

# The Top 10 Questions Asked About Pornography

## 1. What is pornography?

Pornography can have many definitions – legal, moral, or ethical. At its root pornography is simply the sexually explicit portrayal of people in words or images with the aim of creating sexual arousal in others. Hardcore pornography consists of real or simulated sexual acts. Softcore pornography offers nudity and often hints at the same actions. In other words, if what you look at reduces people to objects of sexual desire or conquest, then you are looking at pornography.

## 2. What does pornography say about women?

Pornographic images of women found in magazines, videos and on the internet represent a fantasy world view of females. For the man who enters into this false reality, women become simply objects of his own selfish pleasure. But women are not objects of fantasy. They are human beings with intelligence, character and feelings. Pornography damages the dignity of women because it reduces them to a mere collection of body parts. Although much of today's pornographic material involves women, the same is true of the demeaning portrayal of men in pornographic images.

## 3. How does pornography damage relationships and marriages?

In healthy relationships and marriages, men and women give of themselves to one another unselfishly. Their friendship and love are offered freely to one another. As a result, trust and deeper levels of intimacy develop. With pornography, relationships and marriages are affected because they become self serving. In marriage especially, pornography perverts the relationship in many ways. It is an act of

unfaithfulness on the part of the husband because of his sexual intimacy with a third party. It trains him to seek his own sexual fulfillment over the needs of his wife. Pornography causes the husband to focus on sexual performance instead of real love. It also promotes a comparison between his wife and the pornographic images he sees. This comparison severely hinders the trust and security between the couple. It can lead to physical coercion and sexual abuse based on the fantasies created as a result of his exposure to pornography.

## 4. Why is it that the women I see every day never measure up to those in some of the magazines or videos?

The reason is that the women you are looking at are cut and stitched into sexy, but unnatural shapes. These women are active participants in the multi-billion dollar pornography industry's counterfeit plan for life and love. Sadly, these women have bought into this lie and have taken steps to literally alter their figures and body parts for the sake of money and media exposure. In addition, photographs and electronic images are altered to remove every blot and blemish to yield the "perfect" image. No "normal" woman could ever feel she measured up to the standard of the "Playboy Centerfold". In truth, your life will always be made up of real women who you care deeply about whether it is your mother, sister, girlfriend or wife.

## 5. Internet pornography is invading my home, what can I do?

Take a bold step and get rid of the internet in your home. If you cannot dispose of the internet entirely then make sure that your computer is located in a well used room where there can be accountability from others around you. Install an inexpensive pornography filter to block out impure content (see below).<sup>1</sup> If you are a parent, monitor the computer usage of your children. As a parent, you are the first line of defense. Be very aware of the use of sites such as [www.myspace.com](http://www.myspace.com), [www.xanga.com](http://www.xanga.com), [www.facebook.com](http://www.facebook.com), or [www.friendster.com](http://www.friendster.com) where teens sometimes share intimate descriptions and images of themselves or view those of others. Internet pornography is the "uninvited guest" in

your home. Protect your family and get this one off of your guest list!

## 6. How do I know if I am addicted to pornography and what can I do about it?

Webster defines an addiction as something which you are "wholly given over to."<sup>2</sup> If you find yourself habitually looking at pornography (daily or weekly) then pornography has a serious claim on your life. Don't fool yourself! This is a real problem. It will not just go away once you are in a relationship or get married. If you are addicted to pornography (or think you may be becoming addicted) then get help from family, friends, organizations or professional counseling (see below).<sup>3</sup> Get rid of all personal access to pornography - the internet, movies, magazines, books, cable television or whatever it is that is tempting you. This may mean giving up something you feel is important. You may feel like you cannot live without that one thing. But, you must take radical action if you really want to address your problem. If you must have access to the internet, at least use a filter.<sup>1</sup> Use the parental controls on your television to block out any impure content. If your television does not give you this option, go to [www.controlyourtv.com](http://www.controlyourtv.com) for free parental controls and use them to block out material that is harming you. Get an accountability partner to check-in on your daily or weekly progress and to talk to when you feel tempted. These suggestions represent only the start of your journey to sexual purity. But if you really want to escape your addiction, be vigilant daily and assess the things, friendships or relationships which might be leading you further into your addiction.

## 7. Can women become addicted?

Believe it or not, 1 out of 6 women struggle with an addiction to pornography.<sup>4</sup> Even though men have a greater tendency to struggle with the harmful effects of pornography, women can easily fall into the same damaging fantasy world. The problem of women and pornography is rarely talked about. But women who want to avoid the degrading pitfall of addiction also need to guard their hearts against being seduced by pornographic images and stories.

**8. I can't get the images out of my head...What can I do?**

Stop right now and seek help! (see question #6) This situation is a very common reality for many men today. While long-term effects of pornography are difficult to overcome, it is possible to lessen their power over you. One of the ways that you can attack these haunting images is by replacing them with images of people you most love and whom you would never want to sexually exploit. Another way to combat these impure thoughts is to write them down on paper. Now, take your list and burn it! It is a tangible way of letting go of these images and it has helped many men do just that! If your spare time often leads to viewing pornography, find wholesome activities to occupy your time – sports, hobbies, volunteer work – with people who are committed to wholesome living.

**9. What if a married couple uses pornography to enhance their intimacy?**

Pornography does not enhance intimacy, it damages it! In fact, if a couple needs pornography to “spice up” their sex life, it really points to a bigger problem. Nearly 42% of surveyed adults indicated that their partner’s use of pornography made them feel insecure. 41% admitted they felt less attractive and 30% said that their partner’s use of pornography made them feel like a sexual object.<sup>5</sup> Does this sound like intimacy?

**10. What if I don't want to give up looking at pornography?**

In the end, it is your choice alone. Consider the risks that you are taking. Pornography can destroy your current relationship or your marriage. It decreases your ability to show real love. To have a relationship now or in the future that will fulfill all of your hopes and dreams, embrace a life of sexual self control – chastity! Choosing to do anything that falls below this standard is a choice to buy into the lies of the pornography industry.

**Resources**

1. Obtain filters at: [www.cybersitter.com](http://www.cybersitter.com), [www.bsafefhome.com](http://www.bsafefhome.com), [www.netnanny.com](http://www.netnanny.com), [www.cyberpatrol.com](http://www.cyberpatrol.com).
2. “addiction.” Webster’s Dictionary, 1981 (January 11, 2006).
3. Obtain help at: [www.sa.org](http://www.sa.org) (sexaholics anonymous - non sectarian, non religious self help), [www.pornnomore.com](http://www.pornnomore.com) (Catholic prayer and support group), [www.xxxchurch.com](http://www.xxxchurch.com) (“In your face” Christian accountability support), [www.newlife.com](http://www.newlife.com) (professional counseling and support programs).
4. Amin, Kiram, et. al., Internet Pornography and Loneliness: An Association?, Volume 12.1, 2005.
5. Yarhouse, Mark A., Psy.D., Marriage Related Research, Christian Counseling Today, 2004 Vol. 12 No. 1.



*Molly Kelly, mother and grandmother, has spoken to over a million teenagers throughout the world about saving sex for marriage. Mark Houck, member of Generation Life, has spoken to teenagers on the east and west coast and in Canada.*

*Together, they bring to any audience the unique combination of seasoned life experience with contemporary wisdom.*

*To schedule them for a presentation contact :*

*The King's Men, P.O. Box 435, Horsham, PA 19044 or [mark@thekingsmen.us](mailto:mark@thekingsmen.us) 267-980-5507.*

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The Top 10  
Questions

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Asked About  
PORNOGRAPHY

by Mark Houck and Molly Kelly