ed Vitagliano. Qtd. in *American Family Association Journal*. "Caught! Online Porn, Predators Threaten Children, Teens." Jan. 2007. Web. 3 Dec 2009. <<http://www.afajournal.org/2007/january/0107caught.asp>>.

⁵⁶ Jerry Ropelato. *TopTenREVIEWS* 2008. "P2P Networking – Kids Know! Do Mom and Dad?" Web. 3 Dec. 2009. <<http://internet-filter-review.toptenreviews.com/peer-to-peer-file-sharing.html>>.

A 2005 study by computer science professors Maryam Kamvar and Shumeet Baluja (associated with Google) found that more than 20% of all mobile phone queries and 5% of personal digital assistant queries were searches for adult entertainment.⁶⁴

A study of 2,305 adolescents found sexually explicit Internet material significantly increased uncertainties about sexuality, and increased favorable attitudes toward uncommitted sexual exploration.⁶⁵

A study of youth between the ages of 10 and 17 concluded that there is a significant relationship between frequent porn use and feelings of loneliness and major depression.⁶⁶

What can a parent do? – “A warm and communicative parent–child relationship is the most important factor. In addition, open parent–child channels for communicating about sexual and media experiences, sex education at home or school, and parental participation with children on the Internet are constructive influences. Finally, for boys already at risk for antisocial behavior, parents should carefully monitor and severely limit access to pornography on file-sharing networks and elsewhere.”⁶⁷

Teens and Sexting:

In a survey (2008) of teens and young adults done by the National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com:⁶⁸

- 20% of teens overall have sent or posted nude or seminude pictures or videos of themselves.
- 39% of teens are sending or posting sexually *suggestive* messages.
- 71% of teen girls and 67% of teen guys who have sent or posted sexually suggestive content say they have sent/posted this content to a boyfriend/girlfriend.
- 21% of teen girls and 39% of teen boys say they have sent such content to someone with whom they wanted to date or ‘hook up.’
- 15% of teens who have sent or posted nude/seminude images of themselves say they have done so to someone they only knew online.
- 51% of teen girls say pressure from a guy is a reason girls send sexy messages or images; only 18% of teen boys cited pressure from female counterparts as a reason.

⁶⁴ Maryam Kamvar & Shumeet Baluja. “A Large Scale Study of Wireless Search Behavior; Google Mobile Search.” Google Inc., Columbia U. & Carnegie Mellon U. Web. 4 Dec. 2009. <http://www1.cs.columbia.edu/~mkamvar/publications/CHI_06.pdf>.

⁶⁵ Peter Jochen and Patti M. Valkenburg. “Adolescents’ Exposure to Online Sexually Explicit Material, Sexual Uncertainty, and Attitudes Toward Uncommitted Sexual Exploration: Is There a Link?” *Communication Research*, 35, 2008, Pgs. 579-601. Paper presented at the annual meeting of the International Communication Association, TBA, San Francisco, CA, May 23, 2007. Net. 11 Dec. 2009, Allacademic research. <http://www.allacademic.com/meta/p169952_index.html>.

⁶⁶ Michele L. Ybarra and Kimberly J. Mitchell. “Exposure to Internet Pornography among Children and Adolescents: A National Survey,” *CyberPsychology & Behavior*, 8, 2005, Pgs. 473-86, Mary Ann Liebert, Inc. Web. 11 Dec. 2009. <<http://www.unh.edu/ccrc/pdf/jvq/CV76.pdf>>.

⁶⁷ Patricia M. Greenfield. “Inadvertent Exposure to Pornography on the Internet: Implications of Peer-to-Peer File-Sharing Networks for Child Development and Families,” Nov. / Dec. 2004, *Journal of Applied Developmental Psychology*, Vol. 25, Iss. 6, Pgs. 741-750. Web. 4 Dec. 2009. *Science Direct, Elsevier: Applied Developmental Psychology*. <<http://www.center-school.org/pko/documents/Inadvertentexposure.pdf>>.

⁶⁸ Survey: “Sex and Tech.” *National Campaign to Prevent Teen and Unplanned Pregnancy & <Cosmogirl.com>*. Web. 4 Dec. 2009. <http://www.thenationalcampaign.org/SEXTECH/PDF/SexTech_Summary.pdf>.

- 23% of teen girls and 24% of teen boys say they were pressured by friends to send or post sexual content.
- 66% of teen girls and 60% of teen boys who have sent sexually suggestive content say they did so to be “fun or flirtatious” (this was their most common reason for sending sexy content).
- 40% of teen girls who have sent sexually suggestive content said they sent sexually suggestive messages or images as “a joke.”
- 34% of teen girls who have sent sexually suggestive content say they sent/posted sexually suggestive content to “feel sexy.”
- Among teen girls, 38% say they have had sexually suggestive text messages or emails—originally meant for someone else—shared with them, and 25% say they have had nude or semi-nude images—originally meant for someone else—shared with them.
- Among teen boys, 39% say they have had sexually suggestive text messages or emails—originally meant for someone else—shared with them, and 33% of teen boys say they have had nude or semi-nude images—originally meant for someone else—shared with them.

