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Individual

Note: Several articles in this database use different terminology, some refer to pornography use as addiction, others refer to it as compulsive or pathological.

1.1 How And Why Pornography Can Be Addictive

1. Addiction can be defined as “the continued use of mood-altering addicting substances or behaviors (e.g. gambling, CSBs) despite adverse consequences.”



i Editor's Note: CSB stands for compulsive sexual behavior. Pornography use can fit under the umbrella of addiction, when the definition is broadened in such a matter.

→ Daniel H. Angres and Kathy Bettinardi-Angres, “The Disease of Addiction: Origins, Treatment, and Recovery,” *Disease-a-Month* 54 (2008): 696-721.

2. “The new ASAM definition makes a departure from equating addiction with just substance dependence, by describing how addiction is also related to behaviors that are rewarding. ... This definition says that addiction is about functioning and brain circuitry and how the structure and function of the brains of persons with addiction differ from the structure and function of the brains of persons who do not have addiction. ... Food and sexual behaviors and gambling behaviors can be associated with the ‘pathological pursuit of rewards’ described in this new definition of addiction.”

→ “Public Policy Statement: Definition of Addiction,” American Association of Addiction Medicine, April 12, 2011, http://www.asam.org/docs/public-policy-statements/1definition_of_addiction_long_4-11.pdf.

3. “The idea of a non-substance-related addiction may be new to some people, but those of us who are studying the mechanisms of addiction find strong evidence from animal and human research that addiction is a disorder of the brain reward system, and it doesn’t matter whether the system is repeatedly activated by gambling or alcohol or another substance.”

→ Mark Moran, “Gambling Disorder to Be Included in Addictions Chapter,” *Psychiatric News*, April 19, 2013.

4. “Addiction Interactive Disorder (AID) implies that addiction has many forms, such as gambling, food, sex, work, certain financial behaviors, and even religiosity.”



→ Patrick Carnes, “Addictive Interaction Disorder, Handbook of Addictive Disorders: A Practical Guide to Diagnosis and Treatment,” Hoboken, NJ: John Wiley and Sons, 2004

→ Daniel H. Angres and Kathy Bettinardi-Angres. “The disease of addiction: Origins, treatment, and recovery,” *Disease-a-Month* 54 (2008): 696-721.

5. In his 1996 article in *American Scientist*, Ken Blum describes a reward deficiency syndrome that includes not only alcoholism and drug addiction but also other compulsive behaviors, including gambling, sexual compulsivity, and compulsive overeating.



Editor's Note:Theoretical/Review.

- Kenneth Blum, John G. Cull, Eric R. Braverman, and David E. Comings, "Reward Deficiency Syndrome," *American Scientist* 84 (1996):132-145
- Daniel H. Angres and Kathy Bettinardi-Angres, "The Disease of Addiction: Origins, Treatment, and Recovery," *Disease-a-Month* 54 (2008): 696-721.

6. "Patrick Carnes, PhD, reinforces this more global view of addiction with an emphasis on sexual compulsivity as a devastating, progressive process that can co-exist with, or be independent of, substance abuse/dependence."



- Daniel H. Angres and Kathy Bettinardi-Angres, "The Disease of Addiction: Origins, Treatment, and Recovery," *Disease-a-Month* 54 (2008): 696-721.

7. "I had great difficulty with my own colleagues when I suggested that a lot of addiction is the result of experience ... repetitive, high-emotion, high-frequency experience. But it's become clear that neuroadaptation—that is, changes in neural circuitry that help perpetuate the behavior—occurs even in the absence of drug-taking." —Dr. Howard Shaffer, Harvard.



- Constance Holden, "Behavioral addictions: Do They Exist?" *Science* 294 (2001): 980-982.

8. Whether it's from drugs or natural rewards, a set of core brain changes occur in response to chronically elevated dopamine levels.



- Christopher M. Olsen, "Natural Rewards, Neuroplasticity, and Non-Drug Addictions," *Neuropharmacology* 61, no. 7 (2011): 1109–1122.

9. Dutch researchers found that Internet porn has the greatest addictive potential of any online activity, with online gaming coming in at No. 2.



Editor's Note:Longitudinal.

- Gert-Jan Meerkkerk, Regina Van Den Eijnden, and Henk Garretsen, "Predicting Compulsive Internet Use: It's All About Sex!" *CyberPsychology & Behavior* 9, no. 1 (2006): 95–103.

10. Sensitization, or rewiring the brain to associate a substance or behavior—or related cues—with pleasure, means the reward center gets stimulated by these substances or behaviors.









- Guangheng Dong, Jie Huang, and Xiaoxia Du, "Enhanced Reward Sensitivity and Decreased Loss Sensitivity in Internet Addicts: An fMRI Study During a Guessing Task," *Journal of Psychiatric Research* 45, no. 11 (2011): 1525–29.

11. A study comparing brain scans of compulsive pornography users and non-users found that the compulsive users' brains showed an exaggerated response to pornography cues. The study showed that the compulsive pornography users' brains lit up when they saw pornography.



Editor's Note:Cross-sectional.

- Valerie Voon, Thomas Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana Lapa, et al., "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours." *PLOS ONE* 9, no. 7 (2014).

12. "There are clear differences in brain activity between patients who have compulsive sexual behavior and healthy volunteers. ... These differences mirror those of drug addicts."
- "Love Is the Drug, Scientists Find," The Telegraph, July 11, 2014
13. Among the compulsive pornography users Cambridge researchers examined, some had lost jobs due to porn use. Others had damaged relationships. More than half were experiencing lower libido or erectile dysfunction when they tried to have sex with real women, and some had lost large amounts of money or even become suicidal.
-   Editor's Note: Cross-sectional.
- Valerie Voon, Thomas Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana Lapa, et al., "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours," PLOS ONE 9, no. 7 (2014).
14. "There is no question [these people] are suffering. ... I think [ours is] a study that can help people understand that this is a real pathology, this is a real disorder, so people will not dismiss compulsive sexual behavior as something moralistic. ... This is not different from how pathologic gambling and substance addiction were viewed several years ago." —Valerie Voon, Cambridge
- Tara Berman, "Sexual Addiction May Be Real After All," ABC News, July 11, 2014.
15. "While these findings are interesting, it's important to note, however, that they could not be used to diagnose the condition. Nor does our research necessarily provide evidence that these individuals are addicted to porn, or that porn is inherently addictive. Much more research is required to understand this relationship between compulsive sexual behavior and drug addiction."
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-  Editor's Note: Although the Voon study suggests a connection between pornography use and addiction, caution should be used in interpreting the results because it was unable to follow participants over time. The study does not conclusively prove that pornography use is an addiction. This quote is from an interview in which Dr. Voon talked about the study.
- Valerie Voon, Thomas Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana Lapa, et al., "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours," PLOS ONE 9, no. 7 (2014).
- "Love Is the Drug, Scientists Find," The Telegraph, July 11, 2014
16. Porn use was found to be correlated with less reward circuit activation in the brain while participants briefly viewed sexual photos. The researchers believe these findings indicate desensitization, and possibly tolerance, which are patterns that are similar to other addictions.
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- Kuhn, S. & Gallinat, J. (2014). Brain Structure and Functional Connectivity Associated With Pornography Consumption – The Brain on Porn. JAMA Psychiatry. 71(7):827-834.
17. Participants with compulsive use of pornography and other sexual behaviors were found to have different functional connectivity patterns than non-compulsive users – these are patterns that are similar to other addictions
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- Voon, V., Mole, T. B., Banca, P., Porter, L., Morris, L., Mitchell, S., Lapa, T. R., Karr, J., Harrison, N. H., Potenza, M. N., Irvine, M. (2014). Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours. PLoS ONE 9(7): e102419. doi:10.1371/journal.pone.0102419
18. Compared to healthy volunteers, compulsive pornography users have enhanced attentional bias to explicit cues but not neutral cues particularly for early stimuli latency. The researchers report that this finding provides support for an incentive motivation theory of addiction associated with compulsive pornography use.



→ Mechelmans DJ, Irvine M, Banca P, Porter L, Mitchell S, et al. (2014) Enhanced Attentional Bias towards Sexually Explicit Cues in Individuals with and without Compulsive Sexual Behaviours. *PLoS ONE* 9(8): e105476.

- 19.** Compared to healthy controls, compulsive pornography users experienced more frequent and enhanced sexual desire during exposure to sexual stimuli – this is similar to brain imaging studies of substance and behavior addictions.



→ Seok J-W and Sohn J-H (2015) Neural Substrates of Sexual Desire in Individuals with Problematic Hypersexual Behavior. *Front. Behav. Neurosci.* 9:321. doi: 10.3389/fnbeh.2015.00321

- 20.** Compulsive pornography users showed greater left amygdala gray matter volumes and reduced resting state functional connectivity in their brains when compared to healthy study participants.



→ Schmidt, C., Morris, L.S., Kvamme, T.L., Hall, P., Birchard, T., Voon, V. (2016) Compulsive sexual behavior: Prefrontal and limbic volume and interactions. *Human Brain Mapping*.

- 21.** The findings of this study showed that that neural correlates of appetitive conditioning and neural connectivity are altered in individuals reporting compulsive sexual behaviors.



→ Klucken, T., Wehrum-Osinsky, S., Schweckendiek, Kruse, O., Stark, R. (2016). Altered Appetitive Conditioning and Neural Connectivity in Subjects With Compulsive Sexual Behavior. *Journal of Sexual Medicine*, 13 (4), 627–636.

- 22.** The findings from this study suggest that like in substance-use and gambling disorders the neural and behavioral mechanisms linked to anticipatory processing of cues relate importantly to clinically relevant features of problematic pornography use.



→ Gola, M., Wordecha, M., Sescousse, G., Lew-Starowicz, M. Kossowski, B. Wypych, M. Makeig, S., Potenza, M. N., & Marchewka, M. (2016) Can pornography be addictive? An fMRI study of men seeking treatment for problematic pornography use. doi: <http://dx.doi.org/10.1101/057083>

- 23.** Pornography Consumption is Associated with Novelty-Seeking and Cue-Conditioning – Which Are Fundamental Brain Processes Implicated in Disorders of Addiction



→ Banca, P, Morris, L.S., Mitchell, S., Harrison, N.S. Potenza, M. N., & Voon, V. (2015) Novelty, conditioning and attentional bias to sexual rewards. *Journal of Psychiatric Research*, *Journal of Psychiatric Research*, 72, 91-101

- 24.** Brain imaging in this study supported the role for the ventral striatum in processing reward anticipation and gratification linked to subjectively preferred pornographic material. The authors concluded that these mechanisms for reward anticipation in ventral striatum may contribute to a neural explanation for why some individuals with certain preferences are at-risk for losing their control over internet pornography consumption.



→ Brand M, Snagowski J, Laier C, & Maderwald S. (2016) Ventral striatum activity when watching preferred pornographic pictures is correlated with symptoms of Internet pornography addiction. *Neuroimage*, 129, 224-232.

- 25.** Neuroscientific research supports the assumption that the underlying neural processes of internet pornography addiction are similar to substance addiction



→ Love, T., Laier, C., Brand, M., Hatch, L., Hajela, R. (2015). Neuroscience of Internet Pornography Addiction: A Review and Update. *Behavioral Sciences*, 5(3), 388-433.

- 26.** In a review of the research, these researchers concluded that the ongoing controversy over pornography addiction is very similar to the phenomenon which occurred with alcoholism and drug dependencies not that long ago however, when presented with the latest scientific advances the criticisms prove to be unfounded and outdated.

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→ Phillips, B., Hajela, R., & Hilton JR, D. L. (2015) Sex Addiction as a Disease: Evidence for Assessment, Diagnosis, and Response to Critics, *Sexual Addiction & Compulsivity: The Journal of Treatment & Prevention*, 22:2, 167-192, DOI: 10.1080/10720162.2015.1036184

- 27.** A review of the research, this study concludes that there are overlapping features between compulsive sexual behavior and substance use disorders.

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→ Kraus, S. W., Voon, V., Potenza, M. N., (2016) Should compulsive sexual behavior be considered an addiction? *Addiction*, 111 (12), 2097–2106

- 28.** A review of the research finds that alterations to the brain's motivational system are a possible source of pornography-related sexual dysfunctions

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→ Park, BY, Wilson, G, Berger, J, Christman, M, Reina, B., Bishop, F., Klam, WP and Doan, AP. (2016). Is Internet Pornography Causing Sexual Dysfunctions? A Review with Clinical Reports. *Behavioral Science*, 6(3), 17 doi:10.3390/bs6030017

- 29.** Based on a thorough review of the research, the researchers argue that classifying compulsive sexual behaviors as a 'behavioral addiction' would have significant implications for policy, prevention and treatment efforts. They conclude that because of similarities between compulsive sexual behaviors and drug addictions, interventions effective for addictions may hold promise for treating compulsive pornography use and other sexual behaviors.

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→ Kraus, SW, Voon, V. Potenza, M. N. (2016) Neurobiology of Compulsive Sexual Behavior: Emerging Science. *Neuropsychopharmacology* 41, 385-386 doi:10.1038/npp.2015.300

- 30.** Brain structure and functional connectivity are associated with compulsive pornography consumption in ways that are similar to other addictions.

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→ Kuhn, S. & Gallinat, J. (2014). Brain Structure and Functional Connectivity Associated With Pornography Consumption – The Brain on Porn. *JAMA Psychiatry*. 71(7):827-834.

- 31.** Neural differences in the processing of sexual-cue reactivity were identified in compulsive pornography users in regions previously implicated in drug-cue reactivity studies.

