



HIGH SCHOOL.....

THE INTERNET.....

AND YOU:

WHAT EVERY TEENAGER (and parent)

NEEDS TO KNOW



Karen A. Lawson, MPH, Ph.D.

Licensed Psychologist

Licensed Sex Offender Treatment Provider

A mom

OBJECTIVES

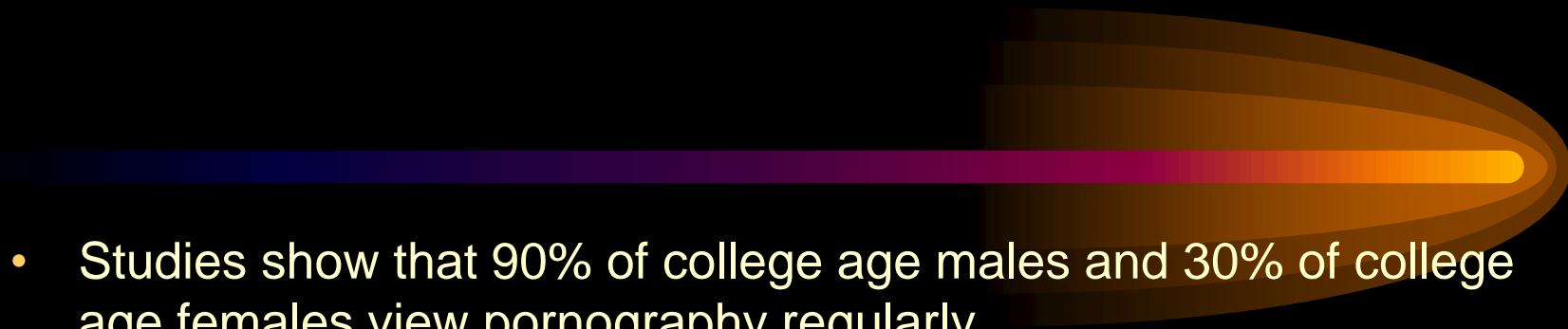


- Review what is known about Internet pornography use
- Through use of vignettes understand how problem usage gets started
- Identify what might indicate problematic pornography use in someone
- Learn how to guide teens in the safe and healthy use of the Internet


SOME STATISTICS

- More money is spent annually on Internet pornography and cyber-sexual activities than on all ticket revenues for the Arts, NBA, NFL, and MLB and Major League Soccer combined
- Every second more than \$3,000 is spent on pornography
- Every 39 minutes a new pornographic video is made
- It is estimated that 200 new pornography websites are created daily
- In the U.S. \$13 billion is spent annually on pornography

(Charles N. Zeitler, Ph.D. – tzk Seminars, 2015)

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- Studies show that 90% of college age males and 30% of college age females view pornography regularly.
 - In four different surveys of young people aged 10-24 years old, 3% - 19% had sent nude or semi-nude photos of themselves, and 7% - 31% had received such a message.
 - The authors also found that:
 - Sexts are commonly sent to an existing or *potential* romantic or sexual partner;
 - Sexting becomes more common as adolescents get older
 - Boys are no more likely than girls to send these images of themselves

Lippman, J.R. & Campbell, S.W. (2014). Damned If You Do, Damned If You Don't...If You're a Girl: Relational and Normative Contexts of Adolescent Sexting in the United States, *Journal of Children and Media*, 8:4, 371-386.

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- Americans spend more money and time on pornography than on attending the dramatic arts such as theater and dance. Each year, pornography has around 50 million viewers in the United States. “Like it or not, pornography is mainstream entertainment for America.”

- M. Klein, *America’s War on Sex: The Attack on Law, Lust and Liberty* (New York: Praeger, 2006), 141.

A Brief Introduction



- Why I'm giving this talk
- Why it is important information to know
- Don't want you to be scared
- Don't want you to be stupid
- Don't want you to wreck your life




The Internet is a good thing, right?