Internet Porn and College Students:

“What can be considered established is that frequent exposure of young adults (i.e., mostly students in their first year of college) to readily available erotica, explicit and graphic, but devoid of coercion, fosters a rapid overcoming of adverse reactions such as feelings of guilt, repulsion, and disgust, and an equally rapid development of unhindered enjoyment reactions. Prolonged exposure leads to habituation of excitatory reactions, however. Enjoyment diminishes as a result, and the consumption of novel materials (i.e., erotica depicting less common sexual behaviors) becomes necessary to sustain enjoyment reactions of acceptable intensity. This excitatory habituation constitutes the first phase in habituation paradigms of sexual deviancy.”⁶⁹

In 2009, Michael Leahy released results of a survey of 29,000 individuals at North American universities. This was published in *Porn University: What College Students Are Really Saying About Sex on Campus*.⁷⁰

- 51% of male students and 32% of female students first viewed pornography before teenage years (12 and younger).
- 35% of all students’ first exposure was Internet or computer-based (compared to 32% from magazines, 13% from VHS or DVD, and 18% from Cable or pay-per-view).
- 51% of male students and 16% of female students spend less than 5 hours per week online for sex.
- 11% of male students and 1% of female students spend 5-20 hours a week online for Internet sex.
- 36% of male students and 82% of female students say they don’t spend *any* time online for Internet sex..
- 42% of male students and 20% of women said they regularly read romance novels, sexually explicit magazines, or regularly visited sexually explicit websites or chat rooms.

A study conducted in 2007 by researchers at Brigham Young University found that 21% of male college students view pornography “every day or almost every day,” and another 27% view pornography “1 or 2 days a week.”⁷¹

⁶⁹ Bryant D. Zillmann. “Pornography: Models of Effects on Sexual Deviancy.” *Encyclopedia of Criminology and Deviant Behavior*, New York, 2000, Taylor & Francis.

⁷⁰ Michael Leahy. *Porn University: What College Students Are Really Saying About Sex on Campus*, Pgs. 154-155, 2009, Northfield Pub., Chicago.

A study of adolescents shows that a steady use of pornography frequently leads to cheating on one's girlfriend, and a greater tolerance of more novel and bizarre sexual material.⁷²

Of more than 2,500 university and college students polled across Canada, 87% are having sex over instant messenger, webcams or the telephone, according to results of a national survey released in early 2006.⁷³

In surveys done by Covenant Eyes staff with deans of men, university RAs, and university chaplains, the number of men who struggle with watching Internet porn nearly always approaches 100%.

Porn at Work:

In 2003, a study of 474 human resource professionals conducted by Business & Legal Reports concluded:⁷⁴

- Two-thirds said they have discovered pornography on employee computers.
- 43% of these said they had found such material more than once.

In 2004, a survey conducted by Queen's University in Belfast of 350 businesses in the U.S., U.K. and Australia showed:⁷⁵

- 28% said they had downloaded sexually explicit content from the Web while on the job.
- Half of all workers said they had been exposed to sexually explicit material by co-workers.
- The survey found abuse to be slightly higher in organizations with more than 500 employees.

According to a study by *The Industry Standard*, 70% of Internet porn traffic occurs between 9 a.m. and 5 p.m., when most people are at work.⁷⁶

In 2000, Websense Incorporated and The Center for Internet Studies reported 30% of 1500 surveyed companies have terminated employees for inappropriate Internet use.

In 2005, half of *Fortune 500* companies have dealt with at least one incident related to computer porn over a 12-month period. Offenders were fired in 44% of the incidents and disciplined in 41% of the cases.⁷⁷

⁷¹ Robert Peters. "The 2008 Presidential Election and Its Impact on Enforcement of Federal Obscenity Laws." *Morality in Media*, 9 Sept. 2009. Web 4 Dec. 2009.

<<http://www.moralityinmedia.org/obscenityEnforcement/2008PresidentialElectionImpactOnObscenityLawEnforcement.pdf>>.

⁷² Dolf Zillmann. "Influence of Unrestrained Access to Erotica on Adolescents' and Young Adults' Dispositions toward Sexuality," *Journal of Adolescent Health*, Vol. 27, Iss. 2, Supp. 1, Pgs. 41-44. Web. 11 Dec. 2009, Elsevier, *Journal of Adolescent Health, Society for Adolescent Medicine*. <<http://www.jahonline.org/article/PIIS1054139X08006587/related>>.

