

1. THE IMPACT OF PORN ON CHILDREN

SHAPING SEXUAL ATTITUDES AND VALUES :

- Sexism and objectification
- Sexual uncertainty and casual sexual exploration

INCREASE PROBLEMATIC SEXUAL BEHAVIOUR OR VICTIMISATION :

- Risky sexual behaviours, including sexting
- Sexual aggression, coercion and violence, including sibling sexual abuse
- Higher levels of delinquent behaviour (committing sexual offences)
- Physical and Sexual victimisation

EXPOSURE TO PORNOGRAPHY MAY INCITE CHILD-ON-CHILD SEXUAL ABUSE :

- Children imitate behaviour, exposure to pornography can prompt children to act out sexually (sexual scripting)

POOR EMOTIONAL HEALTH AND HARM TO THE BRAIN :

- Harm to young brains and addiction
- Decreased emotional bonding with caregivers
- Loneliness, less self-worth and depressive symptoms

Reference : (NCOSE 2019 | <https://endsexualexploitation.org/publichealth/>)

2. THE IMPACT OF PORN ON SEXES

MALES :

- Lower sexual satisfaction and sexual dysfunction (e.g. PIED)
- Negative body image
- Male sexual objectification of women and attitudes supporting violence against Women.
- Risky behaviour and other harms
- Sexual harassment and coercion
- Psychological symptoms
- Addiction
- Pornography as Sex Education

FEMALES :

- Negative body image and pressure to perform pornographic acts
- Acceptance of rape myths
- Domestic violence and sexual abuse
- Increased marital rape
- Decreased sexual satisfaction
- Incidence of anal sex
- Sexually aggressive behaviour

Reference : (NCOSE 2019 | <https://endsexualexploitation.org/publichealth/>)

3. PORNOGRAPHY RESOURCES

TOPIC:	RESOURCES:
<p>The HARMFUL IMPACT of pornography exposure on children</p>	<ol style="list-style-type: none"> 1. Book: "Your Brain On Porn", Gary Wilson (author) 2. Book: "How Pornography Harms", John Foubert (author) 3. https://endsexualexploitation.org/publichealth/ 4. https://www.echildhood.org/the_facts 5. https://www.echildhood.org/statement 6. https://fightthenewdrug.org/get-the-facts/ 7. http://globalkidsonline.net/southafrica/
<p>Empowering parents to EMPOWER CHILDREN: Talking to children about pornography</p>	<ol style="list-style-type: none"> 1. Book: "Good Pictures, Bad Pictures", Kristen Jenson (author) 2. https://protectyoungminds.org/ 3. Book: "How to talk to your kids about pornography", Educate Empower Kids 4. https://educateempowerkids.org/ 5. https://endsexualexploitation.org/resources-parents/ 6. https://parents.culturereframed.org/ 7. http://www.itstimewetalked.com.au/resources/parent-tip-sheets/
<p>RESPONSE AND RECOVERY: Parents' and children's response to exposure and what the way to recovery looks like</p>	<ol style="list-style-type: none"> 1. Book: "Pandora's Box is Open – Now what do I do?", Gail Poyner PhD (author) 2. http://closingpandorasbox.com/ 3. Book: "Your Brain On Porn", Gary Wilson (author) 4. https://fightthenewdrug.org/ ; https://www.joinfortify.com/ 5. https://www.nofap.com/ 6. https://www.covenanteyes.com/
<p>PROTECTING CHILDREN: Practical solutions to protect children from online exposure</p>	<ol style="list-style-type: none"> 1. Research Summary: "How can parents protect children from exposure to pornography?" (CFJ research): https://causeforjustice.org/protecting-children/ 2. Qustodio: https://www.imemovement.co.za/qustodio/
<p>Other helpful RESOURCES</p>	<ol style="list-style-type: none"> 1. http://www.rewardfoundation.org/ 2. https://www.yourbrainonporn.com