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→ Voon, V., Mole, T. B., Banca, P., Porter, L., Morris, L., Mitchell, S., Lapa, T. R., Karr, J., Harrison, N. H., Potenza, M. N., Irvine, M. (2014). Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours. *PLoS ONE* 9(7): e102419. doi:10.1371/journal.pone.0102419

- 32.** Consistent with the findings of brain imaging studies of substance and behavioral addiction, compulsive pornography users exhibited altered activation in the prefrontal cortex and subcortical regions.

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→ Seok J-W and Sohn J-H (2015) Neural Substrates of Sexual Desire in Individuals with Problematic Hypersexual Behavior. *Front. Behav. Neurosci.* 9:321. doi: 10.3389/fnbeh.2015.00321

1.2 Prevalence of Compulsive Pornography Use

i Note: Understanding the spectrum of prevalence of pornography addiction or compulsion is important when evaluating the research surrounding the impact pornography can have in the brain on an individual level.

1. Results suggest that pornography is a prominent feature of the current emerging adulthood culture. Pornography use was particularly prevalent among emerging adult men, with nearly half reporting that they viewed pornography at least weekly and about 1 in 5 reporting that they used pornography daily or every other day.

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→ 1 - Jason Carroll, Laura M. Padilla-Walker, Larry J. Nelson, Chad D. Olson, Carolyn McNamara Barry, and Stephanie D. Madsen, "Generation XXX: Pornography Acceptance and Use among Emerging Adults," *Journal of Adolescent Research* 23 (2008): 6-30.

2. Some research has suggested objective criteria such as 11 hours of pornography use per week.(1) Others have used more subjective criteria, such as efforts in obtaining pornography, perceived lack of control, and distress regarding use.(2)

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i Editor's Note: Accurately assessing the prevalence of compulsive pornography use can be difficult, as different criteria have been used to diagnose compulsive pornography use.

→ 1- Alvin Cooper, Coralie R. Scherer, Sylvain C. Boies, and Barry L. Gordon, "Sexuality on the Internet: From Sexual Exploration to Pathological Expression," *Professional Psychology: Research and Practice*, 30, (1999): 154-164.

→ Joshua B. Grubbs, Fred Volk, Julie J. Exline & Kenneth I. Pargament, "Internet Pornography Use: Perceived Addiction, Psychological Distress, and the Validation of a Brief Measure," *Journal of Sex and Marital Therapy*. 41 no. 1 (2015): 83-106.

3. Because of the lack of agreement concerning the diagnostic for compulsive pornography use, wide range estimates exist as to its prevalence. Estimates usually range between 1 and 10 percent.

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→ Alvin Cooper, David Delmonico, and Ron Burg, "Cybersex Users, Abusers, and Compulsives: New Findings and Implications," *Sexual Addiction & Compulsivity* 7, nos. 1 and 2 (2000): 5-29.

→ Alvin Cooper, Janet Morahan-Martin, Robin M. Mathy, and Marlene Maheu. "Toward an Increased Understanding of User Demographics in Online Sexual Activities," *Journal of Sex & Marital Therapy* 28 (2002): 105-129.

→ Steve Sussman, Nadre Lisha, and Mark Griffiths, "Prevalence of the Addictions: A problem of the Majority or the Minority?" *Evaluation Health Professional*. 2011; 34(1): 3-56.

1.3 Understanding the Brain's Reward Center

1. All mammals have essentially the same reward center in their brain.


→ Thomas Lewis, Fari Amini, and Richard Lannon, *A General Theory of Love*, New York: Vintage Books, 2000.

2. To steer us toward things that will help us: the reward center uses two different pleasure systems, one that excites and another that satisfies. The first system motivates us to go after things; it is largely fueled by dopamine. The second system makes us feel satisfied and happy after accomplishing something. It's run by endorphins.


i Editor's Note: Theoretical/Review.


→ Norman Doidge, *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*, New York: Viking, 2007.

3. Porn activates both of the reward center's pleasure systems, but the wanting system is stronger than the satisfying system; porn hyper-activates our wanting system, pumping out dopamine in response to each new image. As a result, the user can get caught in a loop of wanting, using, pumping out a bunch of dopamine, in response to new images found while using, and then wanting even more.

 Editor's Note: Theoretical/Review.


→ Norman Doidge, *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*, New York: Viking, 2007.
4. One study assessing the difference in how the brain responds to sexual intercourse as opposed to pornography showed that using pornography resulted in releasing 1/5 of the prolactin that sexual intercourse releases. Prolactin is a chemical that helps people to feel truly satisfied, and fulfilled through the sexual experience.



 Editor's Note: The lack of prolactin released from pornography use supports the notion that while pornography may bring excitation and wanting, it is less likely to satisfy.

→ Stuart Brody and Tillmann H.C. Kruger, "The Post-Orgasmic Prolactin Increase Following Intercourse is Greater than Following Masturbation and Suggests Greater Satiety," *Biological Psychology* 71 (2006): 312-315.
5. Dopamine helps rewire the brain so that we remember the things we need to for survival.


→ Cathleen Genova, "Learning Addiction: Dopamine Reinforces Drug -Associated Memories," Research Press Release, September 9, 2009, http://www.eurekalert.org/pub_releases/2009-09/cp-lad090309.php.
6. Dopamine encourages us to seek and search for things that will bring us pleasure.




→ John D. Salamone and Mercè Correa, "The Mysterious Motivational Functions of Mesolimbic Dopamine," *Neuron* 76, no. 3 (2012): 470-85.
7. Dopamine levels increase when we encounter something novel.

→ Cell Press, "Pure Novelty Spurs the Brain" www.sciencedaily.com/releases/2006/08/060826180547.htm.
8. Dopamine levels increase when something is surprising.


→ Max Miller, "Big Think Interview with Adam Kepecs," BigThink.com, August 20, 2010, <http://bigthink.com/videos/big-think-interview-with-adam-kepecs>.
9. Sexual arousal increases when something produces anxiety.



→ David H. Barlow, David K. Sakheim, and J. Gayle Beck, "Anxiety Increases Sexual Arousal," *Journal of Abnormal Psychology* 92, no. 1 (1983): 49-54.
10. Dopamine levels go up in response to seeking.



→ Bianca C. Wittmann, Nico Bunzeck, Raymond J. Dolan, and Emrah Düzel, "Anticipation of Novelty Recruits Reward System and Hippocampus While Promoting Recollection," *NeuroImage* 38, nos. 1-9 (2007): 194-202.
11. Novelty and expecting a reward amplify each other to increase excitement and rewire the brain's reward circuitry.



→ Ruth M. Krebs, Dorathee Heipertz, Hartmut Schütze, and Emrah Düzel, "Novelty Increases the Mesolimbic Functional Connectivity of the Substantia Nigra/Ventral Tegmental Area (SN/VTa) During Reward Anticipation: Evidence from

12. Early experiences with arousal tend to crystalize sexual preference.

PR

i Editor's Note:Theoretical/Review. Although this article does not specifically address pornography, its theory suggests that early experiences with arousal from watching pornography may result in crystalizing sexual preferences based on the content being viewed.

→ James G. Pfaus, "Who, What, Where, When (and Maybe Even Why)? How the Experience of Sexual Reward Connects Sexual Desire, Preference, and Performance," *Archives of Sexual Behavior* 41 (2012): 31–62.

13. Over time, the reward center's dopamine receptors can shrink in response to chronic overstimulation.

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→ Paul Kenny, George Voren, and Paul M. Johnson. "Dopamine D2 Receptors and Striatopallidal Transmission in Addiction and Obesity." *Current Opinion in Neurobiology* 23, no. 4 (2013): 535–538.

1.4 Sexual Conditioning

1. Sexual interests are conditionable—we can change them, similar to the way Pavlov trained a dog to salivate when it heard a bell.

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→ Mirte Brom, Stephanie Both, Ellen Laan, Walter Everaerd, and Philip Spinhoven, "The Role of Conditioning, Learning and Dopamine in Sexual Behavior: A Narrative Review of Animal and Human Studies," *Neuroscience and Biobehavioral Reviews* 38 (2014): 38-59.

2. When a person is sexually aroused, it builds new brain maps for both what they think is sexy and what they expect from their partner.

PR

i Editor's Note:Theoretical/Review. Although this source does not specifically talk about pornography, it suggests that the feelings of arousal pornography creates can build new brain maps for the user thinks is sexy and what to expect from his or her sexual partner.

→ James G. Pfaus, "Who, What, Where, When (and Maybe Even Why)? How the Experience of Sexual Reward Connects Sexual Desire, Preference, and Performance," *Archives of Sexual Behavior* 41 (2012): 31–62.

3. Research has found that pornography use is correlated with different sexual preferences.

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i Editor's Note:Cross-sectional.

→ Elizabeth M. Morgan, "Associations Between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction," *Journal of Sex Research* 48, no. 6 (2011): 520-530.

4. Researchers have found that the younger a person is when they first start using porn, the more likely they are to use bestiality or child pornography.

PR

i Editor's Note:Cross-sectional. Although early use of pornography was associated with more child pornography and bestiality, we note that the percentage of the sample who reported using such materials was relatively small, as 8.6% reported using bestiality, and 5.2% reported using child pornography. This suggests that while early pornography use is likely a factor in consuming deviant pornography, there are likely a variety of other important factors as well that lead to deviant pornography use.

→ Kathryn C. Seigfried -Spellar and Marcus K. Rogers "Does Deviant Pornography Use Follow a Guttman-Like Progression?" *Computers in Human Behavior* 29, no. 5 (2013): 1997–2003.

5. A 2004 study done by Swedish researchers found that more than half of young men felt pornography use had impacted their sexual behavior.



→ Tanja Tydén and Christina Rogala, "Sexual Behaviour Among Young Men in Sweden and the Impact of Pornography," *Journal of STD & AIDS* 15, no. 9 (2004): 590–593.

6. Researchers in England recently published a study on anal sex practices among heterosexual 16 to 18-year-olds. They found that while few of the young men or women thought anal sex was enjoyable and they overwhelmingly expected it to be painful for women, still about a quarter of them had done it. When researchers asked why, one of the top responses was that the "men wanted to copy what they saw in pornography." The researchers also reported that it seemed to be taken for granted by many of the study's participants that men would try to persuade or coerce their partners into having anal sex, even though they expected it to be painful for women. "Even in otherwise seemingly communicative and caring partnerships, some men seemed to push to have anal sex with their reluctant partner despite believing it likely to hurt her," their paper states. "Women seemed to take for granted that they would either acquiesce to or resist their partners' repeated requests, rather than being equal partners in sexual decision making."



→ Cicely Alice Marston and Ruth Lewis. "Anal Heterosex Among Young People and Implications for Health Promotion: A Qualitative Study in the UK," *BMJ Open* 4, no. 8 (2014).

1.5 Mental & Emotional Health

1. Pornography use correlates with depression, anxiety, stress, and social problems.



Editor's Note: Cross-sectional.

→ Michael E. Levin, Jason Lillis, and Steven C. Hayes, "When is Online Pornography Viewing Problematic Among College Males? Examining the Moderating Role of Experiential Avoidance," *Sexual Addiction & Compulsivity* 19, no. 3 (2012): 168–80.

2. Pornography use is correlated with lower quality of life and poorer health.



Editor's Note: Cross-sectional.

→ James B. Weaver, Stephanie Sargent Weaver, Darren Mays, Gary L. Hopkins, Wendi Kannenberg, and Duane McBride, "Mental- and Physical-Health Indicators and Sexually Explicit Media Use Behavior by Adults," *Journal of Sexual Medicine* 8, no. 3 (2011): 764–72.

3. Pornography use is correlated with shrunken grey matter in parts of the brain that oversee cognitive function.



Editor's Note: Cross-sectional.

→ Simone Kühn and Jürgen Gallinat, "Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn," *JAMA Psychiatry* (2014): 827–834.

4. Frequent porn use is correlated with damage to parts of the brain involved with motivation and decision making.



Editor's Note: Cross-sectional.

→ Simone Kühn and Jürgen Gallinat, "Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn," *JAMA Psychiatry* (2014): 827–834.

5. Men who use pornography compulsively may feel a sense of powerlessness, or hopelessness in stopping their use.



→ Andreas G. Philaretou, Ahmed Y. Mahfouz, and Katherine R. Allen, "Use of Internet Pornography and Men's Well-Being," *International Journal of Men's Health* 4 no. 2 (2005): 149-169.

6. Contextual factors are important for how pornography use influences both emotional and mental health.



→ Joshua B. Grubbs, Julie J. Exline, Kenneth I. Pargament, Joshua N. Hook, and Robert D. Carlisle, "Transgression as Addiction: Religiosity and Moral Disapproval as Predictors of Perceived Addiction to Pornography," *Archives of Sexual Behavior* 44 (2015): 125-136.

→ Joshua B. Grubbs, Nicholas Stauner, Julie J. Exline, Kenneth I. Pargament, and Matthew J. Linberg, "Perceived Addiction to Internet Pornography and Psychological Distress: Examining Relationships Concurrently and Over Time," *Psychology of Addictive Behaviors* 29 No. 4 (2015): 1056-1067.

7. Believing oneself to be addicted to pornography is more important in predicting depression and anxiety than actual pornography use.



→ Joshua B. Grubbs, Nicholas Stauner, Julie J. Exline, Kenneth I. Pargament, and Matthew J. Linberg, "Perceived Addiction to Internet Pornography and Psychological Distress: Examining Relationships Concurrently and Over Time," *Psychology of Addictive Behaviors* 29 No. 4 (2015): 1056-1067.

8. Regardless of how often they use pornography, religious individuals are more likely to believe themselves to be addicted to pornography.