⁷³ The Age Company, Ltd., Reuters, 14 Feb. 2006. <[theage.com.au](http://www.theage.com.au)>; Fairfax Digital. "Virtual Sex Please, We're Canadians." Web. 4 Dec. 2009. <<http://www.theage.com.au/news/breaking/virtual-sex-please/2006/02/14/1139679568039.html>>.

⁷⁴ Gloria McDonough-Taub. Survey Qtd. in "Porn at Work: Recognizing a Sex Addict." *Bullish on Books*, CNBC. Web. 4 Dec. 2009. <http://www.cnbc.com/id/31922685?__source=RSS*blog*&par=RSS>.

⁷⁵ Bob Sullivan. "Porn at Work Problem Persists." *Technology & Science / Security*, MSNBC, 6 Sept. 2004. Web. 4 Dec. 2009. <<http://www.msnbc.msn.com/id/5899345/>>.

⁷⁶ Eric Retzlaff. National Coalition Sex Statistics. *Family Guardian Fellowship*, 13 June 1999. Web. 4 Dec. 2009. <http://www.famguardian.org/Subjects/SexualImmorality/Articles/SexStatistics.htm>>.

⁷⁷ *Computerworld*, Vol.11, Iss. 17, 14 July 2005. Qtd. by Gloria McDonough-Taub. Web. 4 Dec. 2009. <http://www.cnbc.com/id/31922685?__source=RSS*blog*&par=RSS>.

In 2003, employees at the U.K. Department of Work and Pensions downloaded two million pages of pornographic content. Of these, some 1800 contained child pornography.⁷⁸

In 2009, the agency inspector of the National Science Foundation (NSF) had to shift his primary focus from grant fraud to finding out who is using government computers to search for porn. Deputy Inspector General Tim Cross said, “We were consumed with a lot of these cases.”⁷⁹

- One senior executive spent at least 331 days looking at pornography and chatting online with partially clad or nude women (his “humanitarian” defense was that he frequented the porn sites to provide a living to the poor overseas women); this cost tax payers anywhere from \$13,800 to \$58,000.
- One worker perused hundreds of pornographic websites during work hours in a three week time frame in June 2008; that employee received a 10-day suspension.
- Another employee was caught with hundreds of pictures, videos and even PowerPoint slide shows containing pornography.
- Another employee stored nude images of herself on her computer.
- Overall, investigative recoveries totaled more than \$2 million for the year.

Pornography and Churchgoers:

In 1994, a survey showed 91% of men raised in Christian homes were exposed to pornography while growing up (compared to 98% of those not raised in a Christian home).⁸⁰

In March 2005 *Christianity Today* published the results of a study called “Christians and Sex” in their *Leadership Journal*. Out of 680 pastors surveyed, 57% said addiction to pornography is the most sexually damaging issue to their congregation.⁸¹

In August 2006, a survey reported 50% of all Christian men and 20% of all Christian women are addicted to pornography. 60% of the women who answered the survey admitted to having significant struggles with lust; 40% admitted to being involved in sexual sin in the past year.⁸²

Pornography and Pastors:

In August 2000, *Christianity Today* conducted an exclusive survey of its readership—both laity and clergy—on the issue of Internet pornography:⁸³

⁷⁸ Deirdre McArdle. “Workplace Porn, Alive and Well.” 24 Sept. 2004. *Friday in Focus, UK; ENN, Ireland’s IT News Source*. Web. 4 Dec. 2009. <<http://www.electricnews.net/story/show/9554992>>.

⁷⁹ Jim McElhatton. “Exclusive: Porn Surfing Rampant at U.S. Science Foundation.” *Washington Times*, 29 Sept. 2009. Web. 4 Dec. 2009. <<http://www.washingtontimes.com/news/2009/sep/29/workers-porn-surfing-rampant-at-federal-agency/>>.

⁸⁰ Archibald D. Hart. “The Hart Report,” *The Sexual Man*, Word Publishing, Dallas, Pg. 95. Qtd in “Pornography: Sin Crouching at the Door.” Web. 4 Dec. 2009. <http://www.covenanteyes.com/help_and_support/pdfs/Pornography%20-%20Sin%20Crouching%20at%20the%20Door.pdf>.

⁸¹ *Christianity Today*. “Christians & Sex.” Qtd. in “A Few Scary Thoughts...” *SafetyNet Content Filtering, McG Technologies*. Web. 7 Dec. 2009. <<http://www.mcgtechnologies.net/safetynet/REC/statistics.htm>>.

⁸² ChristiaNet, Inc. “ChristiaNet Poll Finds that Evangelicals are Addicted to Porn.” *Marketwire*, 7 Aug. 2006. Web. 7 Dec. 2009. <<http://www.marketwire.com/press-release/Christianet-Inc-703951.html>>.