- Look up sports news
- Get the local movie schedule
- Download music
- Find maps and get driving directions
- Watch funny video clips on You Tube
- Use email
- Check Grade Speed
- Find resources for class projects



- Get onto Facebook
- Find stock photos for class projects
- Check out Fantasy Football 
- Watch things on Vine
- Get the location of a new store
- Find out when your favorite NFL (NBA, MLB) team is playing next
- Follow March Madness results 

*Unfortunately, the Internet
is not all good.....*

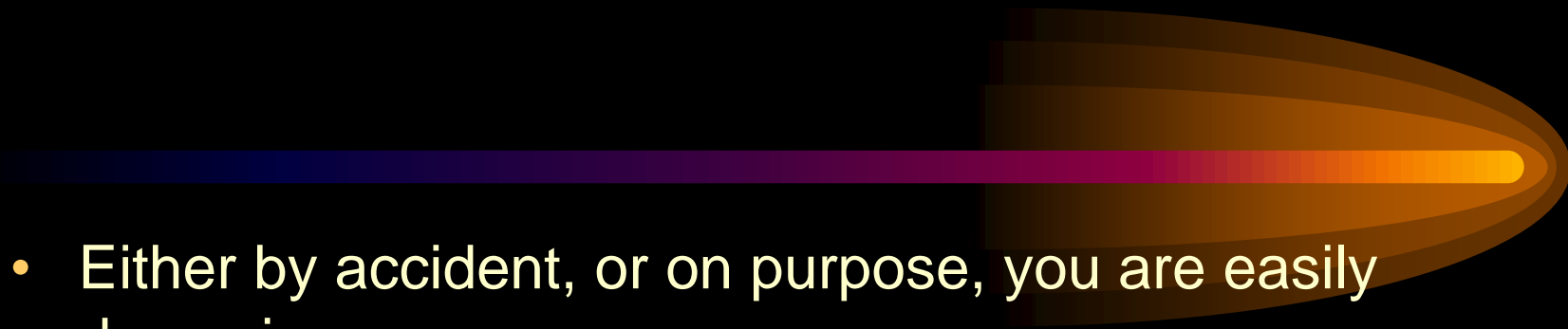


- Like many things in life, there are good sides, but there are also bad sides.
- So this is a talk about some bad sides of the Internet.
- My day at work has taught me all about these bad sides.....

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- Here is what can happen....

You are checking your email, and on the side is a Sports Illustrated logo, and the headlines look interesting, and you click on it, and it goes to an article, and on the side of the article is a good-looking female in a smaller ad, and you click on that, and...

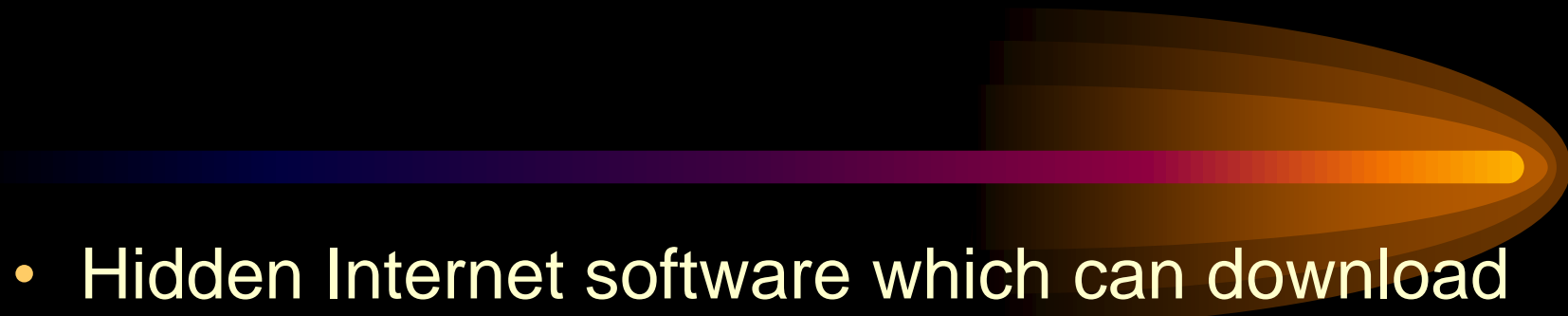
Or, a friend tells you to check out a website called 'kids playing in the street' because they do all kinds of wild and gross stuff. So you go to that website...

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- Either by accident, or on purpose, you are easily drawn in....
 - And given that we are all curious human beings, we may keep following the trail.
 - And because some of the stuff you find is interesting, or causes you to feel sort of “excited” or even *more* interested, you may be tempted to follow a trail even further.