Editor's Note: Cross-sectional.

→ Joshua B. Grubbs, Julie J. Exline, Kenneth I. Pargament, Joshua N. Hook, and Robert D. Carlisle, "Transgression as Addiction: Religiosity and Moral Disapproval as Predictors of Perceived Addiction to Pornography," *Archives of Sexual Behavior* 44 (2015): 125-136.

9. Religious men who viewed pornography reported lower levels of past and recent individual religious practices, lower past family religious practices, lower levels of self-worth and identity development regarding dating and family, and higher levels of depression.



Editor's Note: Cross-sectional.

→ Larry J. Nelson, Laura M. Padilla-Walker, and Jason S. Carroll, "I believe it is Wrong but I Still Do It': A Comparison of Religious Young Men Who Do Versus Do Not Use Pornography," *Psychology of Religion and Spirituality* 2 No. 3 (2010): 136-147.

10. Addictive use of internet pornography (i.e., daily use) is associated with poorer psychosocial function.



→ Cody Harper and David C. Hodgins, "Examining Correlates of Problematic Internet Pornography Use among University Students," *Journal of Behavioral Addictions* 5, no. 2 (2016): 179-191.

11. Pornography was strongly associated with the frequency of masturbation among men who reported decreased sexual desire. Among men who frequently masturbate (at least once a week), a majority (70%) reported a comparable frequency of pornography use. The strong correlation between the two practices indicates a pattern of pornography-based masturbation and supports Bancroft's (2009) suggestion that the ease of accessibility to online pornography may have fostered the individual rather than the coupled pursuit of sexual pleasure.



→ Ana Carvalheira, Bente Traeen, and Aleksandar Stulhofer, "Masturbation and Pornography Use Among Couples Heterosexual Men with Decreased Sexual Desire: How Many Roles of Masturbation?" *Journal of Sex & Marital Therapy* 41, no. 6 (2015): 626-635.

- 12.** “Our findings indicate that using sexually explicit websites decreases boys’ school performance 6 months later, even after controlling for boys’ academic performance at the first wave. These findings provide new insights into the consequences of adolescent boys’ sexually explicit media use. While previous research has mainly focused on consequences with regard to sexual behavior and sexual risk-taking, our study is one of the first to indicate that the impact of Internet pornography encompasses a wider scope and is not restricted to consequences of a sexual nature.”

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→ Ine Beyens, Laura Vandenbosch, and Steven Eggermont, “Early Adolescent Boys’ Exposure to Internet Pornography: Relationships to Pubertal Timing, Sensation Seeking, and Academic Performance,” *The Journal of Early Adolescence* 35, no. 8 (2015): 1045-1068.

- 13.** Men’s frequency of pornography use was positively linked to muscularity and body fat dissatisfaction indirectly through internalization of the mesomorphic ideal.

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→ Tracy L. Tylka, “No Harm in Looking, Right? Men’s Pornography Consumption, Body Image, and Well-Being,” *Psychology of Men & Masculinity* 16, no. 1 (2015): 97-107.

- 14.** Men’s frequency of pornography use was negatively linked to body appreciation directly and indirectly through body monitoring.

PR

→ Tracy L. Tylka, “No Harm in Looking, Right? Men’s Pornography Consumption, Body Image, and Well-Being,” *Psychology of Men & Masculinity* 16, no. 1 (2015): 97-107.

- 15.** Men’s frequency of pornography use was positively linked to negative affect indirectly through romantic attachment anxiety and avoidance.

PR

→ Tracy L. Tylka, “No Harm in Looking, Right? Men’s Pornography Consumption, Body Image, and Well-Being,” *Psychology of Men & Masculinity* 16, no. 1 (2015): 97-107.

- 16.** Men’s frequency of pornography use was negatively linked to positive affect indirectly through relationship attachment anxiety and avoidance.

PR

→ Tracy L. Tylka, “No Harm in Looking, Right? Men’s Pornography Consumption, Body Image, and Well-Being,” *Psychology of Men & Masculinity* 16, no. 1 (2015): 97-107.



Relationships

2.1 Expectations of Sexuality

- 1.** “Media affect youth ... by influencing beliefs and behaviors.”

PR

i Editor’s Note: Theoretical/Review.

→ Victor C. Strasburger, Amy B. Jordan, and Ed Donnerstein, “Health Effects of Media on Children and Adolescents,” *Pediatrics* 125, no. 4 (2010): 756–767.

- 2.** “According to social learning theory, children and adolescents learn by observing and imitating what they see on the screen particularly when these behaviors seem realistic or are rewarded.”

  Editor's Note:Theoretical/Review.

→ Victor C. Strasburger, Amy B. Jordan, and Ed Donnerstein, “Health Effects of Media on Children and Adolescents,” *Pediatrics* 125, no. 4 (2010): 756–767.

- 3.** Media present youth with scripts for how to behave in romantic relationships.




→ Deborah L. Tolman, Janna L. Kim, Deborah Schooler, and C. Lynn Sorsoli, “Rethinking the Associations between Television Viewing and Adolescent Sexuality Development: Bringing Gender into Focus,” *Journal of Adolescent Health* 40, no. 1 (2007): 84 e9-16.

- 4.** “Learning is better if it is reinforced. Behavior that is rewarded is likely to be repeated while behavior that is punished is less likely to be repeated. Sexual arousal and orgasm are extremely rewarding experiences. We may be innately predisposed to enjoy the rewards of sexual arousal and orgasm, but we learn how and when and with whom we can experience those pleasures. If a novel sexual behavior produces an orgasm, we are more likely to repeat that behavior and add it to our sexual template and repertoire.”

 Editor's Note:Theoretical/Review.

→ Mary Anne Layden, “Pornography and Violence: A New Look at the Research,” in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 57–68. Princeton, New Jersey: Witherspoon Institute, 2010.

- 5.** “Learning is also better if we see others perform a behavior and observe what happens. Seeing others who are modeling behaviors rewarded or punished will have some of the same effects on us as if we were rewarded or punished ourselves.”

 Editor's Note:Theoretical/Review.

→ Mary Anne Layden, “Pornography and Violence: A New Look at the Research,” in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 57–68. Princeton, New Jersey: Witherspoon Institute, 2010.

- 6.** “Imagery that contains role models who are demonstrating sexual behavior and being rewarded for it, that produces sexual arousal in the viewer and is followed by an orgasm, can be extremely effective in producing deeply learned beliefs and behaviors. Pornography can offer all these elements—images, arousal, reinforcement, the example of others—so it is a potent teacher of both beliefs and behaviors. It provides the ideal conditions for learning.”

 Editor's Note:Theoretical/Review.

→ Mary Anne Layden, “Pornography and Violence: A New Look at the Research,” in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 57–68. Princeton, New Jersey: Witherspoon Institute, 2010.

- 7.** Media plays an important role in shaping adolescents beliefs about how males and females behave in romantic relationships.

  Editor's Note:Longitudinal.

→ Jane D. Brown and Kelly L. L'Engle, “X-Rated: Sexual Attitudes and Behaviors Associated with US Early Adolescents’ Exposure to Sexually Explicit Media,” *Communication Research* 36, no. 1 (2009): 129–151.

- 8.** “Examining both how often sexually explicit material was used and how many types of SEM were used, this study also suggested that these two variables were associated in interesting ways with aspects of participants’ sexual behaviors, satisfaction, and preferences, lending support to the hypothesis that SEM use plays a role in the cultivation of sexual scripts during young adults’ sexual development.”



Editor's Note: Cross-sectional.

→ Elizabeth M. Morgan, "Associations between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction," *Journal of Sex Research* 48, no. 6 (2011): 520–530.

9. "Not only younger children, but even young teenagers are generally not sophisticated enough to differentiate between fantasy and reality. They learn direct lessons from pornography, with no filter, and with no concept of exaggeration, irony, or affect. They learn what women supposedly look like, how they should act, and what they are supposed to do. They learn what women 'want' and how men can give it to them. Watching pornography, boys and girls learn that women always want sex and that sex is divorced from relationships. They learn that men can have whomever they want and that women will respond the way men want them to. They learn that anal sex is the norm and instant female orgasm is to be expected. And they absorb these lessons avidly, emulating people they perceive to be role models."

Editor's Note: Theoretical/Review.

→ Pamela Paul, "From Pornography to Porno to Porn: How Porn Became the Norm," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 3–20. Princeton, New Jersey: Witherspoon Institute, 2010.

10. "In other words, pornography has the ability not only to teach social attitudes and behaviors, but also to give permission to engage in them. Permission-giving beliefs become releasers of behavior."

Editor's Note: Theoretical/Review.

→ Mary Anne Layden, "Pornography and Violence: A New Look at the Research," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 57–68. Princeton, New Jersey: Witherspoon Institute, 2010.

11. "Scripts are memory structures that provide information and rules for behaving. They evolve over time and with repeated exposure to a set of stimuli or with repetition of particular behaviors.(1) For example, people develop scripts for how to behave in a public library, a football game, or when stopped by a police officer for speeding. Pornography's scripts emphasize culturally accepted beauty standards, the idea of the constant sexual availability and insatiable sexual appetites of men and women, the excitement of sexual novelty, and sex outside of a primary romantic relationship.(2) It rarely includes affection, intimate relationships, or expressions of love, and it often involves men ejaculating outside of a woman's body while she expresses orgasmic pleasure. Frequently, pornography lacks foreplay and afterplay: The focus on sexual penetration is so pervasive that caressing, kissing, or cuddling are minimized or eliminated.(3)"



Editor's Note: Theoretical/Review.

→ Ana J. Bridges, "Pornography's Effects on Interpersonal Relationships," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 89–110. Princeton, New Jersey: Witherspoon Institute, 2010.

→ 1—Ramesh Lakshmi-Ratan and Easwar Iyer, "Similarity Analysis of Cognitive Scripts," *Journal of the Academy of Marketing Science* 16, no. 2 (1988): 36–42.

→ 2—Hans-Bernd Brosius, James B. Weaver III, Joachim F. Staab, "Exploring the Social and Sexual 'Reality' of Contemporary Pornography," *Journal of Sex Research* 30, no. 2 (1993): 161–70.

→ 3—Donald L. Mosher and Paula Maclan, "College Men and Women Respond to X-Rated Videos Intended for Male or Female Audiences: Gender and Sexual Scripts," *Journal of Sex Research* 31, no. 2 (1994): 99–112.

12. "There is agreement in the literature suggesting that adolescents can learn sexual behaviors from observing the behaviors depicted in sexually explicit materials."



Editor's Note: Theoretical/Review.

→ Eric W. Owens, Richard J. Behun, Jill C. Manning, and Rory C. Reid, "The Impact of Internet Pornography on Adolescents: A Review of the Research," *Sexual Addiction and Compulsivity* 19 (2012): 99–122.

13. Since adolescents often don't have "real-life experiences with sexual partners ... they are especially susceptible to internalization of distorted pornographic images of human sexuality and may act

accordingly.”

  Editor's Note: Authors' interpretation of the results.



→ John A. Hunter, Aurelio J. Figueredo, and Neil M. Malamuth, “Developmental Pathways into Social and Sexual Deviance,” *Journal of Family Violence* 25 (2010): 141–148.

- 14.** “Analyses revealed that both [pornography] viewing frequency and the number of [pornography] types viewed uniquely predicted all three sexual preference variables. These robust relationships ... indicate that heavy consumers of [pornography] hold similar sexual preferences to those frequently portrayed in [pornography]. ... Interestingly, however, the average age of first [pornography] use proceeded the average age of first sexual intercourse by two to four years, suggesting that the majority of participants likely engaged with [pornography] prior to developing preferences based on their own sexual experiences. In sum, the findings from this study reveal that multiple dimensions of [pornography] use, including frequency of use and number of types used, share significant associations with young adults' sexual behaviors, sexual and relationship satisfaction, and sexual preferences.”

  Editor's Note: Cross-sectional.

→ Elizabeth M. Morgan, “Associations between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction,” *Journal of Sex Research* 48, no. 6 (2011): 520–530.

- 15.** “This combination reveals that, despite having a well-defined set of preferences and experiences, individuals frequently using [pornography] are nonetheless less satisfied with these experiences. This difference could reflect a disconnect between their preferences and their actual sexual and relationship experiences, suggesting that [pornography] viewing may indeed set up young adults to expect unrealistic sexual encounters.”

  Editor's Note: Cross-sectional.

→ Elizabeth M. Morgan, “Associations between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction,” *Journal of Sex Research* 48, no. 6 (2011): 520–530.

- 16.** In a study comparing male undergraduate students' sexual beliefs, researchers found that “participants who viewed music videos of highly objectified female artists reported more adversarial sexual beliefs, more acceptance of interpersonal violence, and, at a level of marginal significance, more negative attitudes about sexual harassment than participants assigned to low-sexually objectifying music videos by the same female artists.”

  Editor's Note: Experimental.

→ Jennifer Stevens Aubrey, K. Megan Hopper, and Wanjiru G. Mbure, “Check That Body! The Effects of Sexually Objectifying Music Videos on College Men's Sexual Beliefs,” *Journal of Broadcasting and Electronic Media* 55, no. 3 (2011): 360–379.

- 17.** In a survey of 487 college men aged 18–29 in the United States, researchers found that “the more pornography a man watches, the more likely he was to use it during sex, request particular pornographic sex acts of his partner, deliberately conjure images of pornography during sex to maintain arousal, and have concerns over his own sexual performance and body image. Further, higher pornography use was negatively associated with enjoying sexually intimate behaviors with a partner. We conclude that pornography provides a powerful heuristic model which is implicated in men's expectations and behaviors during sexual encounters.”

