



Living Well

Pornography



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Check out these websites for more information:

For more detailed information about the ministry - www.livingwelloc.org
Photos and writings about the ministry - www.livingwelloc.blogspot.com
Encouragement/culture on marriage - www.livingwellinmarriage.blogspot.com
Marriage events in the state, resources for marriage - www.marriagenetworkok.net
Wisdom Community School - www.wisdomcommunityschool.com

No longer hidden

Internet pornography has changed the marriage counseling business over the last 10 years.
Ed and Donna Edwards

Pornography was predominantly in the form of magazines and videos 30 years ago. Dr. James Dobson served on the president's commission about porn at that time and began warning us about how it destroys families.

We thought it was bad at that time; **we had no idea what was ahead!** The floodgates opened with no way to close them.

We got involved with marriage counseling and marriage ministry over 20 years ago. The porn problem was there but **not pervasive. The internet has changed everything about porn!**

You will find it hard to believe some of the

statistics that we are sharing, but we would be glad to provide the research sources behind them. If you check our blog, you will find links there.

The problem transcends every age group and socio-economic level, but it is more pronounced among younger adults.

"A recent survey of 29,000 people at North American universities shows **51% of men and 16% of women spend up to five hours per week online for sexual purposes.**"

Some people believe that pornography doesn't affect others, that it is private, involving just the person who peruses it. **Another common belief is that "I don't look at pornography, so it doesn't affect me."** Both of those beliefs are absolutely wrong. Pornography profoundly affects our culture.

Ask any wife, who has discovered that her husband is involved in pornography, **what is feels like.** She will tell you that she feels betrayed, just as if he was unfaithful. She feels rejected, unloved, and unattractive.

The presence of pornography tears apart a marriages.

Pornography is also the gateway to human sex trafficking, affecting all.

To make pornography, **there has to be a subject** to photograph or video. Those people are often sexually abused and/or physically abused and given drugs.

Would you be okay with your daughter being the subject of pornography?

When you think of who the subjects are, remember **"she's somebody's daughter."**

5 proven ways pornography warps your mind

1. Watching Porn Decreases Our Sexual Satisfaction. It trains us to desire the variety and "designer sex" of porn more than the familiar sexuality of marriage.

2. Watching Porn Disconnects Us from Real Relationships. It trains us to detach emotional involvement from sexual experience. "The more porn

someone saw, the more likely they were to prefer sex without emotional involvement." (Zillmann, Bryant research)

3. Watching Porn Lowers Our View of Women. It trains us to see women as sexual commodities, not people created in God's image.

4. Watching Porn Desensitizes Us to

Cruelty. It numbs us to the seriousness of verbal and physical aggression.

5. Watching Porn Makes Us Want to Watch More Porn. It taps into the neuro-circuitry of our brains, making us desire the rush of sexual energy from porn again and again.

From "Your Brain on Porn" by Luke Gilkerson, Covenant Eyes

On the reverse side:

Teens and Porn

What to do?

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WE'RE ON THE WEB!

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Teens and porn....

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

In case you think that your children are too young to worry about, in a 2009 survey, **51% of male students and 32% of female students first viewed pornography before their teenage years (12 and younger).**

Parents without filters on all of the computers, smart phones, and any other devices with internet access in their home are **naïve and are not protecting their children from internet porn.**

At what age should you install filters? As soon as your child accesses the internet! **Grandparents that includes you** if your grandchildren get on the internet at your house!

Seek out help to keep up with what is happening to lure children into pornography. **Covenant Eyes** is an excellent software to filter the internet but also offers **many resources for parents to keep up with the dangers online**, not just pornography, but gaming, cyberbullying, sexting, social media, and others.

What do I do now

We do not get rid of bad habits by trying harder.

You do not conquer your desire to indulge in pornography by "trying" to quit. **Your desire can change by surrender**, surrendering your desires and will to the will of God. To be able to surrender, you have to believe that **what God wants for you is better than what you want for yourself.**

Before you can change, you have to **recognize that you need to change and admit that you have a**

problem, that what you are doing does not honor God or others.

You do not have the ability to change in a positive way on your own; you only change through the power of the Holy Spirit in your life. You can know God and His desires for you by renewing your mind.

Renewing your mind means that you read and meditate on God's Word. You listen to godly preachers and teachers. You read what other mature Christians write about the subject. You pray and listen for God to speak to you.

While going through this process, **you can also take practical steps to protect yourself from bouts of desires and the deceptions of the enemy.** You can put filters on your computer, phone, and internet gaming devices. You can go to bed when your spouse goes to bed and not stay alone at home during the day, so that you are not alone with temptation.

It helps if you **find an accountability partner** (of the same gender) that you can trust and share your struggle. You meet regularly with that person to pray, encourage, and ask questions about the struggle.

What's a parent to do?

"A warm and communicative parent-child relationship is the most important factor [in reducing porn use among children]. 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."

Dr. Patricia M. Greenfield