Internet Problems Young People Can Get Into



- “Sexting” (sexual talk via phones)
- Sending nude or partially nude photos
- Making Sexual Videos with Partner
- Child Pornography
- Violent Pornography
- “Too Much” Pornography

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- Hidden Internet software which can download and/or distribute
 - Movies labeled as one thing but which are really something completely different
 - Misspellings which lead to unwanted and inappropriate Internet destinations
 - Use of Chatrooms which have inappropriate content or predatory individuals in them

PORNOGRAPHY



- What is Pornography?

- Sexual content such as still photos, videos, or written stories and scenarios
- Presence of nude or partially nude people

Some amount of pornography use is normal. However, like anything, excessive use can quickly lead to a huge problem.

- What is excessive??

PORNOGRAPHY – cont.

- Among psychologists and psychiatrists, we diagnose behaviors as “excessive” if they *begin to interfere with* functioning in:
 - Social areas of life
 - Vocational (job) or Educational areas of life
 - Other important areas of functioning

SOME EXAMPLES



- “ERIK”
- 17 y.o. Caucasian male
- Excellent student/ athlete/ plans for college
- Summer prior to senior year in high school
- Searched for “naked teenage girls”
- Computer later went in for a repair
- Law Enforcement shows up at the door

WHAT IS THE BIG DEAL?

- Many of these behaviors are **CRIMES**
 - Manufacture of Child Pornography
 - Possession of Child Pornography
 - Distribution of Child Pornography
 - Improper Photography
 - “Sexting” (if recipient is 17 and under)

MORE CRIMES THAT YOUNG PEOPLE HAVE BEEN CHARGED WITH:



- Sale, Distribution or Display of Harmful Material to a Minor
- Public Lewdness
 - Examples
- Enticement of a Minor
- Voyeurism
- Sexual Assault

MORE WHAT IS THE BIG DEAL?

- Excessive pornography and on-line behaviors can lead to a “fake” life and severe isolation
- Unrecognized mood disorders
- Body Image problems
- Significant difficulty establishing a “real” relationship
- High potential for sliding into illegal material due to the tolerance effect
- In sum, HUGE social, vocational and educational problems are created

CASE EXAMPLE



- “Clark”
- 28 y.o. male
- Living at home after limited college and unsuccessful attempt to join military
- Parents more or less uninvolved with him
- Prior friendships no longer cultivated
- Ongoing pornography use soon led to child pornography use
- Law Enforcement shows up at the door

WHY IS “TOO MUCH” PORNOGRAPHY A BAD THING?

- Very habit forming – leads to even *more* use
- Causes you to avoid real relationships and activities
- Unrealistic standard to compare partners to
- Unrealistic standard to compare sexual activity to
- Tolerance Effect: leads to searching for more and more, in order to become satisfied
- More opportunity to get ‘drawn in’ to illegal material
- More opportunity to begin spending money
- Other inappropriate websites and material start to find YOU, due to “cookies”

WHY IS “TOO MUCH” PORNOGRAPHY A BAD THING? - Continued

- Can't get images out of one's memory
- On the fast-track to secrecy
- Numerous conditioned responses get set up
- Can result in residual feelings of shame
- Can result in other problematic mood states which are difficult to discuss openly in order to get help
- At a time when building of relationships is so important, pornography use can lead to isolation and self-absorption
- “Pornifying” is a term some authors have used which describes the objectifying of others, and expecting real people in your life to look as perfect as those in pornography

Why Might “Sexting” not be such a great idea?

- It is not a needed part of a relationship
- It is disrespectful
- Can be used against YOU (revenge)
- It is actually child pornography if under 18, and thus, ILLEGAL
- Unlawful if partner doesn't know
- It never goes away

HOW DOES PORNOGRAPHY USE START?



- Curiosity
- Arrives in your e-mail inbox
- Widely available
- Internet ads/ Newspaper ads
- Introduction by someone else such as friends
- Searching for other things and come across it
- Some individuals are just more sexually preoccupied than others and go searching



- **OFTEN LEADS TO:**

- Normal sexual arousal, but unnatural amounts of dopamine are released. Causes us to seek out more.
- Sexual activity (stimulation; masturbation) is pleasurable
- Pairing of these experiences very powerful
 - Classical conditioning
 - Operant conditioning
- A young person's sexual template starts to form
- People/ times of day/ sitting in front of computer/ mood state/ all become conditioned stimuli for repetition of this cycle

WHY DO PEOPLE USE IT?