  Editor's Note: Cross-sectional.

→ Chyng Sun, Ana Bridges, Jennifer Johnason, and Matt Ezzell, “Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations,” *Archives of Sexual Behavior*, 45, no. 4 (2016): 983–994.

- 18.** Pornography is directly associated with risky sexual scripts and behaviors.



→ Paul J. Wright, Robert S. Tokunaga, and Ashley Kraus, "Consumption of Pornography, Perceived Peer Norms, and Condomless Sex," *Health Communication* 31, no. 8 (2016): 954-963.

19. Pornography consumption is directly associated with a higher likelihood of condomless sex.



→ Paul J. Wright, Robert S. Tokunaga, and Ashley Kraus, "Consumption of Pornography, Perceived Peer Norms, and Condomless Sex," *Health Communication* 31, no. 8 (2016): 954-963.

20. Pornography sets unreasonably high physical appearance expectations for individuals and/or their potential partners.



→ Emily Leickly, Kimberly Nelson, and Jane Simoni, "Sexually Explicit Online Media, Body Satisfaction, and Partner Expectations Among Men who have Sex with Men: A Qualitative Study," *Sexuality Research & Social Policy* (2016). doi:10.1007/s13178-016-0248-7

21. Pornography use was associated with a higher likelihood of having a penetrative hookup; a higher incidence of intoxication during hookups for men (but a lower incidence of intoxication during hookups for women); increasing levels of intoxication during hookups for men but decreasing levels of intoxication for women; and a higher likelihood of being in the riskiest category of having a penetrative hookup, without a condom, while intoxicated.



→ Anneli Givens, Jacob Brown, and Frank Fincham, "Is Pornography Consumption Associated with Condom Use and Intoxication During Hookups?" *Culture, Health & Sexuality* 17, no. 10 (2015): 1155-1173.

22. Frequent viewing of pornographic images is associated with sexual activity at a younger age, a larger number of sexual partners, an inclination to seek out casual partners, the practice of anal penetration, a lower level of prevention of sexually transmitted infections and unwanted pregnancies and finally, a higher consumption of alcohol and cannabis.



→ Anneli Givens, Jacob Brown, and Frank Fincham, "Is Pornography Consumption Associated with Condom Use and Intoxication During Hookups?" *Culture, Health & Sexuality* 17, no. 10 (2015): 1155-1173.

23. Both the development of and the longitudinal relations between SEIM use, permissive sexual attitudes, and sexual behavior are gender-specific. Boys occasionally and increasingly used SEIM over the 18 months of the study, and these increases co-occurred with increases in their permissive sexual attitudes and experience with sexual behavior. Furthermore, boys' SEIM use consistently predicted their endorsement of permissive sexual attitudes, over and above prior attitude levels. In contrast, girls' SEIM use was low and generally independent from developmental changes in their permissive sexual attitudes and sexual behavior.



Editor's Note: Longitudinal

→ Suzan M. Doornwaard, David S. Bickham, Michael Rich, Tom F. ter Bogt, and Regina J. J. M. van Den Eijnden, "Adolescents' Use of Sexually Explicit Internet Material and Their Sexual Attitudes and Behavior: Parallel Development and Directional Effects," *Developmental Psychology* 51, no. 10 (2015): 1476-1488.

24. "Our results demonstrate that more frequent viewing of pornography is associated with a higher incidence of FWB relationships, a higher number of unique FWB partners, and engagement in all types of risky sexual behaviors during FWB relationships."



→ Scott R. Braithwaite, Sean C. Aaron, Krista K. Dowdle, Kersti Spjut, and Frank D. Fincham, "Does Pornography Consumption Increase Participation in Friends With Benefits Relationships?" *Sexuality & Culture: An Interdisciplinary Quarterly* 19, no. 3 (2015): 513-532.

- 25.** "Interest or engagement in each dominant behavior was also analyzed in correspondence with frequency of pornography consumption. At the zero-order level, more frequent pornography consumption was associated with interest or engagement in each behavior. After relevant covariates were considered, more frequent pornography consumption remained associated with a higher likelihood of interest or engagement in hard spanking, role-played forced sex, slapping, choking, tying a partner up, dominating a partner, double-penetration, penile gagging, and name-calling."

PR

→ Paul J. Wright, Chyng Sun, Nicola J. Steffen, and Robert S. Tokunaga, "Pornography, Alcohol, and Male Sexual Dominance," *Communication Monographs* 82, no. 2 (2015): 252-270.

- 26.** "The magnitude of the association between men's frequency of pornography consumption and the number of behaviors men tried incrementally increased as the frequency of men's alcohol consumption before or during sex increased. Men who had tried the most behaviors were those who regularly consumed pornography and regularly drank alcohol before or during sex. The present study's finding that frequency of pornography consumption most strongly predicts men's engagement in dominant behaviors when they drink alcohol before or during sex is consistent with prior experimental research on pornography consumption and sexual coercion."

PR

→ Paul J. Wright, Chyng Sun, Nicola J. Steffen, and Robert S. Tokunaga, "Pornography, Alcohol, and Male Sexual Dominance," *Communication Monographs* 82, no. 2 (2015): 252-270.

- 27.** Studies were included if they assessed the association between pornography use and indicators of sexual risk behaviors in an adult population. A total of 17 were included in the review, and all were assessed for research standards using the Quality Index Scale. For both Internet pornography and general pornography, links with greater unsafe sex practices and number of sexual partners were identified.

PR

→ Emily L. Harkness, Barbara Mullan, and Alex Blaszczyński, "Association Between Pornography Use and Sexual Risk Behaviors in Adult Consumers: A Systematic Review," *Cyberpsychology, Behavior, and Social Networking* 18, no. 2 (2015): 59-71.

- 28.** "More frequent viewing of pornography is associated with a higher incidence of hooking up and a higher number of unique hook up partners."

PR

i Editor's Note: Cross-sectional and Longitudinal

→ Scott R. Braithwaite, Gwen Coulson, Krista Keddington, and Frank D. Fincham, "The Influence of Pornography on Sexual Scripts and Hooking up Among Emerging Adults in College," *Archives of Sexual Behavior* 44, no. 1 (2015): 1-13.

- 29.** "More frequent viewing of pornography is associated with having had more previous sexual partners of all types, more one occasion sexual partners ('one night stands'), and plans to have a higher number of sexual partners in the future."

PR

i Editor's Note: Cross-sectional and Longitudinal

→ Scott R. Braithwaite, Gwen Coulson, Krista Keddington, and Frank D. Fincham, "The Influence of Pornography on Sexual Scripts and Hooking up Among Emerging Adults in College," *Archives of Sexual Behavior* 44, no. 1 (2015): 1-13.

- 30.** "Permissive sexual scripts mediated the association between more frequent pornography viewing and hooking up."



i Editor's Note: Cross-sectional and Longitudinal

→ Scott R. Braithwaite, Gwen Coulson, Krista Keddington, and Frank D. Fincham, "The Influence of Pornography on Sexual Scripts and Hooking up Among Emerging Adults in College," *Archives of Sexual Behavior* 44, no. 1 (2015): 1-13.

- 31.** "The association between pornography consumption at T1 and more positive attitudes toward premarital sex at T2 was strongest for younger adults, who are less oppositional to premarital sex than older adults."



i Editor's Note: Longitudinal

→ Paul J. Wright, "Americans' Attitudes Toward Premarital Sex and Pornography Consumption: A National Panel Analysis," *Archives of Sexual Behavior* 44, no. 1 (2015): 89-97.

- 32.** "Contrary to the position that associations between pornography consumption and premarital sex attitudes are due to individuals who already have positive attitudes toward premarital sex selecting content congruent with their attitudes, premarital sex attitudes at T1 did not predict pornography consumption at T2."



i Editor's Note: Longitudinal

→ Paul J. Wright, "Americans' Attitudes Toward Premarital Sex and Pornography Consumption: A National Panel Analysis," *Archives of Sexual Behavior* 44, no. 1 (2015): 89-97.

2.2 Partner's Mental and Emotional Health

i Note: The majority of the citations for this section are from clinical or at-risk samples. This means that the research found people who were having distress because of their spouse's pornography use and asked them to report on their feelings.

- 10.** Results revealed that women's reports of their male partners' pornography use were related to less relationship satisfaction and more psychological distress. In addition, relationship trust mediated the links between male partners' perceived pornography use and relationship satisfaction and psychological distress.



→ Dawn M. Szymanski, Chadra E. Feltman, and Trevor L. Dunn, "Male Partners' Perceived Pornography Use and Women's Relational and Psychological Health: The Roles of Trust, Attitudes, and Investment," *Sex Roles* 73, no. 5-6 (2015): 187-199.

- 1.** "In an earlier investigation, we discovered fifteen common, recurring themes in the help-seeking letters of women highly distressed by their pornography use. Discovering the pornography use had radically altered the way that these women perceived their relationships, themselves, and their partners. The present study explored whether or not such highly negative and distressing attitudes were representative of women in general. Our data suggests that they were not. Women in our sample on average did not endorse the extremely negative meanings displayed by women either in our earlier study or in Scheider's. Furthermore, the women in our study tended to give neutral to slightly positive endorsement to other positive statements about their partner's pornography usage."



i Editor's Note: See section 2.2 note for more information.

→ Ana J. Bridges, R. M. Bergner, and M. Hesson-McInnis, "Romantic Partners' Use of Pornography: Its Significance for Women," *Journal of Sex and Marital Therapy* 29, no. 1 (2003): 1-14.

- 2.** For some people, learning of their partner's pornography use is a traumatic event that creates psychological distress.



→ Raymond Bergner and Ana J. Bridges, "The Significance of Heavy Pornography Involvement for Romantic Partners: Research and Clinical Implications," *Sex and Marital Therapy* 28, no. 3 (May 2002): 193-206.

- 3.** Some women who learn of a husband's consumption of porn and/or online sexual activity through either discovery or disclosure report feelings of betrayal, loss, mistrust, devastation, and anger.

PR

→ Raymond Bergner and Ana J. Bridges, "The Significance of Heavy Pornography Involvement for Romantic Partners: Research and Clinical Implications," *Sex and Marital Therapy* 28, no. 3 (May 2002): 193–206.

- 4.** Some partners in committed relationships who learn that their partner is compulsively using pornography or engages in other sexually addictive behaviors can show signs of post-traumatic stress disorder.

PR

→ Barbara A. Steffens and Robyn L. Rennie, "The Traumatic Nature of Disclosure for Wives of Sexual Addicts," *Sexual Addiction & Compulsivity* 13, nos. 2 and 3 (2006): 247–67.

- 6.** In a study conducted using college students, males were randomly assigned to watch one of three films: one of erotica, one of nonsexual news coverage of war, or one of pornography. After the films they were invited to attend a seemingly separate experiment in which they were paired with a female and asked to work on a problem-solving task. They were filmed while solving the problem, and researchers coded the taped interactions for eye gaze, interruptions, touch, unwanted sexual remarks, and disregard of a partner's suggestions. Those participants who have viewed the sexually explicit films (erotica and pornography) exhibited more dominant behaviors, touched their female partners for longer periods of time, and ignored their partner's ideas and suggestions more often than those who had watched the news coverage video. Men who had viewed the pornography video interrupted their partners more often and showed more anxious behaviors than those who had watched one of the other two videos. The researchers also looked at the female partners' behaviors and found that even though the women were unaware that their partners had watched the films, their behavior correlated highly with their male partner's behavior. Women who were partnered with men who had viewed either of the sexually explicit films exhibited similar levels of anxiety, physical proximity, partner touch, and gazing as their male partners, suggesting that women partners of porn users can be negatively affected by their partner's use of pornography even when they aren't aware of said use.

PR

→ Anthony Mulac, Laura Jansma, and Daniel Linz, "Men's Behavior Toward Women After Viewing Sexually Explicit Films: Degradation Makes a Difference," *Communication Monographs* 69, no. 4 (2002): 311–328.

- 5.** Some wives of pornography users feel lonely and isolated in keeping their husband's secret as part of their effort to cope with the problem.

PR

→ Barbara A. Steffens and Robyn L. Rennie, "The Traumatic Nature of Disclosure for Wives of Sexual Addicts," *Sexual Addiction & Compulsivity* 13, nos. 2 and 3 (2006): 247–67.

- 7.** Some partners of pornography users report that their partners ask them to reenact pornographic scenes, consume pornography with said partner, or pressure or coerce them into sexual acts they find uncomfortable or demeaning.

PR

→ Eunjung Ryu, "Spousal Use of Pornography and Its Clinical Significance for Asian-American Women: Korean Women as an Illustration," *Journal of Feminist Family Therapy* 16, no. 4 (2004): 75–89.

→ Janet Hinson Shope, "When Words Are Not Enough: The Search for the Effect of Pornography on Abused Women," *Violence Against Women* 10, no. 1 (2004): 56–72.

- 8.** When researchers interviewed partners of "sexual addicts" (91 females, 3 males) to learn how they were being impacted by the partners' use, subjects reported feelings of hurt, betrayal, lowered self-esteem, mistrust, decreased intimacy, anger, feelings of being unattractive and objectified, feeling their partners had

less interest in sexual contact, pressure from the partner to enact things from online fantasy, and feeling like they could not measure up to the women seen online.

PR

→ Jennifer P. Schneider, "Effects of Cybersex Addiction on the Family: Results of a Survey," *Sexual Addiction & Compulsivity* 7, nos. 1 and 2 (2000): 31–58.

