

## THE SOLUTION: ACTION

- Promote the WRAP campaign
- Wear your white ribbon and be prepared to speak openly about this taboo but important topic
- Write to your MLA and MP to ask for better regulation of internet pornography
- Be understanding and pray for those who suffer from pornography addiction and for those affected by their addiction



The Catholic Women's League of Canada has embarked on another crusade to convince the federal government and regulators to take a tougher stance on pornography



## THE PROBLEM

- It is readily accessible and anonymous
  - 24/7 access
  - Computers, tablets, cell phones
  - 420 million porn online websites
- It affects relationships
  - causing feelings of dissatisfaction, distrust and loneliness
  - relationships and families break down

## THE PROBLEM

- It creates unhealthy and warped views about sex and objectifies the opposite gender
  - Books and movies that were once hard-core, are now mainstream
- It is inseparably linked to sex trafficking and prostitution
  - It has a desensitizing effect so these become acceptable violations

## DIOCESE OF VANCOUVER CATHOLIC WOMEN'S LEAGUE



### FIGHTING THE PORN PANDEMIC

### WHITE RIBBONS AGAINST PORNOGRAPHY CAMPAIGN

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## THE FACTS

- Pornography can form serious addictions in the brain, damage relationships and affect society as whole.
- Porn harms everyone by affecting
  - The brain
  - The heart
  - The world

## PORN IS ADDICTIVE

- Just like other addictive substances, porn floods the brain with dopamine
- That rush of brain chemicals happening over and over again rewires the brain's reward pathway ultimately changing the make up of the viewer's brain
- This can result in an increased appetite for porn

## **PORN IS LIKE A DRUG**

- Because of its addictive nature, in order to just feel some sense of normality, an individual usually needs an ever increasing dosage of porn
- The material that they seek out also evolves
- Over time, their appetite pushes them to more hardcore versions to achieve the same level of arousal

## **PORN AFFECTS BEHAVIOR**

- Many porn users find themselves getting aroused by things that used to disgust them or that go against what they think is morally right
- And once they start watching extreme and dangerous sex acts, these porn users are being taught that those behaviors are more normal and common than they actually are

## **PORN ADDICTION ESCALATES**

- After years of porn viewing, often starting at a young age, what started as a curiosity becomes a pattern...
  - Which becomes a habit...
  - Which becomes a compulsion...
  - Which becomes an addiction

## **PORN KILLS LOVE**

- In real life, real love requires a real relationship
- Porn promises a virtual world filled with sex—more sex, better sex
- What it doesn't mention, however, is that the further a user goes into that fantasy world, the more likely their reality is to become just the opposite

## **PORN RUINS RELATIONSHIPS AND FAMILIES**

- Partners of porn users feel loss, betrayal, mistrust, devastation, and anger when they learn that the other half of their committed relationship has been using porn
- Many show physical symptoms of anxiety and depression

## **PORN HARMS SOCIETY AS A WHOLE**

- The reality is that the majority of porn is packed full of women being physically and verbally abused — and watching it takes a serious toll on the user
- Books and movies, once restricted, are now mainstream
- It has a desensitizing effect so that prostitution and human trafficking become acceptable

## **THE SOLUTION: AWARENESS**

- Be aware of the signs and stages of porn addiction
  - Antisocial behavior
  - Spending an excessive amount of time online
  - Internet histories are empty
  - Financial patterns have changed
  - Secretive, evasive and defensive behavior
  - Critical of spouse's appearance

## **THE SOLUTION: AWARENESS**

- Conduct your own research
  - [www.fightthenewdrug.org](http://www.fightthenewdrug.org)
  - [www.theporneffect.com](http://www.theporneffect.com)
  - [www.endsexualexploitation.org](http://www.endsexualexploitation.org)
  - [www.pssg.gov.bc.ca](http://www.pssg.gov.bc.ca)
  - [www.wrapfamily.com](http://www.wrapfamily.com)
  - [www.cybertip.ca](http://www.cybertip.ca)
  - [www.internetsafety101.org](http://www.internetsafety101.org)
  - [www.thedoorthatsnotlocked.ca](http://www.thedoorthatsnotlocked.ca)

## **THE SOLUTION: ACTION**

- Have the conversation and encourage them to talk to a therapist, priest or friend they trust
- More websites
  - [www.coventaneyes.com](http://www.coventaneyes.com)
  - [www.projectknow.com](http://www.projectknow.com)
  - [www.integrityrestored.com](http://www.integrityrestored.com)
  - [www.lincolndiocese.org/protectmykids](http://www.lincolndiocese.org/protectmykids)
  - [www.positivelifechanges.ca](http://www.positivelifechanges.ca)