- Boredom
- Enjoyment
- Habit
- Poor mood state (e.g., depression, social isolation, “stress”)
- A way to forget about problems; an “escape”
- “Cycle” as explained above

WHY DO PEOPLE USE IT? – cont'.



- Discord in relationship
- Allows for significant fantasy life
- Allows for experimentation which reality does not offer
- Provokes additional curiosity about the variety of pornography that is available

WHY DO PEOPLE USE IT? – cont.'



- Replacement for real relationships
- Anonymous
- Free
- Especially in younger age groups, this is particularly new and exciting

Other Sexual Behavior that can become Problematic

- Compulsive Pornography Use
 - From the Internet
 - Videos from bookstores
- Use of Internet “Chatrooms” in Pursuit of Minors
- Use of chatrooms to deal with loneliness
- Use of apps to instantly find anonymous people to have sex with
- Use of Craig’s List personal ads

How do these behaviors become a problem?



- No other or healthy activities
- Loneliness and isolation
- Being depressed
- Wanting an escape – to forget about problems
- Wanting to “fit in”
- Engaging in Thinking Errors

WHAT??? What are *Thinking Errors?*

- Thinking errors are thoughts that are common, and may even sound rational, but that are erroneous. They help us to engage in behavior which is not good, and give us an excuse, or justification, to do what we want to do.

What are some examples of thinking errors when it comes to sexual behavior?

- Everyone does it.
- My partner wants me to.
- It doesn't hurt anyone.
- It's there! ("so it must be OK")
- They're only pixils!
- My friends will think I'm a nerd if I don't do it too.
- It's OK because my girlfriend and I are going to be together forever.
- I've had a bad day.
- I don't have any real friends, so this is OK.
- No one will ever know.
- I deserve it

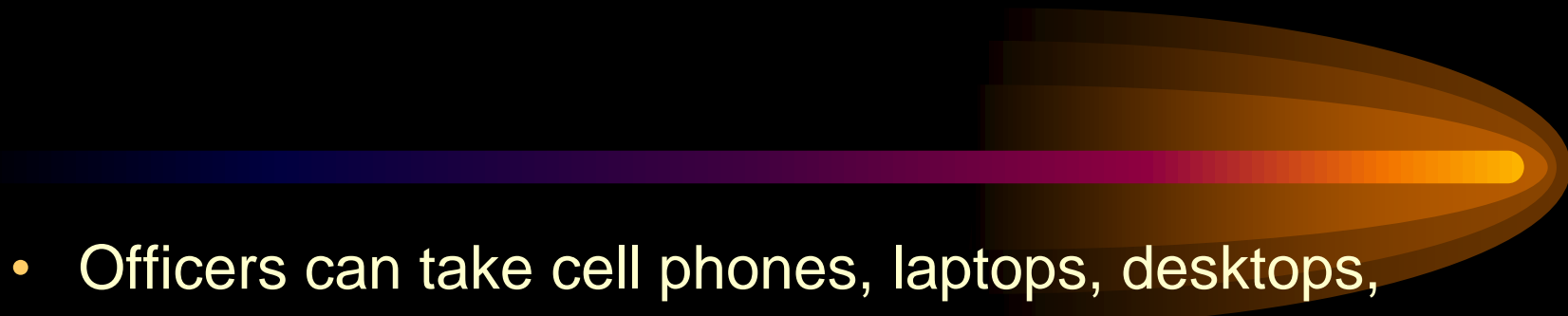
HOW ONE GETS CAUGHT



- Parent or other family member walks in
- Pop-ups
- School Filters
- Computer Repair person
- Discord (someone like your partner gets mad at you)
- I.P. Tracking

HOW DOES INTERNET PROVIDER (IP) TRACKING HAPPEN?

- Police depts. have software that detects high use of illegal pornography, such as child pornography.
- They watch the activity and volume going to a certain Internet Provider (IP) address for a while.
- From an IP company, law enforcement can obtain the physical address where the activity is going on.
- They obtain a search warrant from a judge to search the home at that address.
- Police officers typically arrive early in the morning and search the home; there may be 5-20 agents.

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- Officers can take cell phones, laptops, desktops, other electronics, storage devices, projectors, and anything else they may want to search.
 - Residents are later allowed back in.
 - Depending upon what was found, an arrest warrant may be issued.
 - Legal process begins.
 - It can cost between \$20,000 and \$100,000 for legal counsel, bail, lost wages, and a psychological evaluation before even going to court.