9. A survey of female college students found that women who perceived their boyfriends' use of porn to be problematic experienced diminished self-esteem, poorer relationship quality, and lower sexual satisfaction.

PR

→ Destin Stewart and Dawn Szymanski, "Young Adult Women's Reports of Their Male Romantic Partner's Pornography Use as a Correlate of their Psychological distress, relationship quality, and Sexual Satisfaction," *Sex Roles* 67 (2012): 257–271.

2.3 Perceptions of Partners

1. Exposure to pornography causes men to rate their female partner as less attractive than they would if they had not been exposed to porn.

PR

i Editor's Note: Experimental.

→ James B. Weaver, Jonathan L. Masland, and Dolf Zillmann, "Effects of Erotica on Young Men's Aesthetic Perception of Their Female Sexual Partners," *Perceptual and Motor Skills* 58 (1984): 929–930.

2. Adult exposure to pornography is connected with the user being less satisfied with their partner's sexual performance.

PR

→ Dolf Zillmann and Jennings Bryant, "Pornography's Impact on Sexual Satisfaction," *Journal of Applied Social Psychology* 18 (1988): 438–453.

3. "Adolescents' exposure to [sexually explicit Internet material] was both a cause and a consequence of their beliefs that women are sex objects. More frequent exposure to [sexually explicit Internet material] caused stronger beliefs that women are sex objects. At the same time, stronger beliefs that women are sex objects led to more frequent exposure to [sexually explicit Internet material], albeit only for male adolescents."

PR

i Editor's Note: Longitudinal.

→ Jochen Peter and Patti M. Valkenburg, "Adolescents' Exposure to Sexually Explicit Internet Material and Notions of Women as Sex Objects: Assessing Causality and Underlying Processes," *Journal of Communication* 59 (2009): 407–433.

4. Lexington, Massachusetts–based psychologist and sex therapist Aline Zoldbrod says "The majority of porn out there is degrading to women and it's only gotten worse. The women are plasticized; there's no longer as much diversity or naturalism as there was two decades ago."

i Editor's Note: Theoretical/Review.

→ Pamela Paul, *Pornified: How Pornography Is Transforming Our Lives, Our Relationships, and Our Families*. New York: Henry Holt and Co, p. 145.

5. In a series of interviews with researchers, one female adolescent described a common theme in pornography saying, "Well, the girl should be small, thin, and you know ... inferior ... while the guy should be muscular and superior."

PR

→ Elisabet Haggstrom-Nordin, Jonas Sandberg, Ulf Hanson, and T. Tyden, "It's Everywhere! Young Swedish People's Thoughts and Reflections about Pornography," *Scandinavian Journal of Caring Science* 20 (2006): 386–393.

2.4 Sexual Satisfaction

1. "Regression results further revealed that [pornography] viewing frequency played a unique role in predicting sexual and relationship satisfaction for college students. Specifically, higher viewing frequency was associated with less sexual and relationship satisfaction when controlling for gender, religiosity, dating status and the number of [pornography] types viewed. The number of [pornography] types viewed was not associated with either satisfaction variable. ... What is also noteworthy is that frequency of [pornography] use was predictive even when controlling for dating status which understandably was highly predictive of sexual and relationship satisfaction."

  Editor's Note: Cross-sectional.

→ Elizabeth M. Morgan, "Associations between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction," *Journal of Sex Research* 48, no. 6 (2011): 520–530.

2. "This combination reveals that, despite having a well-defined set of preferences and experiences, individuals frequently using [pornography] are nonetheless less satisfied with these experiences. This difference could reflect a disconnect between their preferences and their actual sexual and relationship experiences, suggesting that [pornography] viewing may indeed set up young adults to expect unrealistic sexual encounters."

  Editor's Note: Cross-sectional.

→ Elizabeth M. Morgan, "Associations between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction," *Journal of Sex Research* 48, no. 6 (2011): 520–530.

3. In a survey of 487 college men aged 18–29 in the United States, researchers found that "the more pornography a man watches, the more likely he was to use it during sex, request particular pornographic sex acts of his partner, deliberately conjure images of pornography during sex to maintain arousal, and have concerns over his own sexual performance and body image. Further, higher pornography use was negatively associated with enjoying sexually intimate behaviors with a partner. We conclude that pornography provides a powerful heuristic model which is implicated in men's expectations and behaviors during sexual encounters."

  Editor's Note: Cross-sectional.

→ Chyng Sun, Ana Bridges, Jennifer A. Johnson, and Matthew B. Ezzell, "Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations," *Archives of Sexual Behavior* 45 no. 4 (2016): 983–994.

4. Spouse's pornography use is negatively associated with sexual satisfaction in marriage.









→ Cameron C. Brown, Jason S. Carroll, Jeremy B. Yorgason, Dean M. Busby, Brian J. Willoughby, and Jeffrey H. Larson, "A Common-fate Analysis of Pornography Acceptance, Use, and Sexual Satisfaction among Heterosexual Married Couples," *Archives of Sexual Behavior* (2016) doi:10.1007/s10508-016-0732-4

2.5 Objectification

1. When adolescents, both male and female, are exposed to sexualized media, they are more likely to have stronger notions of women being sex objects.



→ L. Monique Ward and Kimberly Friedman, "Using TV as a Guide: Associations Between Television Viewing and Adolescents' Sexual Attitudes and Behavior," *Journal of Research on Adolescents* 16, no. 1 (2006): 133–156.

2. "A single twenty-something graphic designer told me he would find himself in bars, berating himself over the way he scanned potential dates. 'I'd be saying, 'No, her breasts are too small, she's not worth it,' then wonder, 'Who have I become? Why am I judging women like this.'"
→ Pamela Paul, "From Pornography to Porno to Porn: How Porn Became the Norm," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 3–20. Princeton, New Jersey: Witherspoon Institute, 2010.
3. "Countless men have described to me how, while using pornography, they have lost the ability to relate to or be close to women ... They found the way they looked at women in real life warping to fit the pornography fantasies they consumed onscreen. Their daily interactions with women became pornified. Their relationships soured. They had trouble relating to women as individual human beings. They worried about the way they saw their daughters and girls their daughters' age."
→ Pamela Paul, "From Pornography to Porno to Porn: How Porn Became the Norm," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 3–20. Princeton, New Jersey: Witherspoon Institute, 2010.
4. "Soft-core pornography has a very negative effect on men as well. The problem with soft-core pornography is that it's voyeurism—it teaches men to view women as objects rather than to be in relationships with women as human beings."
→ Gary Brooks (as quoted in Pamela Paul, "From Pornography to Porno to Porn: How Porn Became the Norm," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 3–20. Princeton, New Jersey: Witherspoon Institute, 2010.
5. Pornography use was directly associated with an increased likelihood of men viewing women as sex objects.
  Editor's Note: Correlational
→ Paul J. Wright and Robert S. Tokunaga, "Men's Objectifying Media Consumption, Objectification of Women, and Attitudes Supportive of Violence against Women," *Archives of Sexual Behavior* 45, no. 4 (2016): 955-964.
6. Pornography use was indirectly linked to attitudes of violence against women, by means of viewing women as sex objects. In other words, men were more likely to be accepting of violence against women, insofar that they believed that women were sex objects.
  Editor's Note: Correlational
→ Paul J. Wright and Robert S. Tokunaga, "Men's Objectifying Media Consumption, Objectification of Women, and Attitudes Supportive of Violence against Women," *Archives of Sexual Behavior* 45, no. 4 (2016): 955-964.
7. Objectification was depicted more often for women through instrumentality, but men were more frequently objectified through dehumanization.

→ Marleen J. E. Klaassen and Jochen Peter, "Gender (In)equality in Internet Pornography: A Content Analysis of Popular Pornographic Internet Videos," *Journal of Sex Research* 52, no. 7 (2015): 721-735.
8. Men were more often shown as dominant and women as submissive during sexual activities.

→ Marleen J. E. Klaassen and Jochen Peter, "Gender (In)equality in Internet Pornography: A Content Analysis of Popular Pornographic Internet Videos," *Journal of Sex Research* 52, no. 7 (2015): 721-735.
9. Previous partners' pornography use (a) directly predicted interpersonal sexual objectification, internalization, and eating disorder symptomatology and (b) indirectly predicted body surveillance and body shame through internalization. In hierarchical regressions, previous partners' pornography use inversely predicted self-esteem and body appreciation and positively predicted relationship anxiety and negative affect.

→ Tracy L. Tylka and Ashley M. K. Van Diest, "You Looking at Her 'Hot' Body May not be 'Cool' for Me: Integrating Male Partners' Pornography Use into Objectification Theory for Women," 39, no. 1 (2015): 67-84.

2.6 Relationship Quality

1. Married persons who more frequently viewed pornography reported significantly lower levels of marital quality 6 years later.

→ Samuel L. Perry, "Does Viewing Pornography Reduce Marital Quality Over Time? Evidence from Longitudinal Data," Archives of Sexual Behavior (2016) doi:10.1007/s10508-016-0770-y

2. Statistical controls showed that pornography's effect on marital quality was not simply a proxy for dissatisfaction with sex life or marital decision-making.

→ Samuel L. Perry, "Does Viewing Pornography Reduce Marital Quality Over Time? Evidence from Longitudinal Data," Archives of Sexual Behavior (2016) doi:10.1007/s10508-016-0770-y

3. In terms of substantive influence, frequency of pornography use was the second strongest predictor of marital quality.

→ Samuel L. Perry, "Does Viewing Pornography Reduce Marital Quality Over Time? Evidence from Longitudinal Data," Archives of Sexual Behavior (2016) doi:10.1007/s10508-016-0770-y

4. Interaction effects revealed, however, that the negative effect of porn use on marital quality applied to husbands, but not wives. In fact, post-estimation predicted values indicated that wives who viewed pornography more frequently reported higher marital quality than those who viewed it less frequently or not at all.

→ Samuel L. Perry, "Does Viewing Pornography Reduce Marital Quality Over Time? Evidence from Longitudinal Data," Archives of Sexual Behavior (2016) doi:10.1007/s10508-016-0770-y

5. The marriages that were most negatively affected were those of married men who were viewing pornography at the highest frequencies (once a day or more). These levels of porn use were statistically extreme and may be suggestive of an addiction or otherwise compulsive behavior that could itself have a negative effect on romantic relationships.

→ Samuel L. Perry, "Does Viewing Pornography Reduce Marital Quality Over Time? Evidence from Longitudinal Data," Archives of Sexual Behavior (2016) doi:10.1007/s10508-016-0770-y

6. In particular, findings suggest that pornography can reduce satisfaction with partners and relationships through contrast effects, reduce commitment by increasing the appeal of relationship alternatives, and increase acceptance of infidelity.

i Editor's Note: Theoretical/Review.

→ Kyler Rasmussen, "A Historical and Empirical Review of Pornography and Romantic Relationships: Implications for Family Researchers," Journal of Family Theory & Review 8, no. 2 (2016): 173-191.

7. Pornography consumption is negatively related to marital satisfaction, while spousal religiosity is positively related to marital satisfaction.



→ Samuel L. Perry, "From Bad to Worse? Pornography Consumption, Spousal Religiosity, Gender, and Marital Quality," *Sociological Forum* 31, no. 2 (2016): 441-464.

- 8.** Interaction effects reveal, however, that spousal religiosity intensifies the negative effect of porn viewing on marital satisfaction.



→ Samuel L. Perry, "From Bad to Worse? Pornography Consumption, Spousal Religiosity, Gender, and Marital Quality," *Sociological Forum* 31, no. 2 (2016): 441-464.

- 9.** Having a religiously committed spouse increases the social and psychic costs of porn consumption such that marital satisfaction decreases more drastically as a result.



→ Samuel L. Perry, "From Bad to Worse? Pornography Consumption, Spousal Religiosity, Gender, and Marital Quality," *Sociological Forum* 31, no. 2 (2016): 441-464.

- 10.** Results suggested that greater discrepancies between partners in pornography use were related to less relationship satisfaction, less stability, less positive communication, and more relational aggression.



→ Brian J. Willoughby, Jason S. Carroll, Dean M. Busby, and Cameron C. Brown, "Differences in Pornography Use Among Couples: Associations with Satisfaction, Stability, and Relationship Processes," *Archives of Sexual Behavior* 45, no. 1 (2016): 145-158.

- 11.** Results generally suggested that discrepancies in pornography use at the couple level are related to negative couple outcomes. Specifically, pornography differences may alter specific couple interaction processes which, in turn, may influence relationship satisfaction and stability.



→ Brian J. Willoughby, Jason S. Carroll, Dean M. Busby, and Cameron C. Brown, "Differences in Pornography Use Among Couples: Associations with Satisfaction, Stability, and Relationship Processes," *Archives of Sexual Behavior* 45, no. 1 (2016): 145-158.

- 12.** Longitudinally, the link between SEIM use and relationship quality seems to work both ways, but only for husbands. Husbands in poor relationships use more SEIM and more SEIM among husbands leads to poorer relationships



i Editor's Note: Longitudinal

→ Linda D. Muusses, Peter Kerkhof, and Catrin Finkenauer, "Internet Pornography and Relationship Quality: A Longitudinal Study of Within and Between Partner Effects of Adjustment, Sexual Satisfaction and Sexually Explicit Internet," *Computers in Human Behavior* 45 (2015): 77-84.



Society

3.1 Pornography Usage in Society

- 1.** In a recent nationally representative poll, 43 percent of men and 9 percent of women reported that they had watched porn in the past week; among 20-somethings, numbers for those who had used in the past week rose above 50 percent for men and 20 percent for women.

→ The Austin Institute for the Study of Family and Culture. Relationships in America Survey. 2014.
<http://relationshipsinamerica.com/relationships-and-sex/how-much-pornography-are-americans-consuming>.

2. A 2014 survey conducted by the Institute for Public Policy Research (IPPR) that polled 500 teens found that two-thirds of boys and three-fourths of girls believe porn causes unrealistic attitudes about sex. Two out of three respondents, both boys and girls, believe porn can be addictive, and 62 percent of boys and 78 percent of girls believe porn can negatively impact young people's views on sex and relationships. Seventy-seven percent of boys and 83 percent of girls said "it's too easy for young people to accidentally see pornography online."

→ 500 Online Interviews amongst UK Adults aged 18 (2014, June). Retrieved October 8, 2014, from Institute for Public Policy Research: <http://www.ippr.org/assets/media/publications/attachments/OP4391-IPPR-Data-Tables.pdf>.

3. In the UK, Pornhub was the 35th most visited website for children ages 6 to 14 in 2013.

→ Children and Parents: Media Use and Attitudes Report (2014, October) (p. 232). Retrieved November 17, 2014, from Ofcom: http://stakeholders.ofcom.org.uk/binaries/research/media-literacy/media-use-attitudes-14/Childrens_2014_Report.pdf.

4. "Although pornography is nothing new, the proximity of the sex industry to the public and private squares is new. In the past, the triple-x bookstore and restricted movie theater were tangible buffers between sexually explicit material and minors, as well as adults who did not want to be exposed to 'dirty pictures.' Today, anyone with a cable or an Internet connection has access to a smorgasbord of sexual content, including obscene content not protected by the First Amendment. Moreover, the sex industry has unprecedented access to those who are technologically connected, and it capitalizes on this contact with stunning effectiveness, not to mention blatant disregard for those who may be harmed (not just offended) in the process."

→ Mary Anne Layden, "Pornography and Violence: A New look at the Research," in James R. Stoner, Jr. and Donna M. Hughes, eds. *The Social Costs of Pornography: A Collection of Papers*. Princeton, NJ: Witherspoon Institute (2010), 70.

5. Between 1998 and 2005, the number of sex scenes on television nearly doubled.

→ Dale Kunkel, Keren Eyal, Keli Finnerty, Erica Biely, and Edward Donnerstein. *Sex on TV 4* (Menlo Park, Calif.; The Henry J. Kaiser Family Foundation, 2005).

6. "The sex industry plays on the ever more transgressive nature of the pornographic content, mainstreaming what in former times would only have been found in seedy, marginal, pornographic emporiums. What is most disturbing about all this information is that not only is the sex industry big business but that the selling of its 'products'—pornography, prostitution, sex tourism, mail order brides—all depending on the commodification of mostly women and children, has become much more acceptable, more normal, and even fashionable and 'cool.' And anyone who raises criticisms of the industry and its turning of sexual exploitation into 'sex' is labeled out of touch, moralistic and repressed. Ultimately, the sex industry has made sexual exploitation not only normal but respectable. ... Many women have commented that many men seem incapable of having sexual relationships or, for that matter, genuine emotional relationships with women who don't act like women in pornography."

→ Janice Raymond, "Public Hearing on 'The Impact of the Sex Industry in the EU,' Committee on Women's Rights and Equal Opportunities, European Parliament, January 19, 2004" (Coalition Against Trafficking in Women, New York), <http://www.europarl.europa.eu/hearings/20040119/femm/raymond.pdf>

7. "When a girl or boy grows up in a toxic sexual atmosphere, their inhibitions are lowered to the point that accessing porn seems a natural progression. The sexualized climate our children are growing up in is a manufactured process, not an organic one. The sexualized landscape children are now forced to inhabit reshapes their attitudes to sex and their desires, and it starts long before they learn to read or write."

→ Maggie Hamilton, "Groomed to Consume Porn: How Sexualized Marketing Targeting Children," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 16–24. North Melbourne, Australia: Spinifex Press, 2011.

8. "Compared to studies conducted in the 1980s and 1990s, our study revealed that pornography has become much more aggressive in both frequency and type of act."

→ Chyng Sun, "Investigating Pornography: The Journey of a Filmmaker and Researcher," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 171–178. North Melbourne, Australia: Spinifex Press, 2011.

3.2 Pornography and Sexual Violence

1. Researchers drew the lists of 250 best-selling and 250 most-rented pornographic videos as published monthly by AVN. They pulled the 30 top videos on each list from December 2004 through June 2005 and deleted duplications, leaving a list of 275 titles from which to work. Fifty titles were randomly selected and the 304 scenes among them were analyzed. In that analysis, the researchers found: "88.2% contained physical aggression, principally spanking, gagging, and slapping, while 48.7% of scenes contained verbal aggression, primarily name-calling." "On the whole, the pornographic scenes analyzed in this study were aggressive; only 10.2% (n 31) of scenes did not contain an aggressive act. Across all scenes, a total of 3,375 verbally and physically aggressive acts were observed. Of these, 632 were coded as instances of verbal aggression and 2,743 were coded as instances of physical aggression. On average, scenes had 11.52 acts of either verbal or physical aggression (SD 15.04) and ranged from none to 128. Physical aggression (M 9.31, SD 12.30) was much more common than verbal aggression (M 2.13, SD 4.01), occurring in 88.2% (n 268) of the scenes, whereas expressions of verbal aggression occurred in 48.7% (n 148) of the scenes." "When aggressed against, 95.1% (n 3,206) of targets responded with either expressions of pleasure (e.g., encouragement, sexual moans) or neutrally (e.g., no change in facial expression or interruption to actions)." "Perpetrators of aggression were usually male, whereas targets of aggression were overwhelmingly female. Targets most often showed pleasure or responded neutrally to the aggression." "Male character ejaculation almost always occurred outside the female character's vagina, most frequently in her mouth (58.6%; n 178)." "Women were overwhelmingly the targets of aggressive acts. Across all acts of aggression, both physical and verbal, 94.4% (n 3,191) were directed toward women. Men were the perpetrators of aggression more than twice as often as women, committing 70.3% (n 2,373) of the aggressive acts recorded. In contrast, women were perpetrators of 29.4% (n 991) of all aggressive acts. Even when women were perpetrators, their targets were frequently other women (17.7%; n 598). Men were targets of only 4.2% (n 143) of aggressive acts perpetrated by women. Male-to-male aggression was present in only 0.3% (n 11) of the recorded instances and was most often verbal (only 4 instances of physical aggression with a male perpetrator and a male target were recorded)." "Women were verbally insulted or referred to in derogatory terms 534 times, whereas men experienced similar verbal assaults in only 65 instances" "The number of main characters that were portrayed in a given scene ranged from 1 to 19, with an average of 3.23. Males comprised 53.1% of the main characters." "A total of 9.9% (n 30) of scenes analyzed contained positive behaviors." "Sexuality, as portrayed in these popular videos, was primarily aggressive and positive behaviors were the exception rather than the rule." The Bridges study 1 found that 41 percent of popular pornographic scenes depicted rectal followed by oral penetration.









→ Donald L. Hilton, "Pornography Addiction—A Supranormal Stimulus Considered in the Context of Neuroplasticity," *Socioaffective Neuroscience & Psychology* 3 (2013): 20767.

→ 1—Ana J. Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, "Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update," *Violence against Women* 16, no. 10 (2010): 1065–1085.

2. Pornography makes violence appear sexy.

Editor's Note: Theoretical/Review.

→ Diana E. H. Russell, *Making Violence Sexy: Feminist Views on Pornography* (New York: Teachers College Press, 1993).

3. "A survey of 313 college students indicated that exposure to men's magazines was significantly associated with lower intentions to seek sexual consent and lower intentions to adhere to decisions about sexual consent."
 Editor's Note: Cross-sectional.
→ Stacey J. T. Hust, Emily Garrigues Marett, Chunbo Ren, Paula M. Adams, Jessica F. Willoughby, Ming Lei, Weina Ran, and Cassie Norman, "Establishing and Adhering to Sexual Consent: The Association between Reading Magazines and College Students' Sexual Consent Negotiation," *Journal of Sex Research* 51, no. 3 (2014): 280–290.
4. "Males shown even nonviolent but sexually objectifying and degrading scenes of women, then subsequently exposed to rape scenes were more likely to indicate that the victim felt pleasure and 'got what she wanted.'"
 Editor's Note: Experimental.
→ Michael Milburn, Roxanne Mather, and Sheree Conrad, "The Effects of Viewing R-Rated Movie Scenes that Objectify Women on Perceptions of Date Rape," *Sex Roles* 43, nos. 9 and 10 (2000): 645–64.
5. Women exposed to pornography as children demonstrate a greater accept age of rape myth compared with women not exposed to pornography as children.
 Editor's Note: Cross-sectional.
→ Shawn Corne, John Briere, and Lillian M. Esses, "Women's Attitudes and Fantasies About Rape as a Function of Early Exposure to Pornography," *Journal of Interpersonal Violence* 7, no. 4 (1992): 454–461.
6. Pornography use by adults is associated with using physical coercion to have sex.
 Editor's Note: Cross-sectional.
→ Joetta L. Carr and Karen M. VanDeusen, "Risk Factors for Male Sexual Aggression on College Campuses," *Journal of Family Violence* 19 (2004): 279–289.
7. "Out of ... 193 cases of rape, 24% mentioned allusions to pornographic material on the part of the rapist. This figure is even more significant when it is understood that these comments were made by respondents without any solicitation or reference to the issue of pornography by the interviewer. The comments followed the same pattern: the assailant referred to pornographic materials he had seen or read and then insisted that the victims not only enjoyed rape but also the extreme violence."

→ Mimi H. Silbert and Ayala M. Pines, "Pornography and Sexual Abuse of Women," *Sex Roles* 10, nos. 11–12 (1984): 857–68.
8. "In a study of domestic violence victims, 'the batterer's use of pornography and alcohol significantly increases a battered woman's odds of being sexually abused. Pornography alone increases the odds of sexual violence by a factor of almost two ... 40% of abused women indicated that their partner used violent pornography. Of those whose partners used pornography, 53% said that they had been asked or forced to enact scenes they had been shown, and 26% had been reminded of pornography by an abuser during the abuse. Of the 40% who had been raped, 73% said that their partners had used pornography.'"
 Editor's Note: Cross-sectional.
→ Janet H. Shope, "When Words Are Not Enough: The Search for the Effect of Pornography on Abused Women," *Violence Against Women* 10, no. 1 (2004): 56–72.
9. A meta-analysis of 33 studies found that exposure to either nonviolent or violent porn increased behavioral aggression, including both violent fantasies and actual violent assaults. Violent pornography showed the strongest negative effect. The pattern was found in adults and minors and in studies that focused on perpetrators and victims.



→ Mike Allen, Tara Emmers, Lisa Gebhardt, and Mary A. Giery, "Exposure to Pornography and Acceptance of the Rape Myth," *Journal of Communication* 45, no. 1 (1995): 5–26.

- 10.** "A total of nine studies and 2,309 participants were included in the final meta-analysis ... The average correlation between pornography consumption and attitudes supporting violence against women using a fixed effect model was significant ... Across six studies and 1,617 participants, the average correlation between nonviolent pornography and attitudes supporting violence against women using a fixed effect model was found to be significant ... The result of the present meta-analysis shows a significant overall relationship between pornography consumption and attitudes supporting violence against women in nonexperimental studies. This relationship was found to be significantly stronger for violent pornography than for nonviolent pornography, although both types of pornography showed significant positive associations with attitudes supporting violence against women. ... the type of attitudes studied here have been found to consistently predict "real world" sexually aggressive proclivities and behaviors in both cross-sectional and longitudinal research."



→ Gert Martin Hald, Neil M. Malamuth, and Carlin Yuen, "Pornography and Attitudes Supporting Violence Against Women: Revisiting the Relationship in Nonexperimental Studies," *Aggression and Behavior*, 36, no. 1 (2010): 14–20.

- 11.** Using degrading pornography has been found to cause a loss of compassion for female rape victims.



i Editor's Note: Experimental.

→ Dolf Zillmann and Jennings Bryant, "Pornography, Sexual Callousness, and the Trivialization of Rape," *Journal of Communication* 32 (1982): 10–21.

- 12.** In an analysis of pornographic content and attitudes supporting violence against women, researchers found "an overall significant positive association between pornography use and attitudes supporting violence against women in non-experimental studies. In addition, such attitudes were found to have a significantly higher correlation with the use of sexually violent pornography than with the use of nonviolent pornography, although the latter relationship was also found to be significant."



→ Gert Martin Hald, Neil M. Malamuth, and Carlin Yuen, "Pornography and Attitudes Supporting Violence Against Women: Revisiting the Relationship in Nonexperimental Studies," *Aggression and Behavior*, 36, no. 1 (2010): 14–20.

- 13.** "Portrayals of women expressing pleasure while being aggressed against have significant implications in terms of the effects of pornography on consumers. Social cognitive theory¹ suggests that whether an individual will model aggression learned from viewing a media text depends in large part on whether the act they observed was rewarded or punished. By extension, viewers of pornography are learning that aggression during a sexual encounter is pleasure-enhancing for both men and women."



i Editor's Note: Theoretical/Review.

→ Ana J. Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, "Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update," *Violence against Women* 16, no. 10 (2010): 1065–1085.1 – Albert Bandura. "Social cognitive theory of mass communication." *Media Psychology*, 3 (2001): 265–299.

- 14.** "Porn shuts down a boy's natural feeling, as it places little value on intimacy, empathy or respect of partners in pornographic material. A growing body of research also shows that viewing porn is likely to make boys more sexually aggressive, to do whatever they feel they can get away with, and to want to act out what they have seen."

i Editor's Note: Theoretical/Review.