WHY IS CHILD PORNOGRAPHY BAD?

- Victims are children (child = age 17 and younger)
- Many children are forced and sold into the industry
- Due to their age, they cannot give true “consent”
- They are completely exploited and *sexually abused*
- Their experiences are painful and degrading
- Most grow up to experience depression, abusive relationships, alcoholism and other substance abuse, and inability to live happy or productive lives
- Many victims later commit suicide
- IT IS ILLEGAL

How to change habits:

- Understand that, just because it is there, one doesn't have to view it, or view it excessively
- Replace behaviors with healthy activities
- Use filters on computer
- Have someone control the password
- E-mail alert can be sent to parents
- Keep computer in common area
- Limit amount of daily time on computer
- Establish other needed rules that are and agreed upon with parents
- Stop using thinking errors

WHAT ELSE TO DO



- TALK TO YOUR PARENTS OR A TRUSTED ADULT
- DON'T LET FRIENDS TALK YOU INTO IT
- FIND OTHER THINGS TO DO WITH YOUR TIME
- DO YOUR HOMEWORK
- MAY NEED TO GET TREATMENT WITH A SPECIALIZED COUNSELOR
- REALIZE THAT ALL TYPES OF PORNOGRAPHY HAVE REAL VICTIMS

DO's and DON'Ts

- Don't:
 - Don't let the Internet replace real outings and friendships.
 - Don't trust everyone on line. In fact, most you *can't* trust.
 - Don't use improper websites just to fit in, or because friends are doing it.
 - Don't go on websites that have child pornography.
 - Don't photograph your own or anyone else's genitals or other "private" areas. Just don't do it. Ever.
 - Don't look at child pornography. Just don't. Ever.
 - Don't search for "naked teenage girls". Ever. Or for teenage anything. *Teens are children.*



- Do:


- Use good judgment
- Go to your parent or other trusted adult if you come across anything that scares you or looks like it is inappropriate
- Go to your parent or trusted adult if you have questions about anything you find or learn on the Internet
- Realize that accessing certain websites can ruin your life
- Limit the amount of time you are on the Internet
- Find better things to do than looking at pornography
- Respect your friends, including girl/ boyfriends
- Respect yourself


A CONCEPT FOR DISCUSSION

- Helen Fisher (“The Anatomy of Love”) states that way way back in our DNA, deep in the limbic system very close to where breathing center and that of our heartbeat resides, is the response of reproduction. That is so our species continues.
- However, this ‘automatic’ response in the human organism, of sexual arousal – including erection in males and release of natural internal lubricant in females – does not indicate that these reflexes always need to be immediately acted upon.
- Since first book (1992) collected data on >30,000 people on contemporary habits of sexting, hooking up, etc.
- Fisher presents a new, scientifically based perspective for relationships in the digital age, which she terms “slow love”.

SOME RECOMMENDED BOOK TITLES

- Anatomy of Love. A Natural History of Mating, Marriage and Why We Stray (2016). Helen Fisher
- Out of the Shadows: Understanding Sexual Addiction (2001). Patrick J. Carnes
- The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography (2009). Wendy Maltz & Larry Maltz
- Wired for Intimacy: How Pornography Hijacks the Male Brain (2010). William M. Struthers

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- Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction (2015). Gary Wilson & Anthony Jack
 - Love You, Hate the Porn: Healing a Relationship Damaged by Virtual Infidelity (2011). Mark Chamberlain & Geoff Steurer
 - Pornland: How Porn Has Hijacked our Sexuality (2010). Gail Dines
 - Cutting it Off: Breaking Porn Addiction and How to Quit for Good (2014). J.S. Park

- 
- Porn Nation: Conquering America's #1 Addiction (2008). Michael Leahy
 - Hooked: New Science on How Casual Sex is Affecting Our Children (2008). Joe S. McIlhaney, Jr.
 - The Myth of Sex Addiction (2012). David J. Ley
 - The Impact of Pornography on Children, Youth, and Culture (2012). Cordelia Anderson
 - In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior (2007). Patrick J. Carnes & David L. Delmonico

Contact Information:



- Karen A. Lawson, MPH, Ph.D.
- Licensed Psychologist
- Licensed Sex Offender Treatment Provider
- karenalawson@hotmail.com
- www.LawsonHays.com