→ Maggie Hamilton, "Groomed to Consume Porn: How Sexualized Marketing Targeting Children," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 16–24. North Melbourne, Australia: Spinifex Press, 2011.

- 15.** "Excellent social science research over the past 25 years has documented the effects of exposure to pornography, providing a basis to extrapolate the predictable consequences of mass social saturation. The catharsis hypothesis—the notion that the more pornography men use, the less abusive sex they will seek out elsewhere—has been scientifically disproved. Closer to the reverse has been found: it primes the pump. As women have long known, use of pornography conditions consumers to objectified and aggressive sex, desensitizing them to domination and abuse, requiring escalating levels of violence to achieve a sexual response. Use of pornography is also correlated with increased reports by perpetrators of aggressive sex and with increased inability to perceive that sex is coerced. Consumers thus become increasingly unable to distinguish rape from other sex. Some become addicted, virtually none is unaffected, the evidence as a whole suggests."

i Editor's Note: Theoretical/Review.

→ Catharine A. MacKinnon, "X-Underrated: Living in a World the Pornographers Have Made," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 9–15. North Melbourne, Australia: Spinifex Press, 2011.

- 16.** "To the extent that consumers of mainstream pornography learn that verbal and physical sexual aggression is rewarding, they are more likely to incorporate coercive aggression in their own sexual encounters. An overwhelming number of empirical studies have now established a significant relationship between the consumption of sexually explicit media and sexual delinquency." Note: The studies being referenced are cross-sectional (correlation does not equal causation).

i Editor's Note: Theoretical/Review.


→ Robi Sonderegger, "Neurotica: Modern Day Sexual Repression," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 69–77. North Melbourne, Australia: Spinifex Press, 2011.

- 17.** "Even pornographer Joe Gallant said: 'I hate to say, but I think the future of American porn is violence. I see the signs of it already ... the culture will become much more accepting of gang rape movies and abuse movies.' What illustrates his sentiment most vividly is the popular S&M website *kink.com*, where women are tied up, chained, gagged, whipped, electrified, immersed in water, and penetrated by machines. Even though my film concerns mainstream pornography, and does not include BDSM materials, I included clips from *kink.com* because this type of image has become popular, even mainstream. *Kink.com* has been featured in *The New York Times* as innovative, technologically savvy, and profitable, and is touted as a company just like any other company, but in some ways better (it gives its employees good benefits and retirement plans.)"

i Editor's Note: Theoretical/Review.

→ Chyng Sun, "Investigating Pornography: The Journey of a Filmmaker and Researcher," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 171–178. North Melbourne, Australia: Spinifex Press, 2011.

- 18.** The [Portman] clinic's most recent survey of adolescent referrals showed that 'sexually inappropriate behavior' dominated the caseload, with more than 50 per cent of patients committing some form of sexual assault. Threats of violence to others and cruelty to animals were also frequent reasons for attendance. But increasingly Woods has found that internet pornography is almost as serious a problem for adolescents as for adults. 'I do think it has a profoundly corrupting effect on youngsters, and leads them into all sorts of wrong thinking: sex is instantly available, all these glamorous people. An adult finds it easier to make a distinction between reality and the fantasy. A boy without sexual experience may get confused about whether he's more excited by the male or female, and so sexual aggression targeted against a younger person may be a way of him proving his masculinity, showing that he's not the submissive one. The boy will often talk to us about this – he fears he may be homosexual, so he assaults a girl.'"

 Editor's Note:Theoretical/Review.

→ Simon Garfield, "Porn Addicts, Sex Offenders, Rapists, Paedophiles," The Observer, November 22, 2008, <http://www.theguardian.com/lifeandstyle/2008/nov/23/health-wellbeing-therapy-society>

19. "Pornography use indirectly predicted sexual aggression victimization, via risky scripts and risky sexual behavior."

  Editor's Note:Longitudinal.

→ Paulina Tomaszewska and Barbara Krahé, "Predictors of Sexual Aggression Victimization and Perpetration Among Polish University Students: A Longitudinal Study," Archives of Sexual Behavior epub ahead of print, doi:10.1007/s10508-016-0823-2

20. "More frequent pornography use was related to more risky sexual scripts, which predicted risky sexual behavior, which in turn increased the odds of sexual aggression victimization. This finding is in accordance with prior theorizing and research on the effect of pornography use on sexuality-related attitudes and (risky) sexual behavior."

  Editor's Note:Longitudinal.

→ Paulina Tomaszewska and Barbara Krahé, "Predictors of Sexual Aggression Victimization and Perpetration Among Polish University Students: A Longitudinal Study," Archives of Sexual Behavior epub ahead of print, doi:10.1007/s10508-016-0823-2

21. "Men who used pornography more regularly may have internalized the sexuality-related norms conveyed through pornography in their scripts, which may create pressure to comply with unwanted sexual activities. Similarly, women may incorporate the contents of pornography (e.g., token resistance) into their sexual scripts and behavior, increasing their vulnerability to sexual aggression victimization."

  Editor's Note:Longitudinal.

→ Paulina Tomaszewska and Barbara Krahé, "Predictors of Sexual Aggression Victimization and Perpetration Among Polish University Students: A Longitudinal Study," Archives of Sexual Behavior epub ahead of print, doi:10.1007/s10508-016-0823-2

22. Pornography is directly associated with risky sexual scripts and behaviors, which lead to increased risk of sexual victimization.



→ Lylla Cysne Frota D'Abreu and Barbara Krahé, "Vulnerability to Sexual Victimization in Female and Male College Students in Brazil: Cross-sectional and Prospective Evidence" Archives of Sexual Behavior 45, no. 5 (2016): 1101-1115.

23. Pornography consumption was associated with sexual aggression in the United States and internationally, among males and females, and in cross-sectional and longitudinal studies. Associations were stronger for verbal than physical sexual aggression, although both were significant. The general pattern of results suggested that violent content may be an exacerbating factor.



→ Paul J. Wright, Robert S. Tokunaga, and Ashley Kraus, "A Meta-analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies," Journal of Communication 66, no. 1 (2016): 183-205.

24. "Support was found for the added "fuel to the fire" contention by the HCM that pornography may prime "pre-existing" sexually aggressive attitudes (here ASV) and behaviors among the subgroup of users most likely to already hold such attitudes (here low in agreeableness participants)."



→ Gert Martin Hald and Neil N. Malamuth, "Experimental Effects of Exposure to Pornography: The Moderating Effect of Personality and Mediating Effect of Sexual Arousal," Archives of Sexual Behavior 44, no. 1 (2015): 99-109.


3.3 Child Pornography

1. "It is this need to find new niche products that provides insight into why, in 2002, the Free Speech Coalition (the lobbying organization for the porn industry) worked to change the 1996 Child Pornography Prevention Act that prohibited any image that 'is, or appears to be, of a minor engaging in sexually explicit conduct.' Arguing that the words 'appears to be' limited the free speech of the pornographers, the coalition successfully got this 'limitation' removed."

 Editor's Note: Theoretical/Review.

→ Gail Dines, "The New Lolita: Pornography and the Sexualization of Childhood," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 3–8. North Melbourne, Australia: Spinifex Press, 2011.

2. "Once they click on these sites, users are bombarded—through images and words—with an internally consistent ideology that legitimizes, condones, and celebrates a sexual desire for children. The norms and values that circulate in society and define adult-child sex as deviant and abusive are wholly absent in PCP, and in their place is a cornucopia of sites that deliver the message ... that sex with children is hot fun for all."

 Editor's Note: Theoretical/Review.

→ Gail Dines, "The New Lolita: Pornography and the Sexualization of Childhood," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 3–8. North Melbourne, Australia: Spinifex Press, 2011.

3. A study of child sexual abuse offenders found that 92 percent possessed images of minors that emphasized their sexuality or showed them involved in sex acts.

→ Najat M'jid Maalla, "Report of the Special Rapporteur on the Sale of Children, Child Prostitution and Child Pornography," A/HRC/12/23 Human Rights Council, Geneva, 2009.

4. "In a March 2008 interview I conducted with seven men in a Connecticut prison who were incarcerated for downloading child pornography (and in three cases, for sexually abusing a child), not one of them fitted the definition of a pedophile. All seven told me that they preferred sex with an adult woman, but had become bored with regular pornography. Five of them had looked at [pseudo-child porn] sites first and then moved into actual child porn."

 Editor's Note: Theoretical/Review.

→ Gail Dines, *Pornland: How Porn has Hijacked our Sexuality*, Boston: Beacon Press, 2010.

5. "Most child pornography portrays the victims as enjoying the sexual abuse. Such depictions undermine any guilt the viewers may feel, as well as facilitate imitation by males who need or prefer to believe that the sex acts depicted are not abusive."

 Editor's Note: Theoretical/Review.

→ Diana E. H. Russell, "Russell's Theory: Exposure to Child Pornography as a Cause of Child Sexual Victimization," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 181–194. North Melbourne, Australia: Spinifex Press, 2011.

6. "There is now widespread use of live web cams on the Internet to provide made-to-order child sexual abuse, that also constitutes child pornography."

 Editor's Note: Theoretical/Review.

→ Diana E. H. Russell, "Russell's Theory: Exposure to Child Pornography as a Cause of Child Sexual Victimization," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 181–194. North Melbourne, Australia: Spinifex Press, 2011.

7. "Child pornography undermines the prohibition against sex with children. Hiromasa Nakai, a spokesman for the Japan Committee for Unicef, said that to a degree, it has become socially accepted to lust over young

girls in Japan. As Mr. Nakai commented, 'Condoning these works has meant more people have access to them and develop an interest in young girls.'¹

i Editor's Note: Theoretical/Review.

- Diana E. H. Russell, "Russell's Theory: Exposure to Child Pornography as a Cause of Child Sexual Victimization," in Big Porn Inc., edited by Melinda Tankard Reist and Abigail Bray, 181–194. North Melbourne, Australia: Spinifex Press, 2011.
- 1— Hiroko Tabuchi, "In Tokyo, a Crackdown of Sexual Images of Minors," The New York Times, (February 9, 2011), <http://www.nytimes.com/2011/02/10/business/global/10manga.html>

- 8.** "Viewing child pornography undermines some males' internal inhibitions against sexually victimizing children. ... Many types of child pornography ... can convince those exposed to it that some children want and enjoy sex with adult males."

i Editor's Note: Theoretical/Review.

- Diana E. H. Russell, "Russell's Theory: Exposure to Child Pornography as a Cause of Child Sexual Victimization," in Big Porn Inc., edited by Melinda Tankard Reist and Abigail Bray, 181–194. North Melbourne, Australia: Spinifex Press, 2011.

- 9.** "One likely source of desensitization to the degrading and abusive aspects of child pornography may be repeated exposure to 'adult' pornography wherein the models, although over the age of 18, are described and depicted as underage [pseudo-child pornography]."

i Editor's Note: Theoretical/Review.

- US Congress, as quoted in Diana E. H. Russell, "Russell's Theory: Exposure to Child Pornography as a Cause of Child Sexual Victimization," in Big Porn Inc., edited by Melinda Tankard Reist and Abigail Bray, 181–194. North Melbourne, Australia: Spinifex Press, 2011.

- 10.** "In cases of sex trafficking involving minor victims there have been numerous accompanying charges for production of child pornography because the perpetrator has taken naked images of the victim. To be a federal crime, the perpetrator does not have to use the images for commercial purposes, nor is there a need to prove that force, fraud or coercion were used because the victims are minors."

i Editor's Note: Theoretical/Review.

- Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," Citizens Against Trafficking (July 1, 2010), 1.

3.4 The Connection Between Pornography and Sex Trafficking

i Note: The following experiences likely do not reflect the experiences of the average person involved in the pornography industry. However, there are enough individuals who have spoken out about horrible experiences with the industry that we have reason for concern. We believe their voices should be heard, and that this matter should be looked at more thoroughly.

- 1.** "While trafficking for the purpose of the production of pornography is not a widely known or recognized form of trafficking, incidents of coerced participation in pornography are far from trivial. Forced participation as a performer can constitute sex trafficking, and participation in the logistical side may be a form of labor trafficking."
- Robert W. Peters, Laura J. Lederer, and Shane Kelly. "The Slave and the Porn Star: Sexual Trafficking and Pornography." The Protection Project: Journal of Human Rights and Civil Society, Issue 5 (Johns Hopkins University: Fall 2012).
- 2.** The Trafficking Victims Protection Act (TVPA) was enacted by the U.S. Congress in 2000 "to combat trafficking in persons, a contemporary manifestation of slavery whose victims are predominantly women and children, to ensure just and effective punishment of traffickers, and to protect their victims."

3. Under TVPA, the first severe form of trafficking in persons is “sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such act has not attained 18 years of age.”

→ TVPA Section 103(8)(A).

4. Under TVPA, sex trafficking is defined as “the recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a commercial sex act.”

→ TVPA Section 103(9).

5. Under TVPA, a commercial sex act is defined as “any sex act on account of which anything of value is given to or received by any person.”

→ TVPA Section 103(3).

6. The second severe form of trafficking in persons listed under TVPA is trafficking for labor, defined as “the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery.”

→ TVPA Section 103(8)(B).

7. “The William Wilberforce Trafficking Victims Protection Reauthorization Act of 2008 added a new type of coercion that can be used in sex trafficking cases. Preying on a victim’s drug use or addiction (whether pre-existing or created by the trafficker) will, in and of itself, form the basis for convicting traffickers under the TVPA.”

→ Donna M. Hughes, “Sex Trafficking of Women for the Production of Pornography,” *Citizens Against Trafficking* (July 1, 2010), 3.

8. “If a trafficking victim is forced to engage in a sex act that is filmed or photographed for sale as pornography, then the production of pornography itself becomes a severe form of trafficking in persons that is subject to criminal liability.”

→ Robert W. Peters, Laura J. Lederer, and Shane Kelly, “The Slave and the Porn Star: Sexual Trafficking and Pornography,” *The Protection Project: Journal of Human Rights and Civil Society*, Issue 5 (Johns Hopkins University: Fall 2012).

9. “The production of pornography could also involve labor trafficking in one of two ways. First, a trafficking victim could be coerced into aiding in the technical side of production, rather than the performance side. Second, participation as a nude model for soft-core pornography that does not involve a proscribed sex act could be a form of labor trafficking.”

→ Robert W. Peters, Laura J. Lederer, and Shane Kelly, “The Slave and the Porn Star: Sexual Trafficking and Pornography,” *The Protection Project: Journal of Human Rights and Civil Society*, Issue 5 (Johns Hopkins University: Fall 2012).

10. “Women used in the production of commercial pornography in the U.S. are often subjected to violence and coercion during filming. Often they protest and try to stop the filming or back-out before filming begins. Their protests are ignored or they are pressured by their agent or the director to continue. Their experiences of coercion and trickery often meet the criteria for sex trafficking.”

→ Donna M. Hughes, “Sex Trafficking of Women for the Production of Pornography,” *Citizens Against Trafficking* (July 1, 2010), 1.

11. “If any force or coercion is used to compel a woman to engage in a sex act that is filmed for commercial purposes, that meets the legal criteria for violation of federal law.” It constitutes trafficking, as seen in the

precedence set in *United States v. Marcus*.

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," *Citizens Against Trafficking* (July 1, 2010), 2.

- 12.** "If a person is compelled to engage in a commercial sex act (which includes the filming of commercial pornography) through fraud she is a victim of sex trafficking. Using fraud means tricking someone into doing something she didn't anticipate."

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," *Citizens Against Trafficking* (July 1, 2010), 4.

- 13.** "Federal obscenity laws already exist, and they can and should be vigorously enforced against the proliferation of hardcore 'adult' pornography. Such a long-overdue initiative against the proliferation of hardcore pornography could begin by targeting both the producers and distributors of adult pornography that possibly depicts performers who were trafficked into the production in cases where it would be difficult or nearly impossible to prove trafficking in court."

→ Robert W. Peters, Laura J. Lederer, and Shane Kelly, "The Slave and the Porn Star: Sexual Trafficking and Pornography," *The Protection Project: Journal of Human Rights and Civil Society*, Issue 5 (Johns Hopkins University: Fall 2012).

- 14.** In 1999, an American living in Cambodia and maintaining a pornographic website there launched as part of the site a section labeled "Rape Camp," dedicated to "Asian sex slaves" that were to be used for "bondage, discipline, and humiliation." On the site, the Asian women were "blindfolded, gagged, and/or bound with ropes while being used in sex acts." Viewers were told to "humiliate these Asian sex slaves to your hearts [sic] content." It also featured the option of live, interactive bondage sex shows in which site visitors could request torture to be enacted upon the women and see their requests fulfilled. The site also "promoted prostitution tourism to men visiting Cambodia." The Cambodian Minister of Women's Affairs called for the man "to be charged with violating a Cambodian law prohibiting sexual exploitation and trafficking of women."

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→ Donna M. Hughes, "Welcome to the Rape Camp': Sexual Exploitation and the Internet in Cambodia," *Journal of Sexual Aggression* 6, nos. 1–2 (2000): 29–51.

- 15.** "Special Agent Roger T. Young (now retired) worked in obscenity, child pornography, and prostitution cases for more than 23 years. Now serving as a consultant to both law enforcement agencies and nonprofit organizations, he recounted the following case: 'While working as consultant and private investigator, I learned of a massive operation in the United States that involves Asian-appearing women who engage in sex acts for live streaming from a website over the Internet. Customers all over the world pay with a credit card to watch the sex acts in actual time. They can also communicate with and tell the participants what sex acts they want them to do. This operation also involves Asian-appearing females working as prostitutes in apartments in the United States.'"

→ Robert W. Peters, Laura J. Lederer, and Shane Kelly, "The Slave and the Porn Star: Sexual Trafficking and Pornography," *The Protection Project: Journal of Human Rights and Civil Society*, Issue 5 (Johns Hopkins University: Fall 2012).

- 16.** "According to *United States v. Marcus*, 1 the defendant, Marcus, engaged in a consensual sexual relationship involving bondage, dominance-discipline, submission-sadism, and masochism (BDSM) with a woman, Jodi. She acted as Marcus's 'slave' and was subject to various physical and sexual punishments. Jodi lived in an apartment with other women who also acted as Marcus's slaves, and, at Marcus's direction, she maintained a membership BDSM website called 'Subspace' that chronicled their exploits. When Jodi refused to recruit her younger sister as a slave, Marcus inflicted severe physical punishment on her. She testified that she cried throughout the incident and that the relationship was not consensual after that time. Marcus then directed Jodi to move to New York and required her to create and maintain a new commercial

BDSM website called 'Slavespace.' Jodi worked on the site approximately eight to nine hours per day, updating site content, including diary entries and photographs, and clicking on banner advertisements to increase revenue. Marcus received all revenues from the website. Jodi said she did not want to continue working on the website, but was afraid of the consequences if she refused. Marcus sexually punished Jodi when he decided her work on the website was inadequate, and these punishments were documented and published on the website. Some punishments were quite severe. On one occasion, Marcus tied Jodi up, forced her onto a table, and then put a safety pin through her labia, while she screamed and cried. Marcus posted photographs from this incident on the Slavespace website and directed Jodi to write a diary entry about it for the website. When Jodi told Marcus she could not continue in this arrangement, he threatened to send pictures of Jodi to her family and the media. On the basis of these and similar occurrences, a jury found Marcus guilty of both sex trafficking and labor trafficking."

→ Robert W. Peters, Laura J. Lederer, and Shane Kelly, "The Slave and the Porn Star: Sexual Trafficking and Pornography," *The Protection Project: Journal of Human Rights and Civil Society*, Issue 5 (Johns Hopkins University: Fall 2012).

- 17.** "Most women entering the pornography industry don't know what they will be subjected to. Like most victims of sex trafficking, they need money and are looking for opportunities. The agents, directors and producers take extreme advantage of these often naïve young women. Their first experience making commercial pornography is often brutal and traumatic."

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," *Citizens Against Trafficking* (July 1, 2010), 2.

- 18.** "Madelyne knew nothing about the business or what was required, but was eager to make money because she was broke and in debt. She told the agent that she had 'no limits' on what she would do. Later, she said she had no idea what that meant. She signed a one year contract. She was 'terrified' when she arrived at the studio to shoot her first scene. She said, 'I tried backing out and wanted to go home and not do porn at all.' She was reminded that she had signed a contract so she couldn't back out. 'I was threatened that if I did not do the scene I was going to get sued for lots of money.' 'I experienced rough sex scenes and have been hit by male talent [pornography actors] and told them to stop but they wouldn't stop until I started to cry and ruined the scene.' Madelyn's description of her experience qualifies as coercion. Even if a victim initially consents to sexual activity, she always has the option of withdrawing her consent and the activity should stop. If her wishes are ignored, sex trafficking is occurring."

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," *Citizens Against Trafficking* (July 1, 2010), 2.

- 19.** "My first movie I was treated very rough by 3 guys. They pounded on me, gagged me with their penises, and tossed me around like I was a ball! I was sore, hurting and could barely walk. My insides burned and hurt so badly. I could barely pee and to try to have a bowel movement was out of the question." —Alexa, former porn actor.

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," *Citizens Against Trafficking* (July 1, 2010), 2.

- 20.** "My first scene was one of the worst experiences of my life. It was very scary. It was a very rough scene. My agent didn't let me know ahead of time ... I did it and I was crying and they didn't stop. It was really violent. He was hitting me. It hurt. It scared me more than anything. They wouldn't stop. They just kept rolling." —Sierra Sinn, former porn actor

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," *Citizens Against Trafficking* (July 1, 2010), 3.

- 21.** "When Madelyne wanted to back out of doing her first pornography scene, in addition to being threatened, 'I ended up taking shots of vodka to get through it. ... Porn producers provided alcohol and drugs for me.' ... 'As

I did more and more scenes I abused prescription pills which were given to me—anything I wanted—by several Doctors in the San Fernando Valley. I was given Vicodin, Xanax, Norcos, Prozac and Zoloft. The doctors knew I did porn but still gave me any prescription pills I wanted. All I had to do was tell them I needed them to get through hardcore scenes.' ... In preparation for a scene in which multiple men ejaculated on Madelyne's face, which she didn't want to do, 'One of the crew members offered me vodka and beer.' ... 'My agent forced me to use a driver because he knew I was always wasted. About 75% of the women who make porn have to have drivers because they're addicted to drugs and alcohol.' Madelyne suggested that the doctors might be receiving kick-backs from the pornography producers. When Madelyne could no longer perform in porn scenes because 'no one wanted to hire me because of my drug and alcohol problem was out of control,' her agent suggested she go into prostitution and stripping."

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," Citizens Against Trafficking (July 1, 2010), 3-4.

- 22.** "Madelyne wrote: 'The worst scene I ever did was during my first couple weeks in the business. The agent who handled all my bookings called me the day before the scene and said it would be similar to a solo masturbation scene. Then he added that there would also be about 10-15 guys masturbating to me and ejaculating on my body. In the pornography industry this type of scene is known as a "Bukakke." He said it would be quick and easy money. When I arrived I saw a massively long line of men outside the studio. I recognized very few of them....most of them were strangers I had never seen before.' Once inside the studio Madelyne learned that the men lined up outside had been recruited by an ad in the LA Weekly to come and ejaculate on a young porn actress's face. She called her agent and protested, saying there were at least 75 men waiting for the scene. 'My agent told me that I had to do it and if I can't, he would charge me and I would lose any other bookings I had because I would make his agency look bad.' These actions to compel this woman to make pornography constituted both fraud and psychological coercion."

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," Citizens Against Trafficking (July 1, 2010), 4-5.

- 23.** "Often, women involved in the production of so-called mainstream hardcore pornography are pressured by their agents, directors, and fellow performers to engage in sexual activity that they do not want to participate in, such as anal sex."

→ Robert W. Peters, Laura J. Lederer, and Shane Kelly, "The Slave and the Porn Star: Sexual Trafficking and Pornography," The Protection Project: Journal of Human Rights and Civil Society, Issue 5 (Johns Hopkins University: Fall 2012).

- 24.** "Many testimonies of women used in the production of commercial pornography describe their drug and alcohol addictions and how the pornographers manipulate them."

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," Citizens Against Trafficking (July 1, 2010), 3.

- 25.** "There was always alcohol and drugs readily available on the sets. ... Whatever you wanted, they would or could get it. In fact, the set I worked on for two videos, the stars had their own 'doctor' with them! I would see the doctor giving out pills or giving ... injections." —Alexa, former porn actor

→ Donna M. Hughes, "Sex Trafficking of Women for the Production of Pornography," Citizens Against Trafficking (July 1, 2010), 4.

- 26.** "I got the shit kicked out of me ... most of the girls start crying because they're hurting so bad ... I couldn't breathe. I was being hit and choked. I was really upset and they didn't stop. They kept filming. You can hear me say, 'Turn the f—ing camera off,' and they kept going."

→ Regan Starr as quoted in Meagan Tyler, *Selling Sex Short: The Pornographic and Sexological Construction of Women's Sexuality in the West*. Newcastle: Cambridge Scholars Publishing, 2011.

27. “Only sex industry ‘jobs’ accept dangerous STIs, as well as violence through rough handling and vaginal, anal and throat tears, as part of their ‘regular’ occupational health and safety (OHS) requirements.”

→ Renate Klein, “Big Porn + Big Pharma: Where the Pornography Industry Meets the Ideology of Medicalisation,” in Big Porn Inc., edited by Melinda Tankard Reist and Abigail Bray, 86–104. North Melbourne, Australia: Spinifex Press, 2011.

28. “Pornography, these days, ... is about violation, humiliation, and sexual gratification at the expense of women. ... Pornography demeans the person at the other end of the camera whose image is then published in a magazine or book or digitally. That person is expected to put up with humiliation, pain, degradation and dehumanization. That person is expected to accept being portrayed as dirty, as filth, as nothing more than a receptacle, and as a slave.”

→ Susan Hawthorne, “Capital and the Crimes of Pornographers: Free to Lynch, Exploit, Rape and Torture,” in Big Porn Inc., edited by Melinda Tankard Reist and Abigail Bray, 107–117. North Melbourne, Australia: Spinifex Press, 2011.

29. “Christine Stark, a writer and anti-porn activist who has worked with hundreds of women in porn and prostitution, problematized the focus on choice to me: ‘What difference does it make how someone gets into pornography? Why do you have to have this extreme amount of violence incurred in getting into pornography in order to make it matter, to make you matter? It’s like you have to prove that you’re a good victim. Do we sit and have endless conversations about domestic violence victims? ‘Did you choose to walk down the aisle with that man, because if you did, I’m not sure if this is really a form of sexual violence.’”

→ Chyng Sun, “Investigating Pornography: The Journey of a Filmmaker and Researcher,” in Big Porn Inc., edited by Melinda Tankard Reist and Abigail Bray, 171–178. North Melbourne, Australia: Spinifex Press, 2011.



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