



**What you can do to combat pornography during WRAP Week**  
**(This year: from Sunday, Oct. 25, 2009, through Sunday, Nov. 1, 2009)**  
**AND THROUGHOUT THE YEAR**

The **White Ribbon Against Pornography (WRAP) Week** is intended to educate the public about the extent of the pornography problem and what can constitutionally be done about it. Fighting pornography, however, is a year-round challenge. Here are activities an individual or group can do during **WRAP Week** and during the year. For more information about the **WRAP Campaign**, go to [www.moralityinmedia.org](http://www.moralityinmedia.org).

- **Wear a White Ribbon** ~ Wear or display a White Ribbon during (WRAP) Week and all year long. People will see the White Ribbon and ask why you're wearing or displaying it. That's an opportunity!
- **Make complaints to your U.S. Attorney and State prosecutor** ~ in *Miller v. California* (1973), the Supreme Court held that the First Amendment does not protect obscene material (or "hard-core pornography"). The Court established a three-part test to determine whether material (e.g., a magazine, video/DVD, cable TV film, or website content) or a live performance is obscene. For a copy of the obscenity definition and a Summary of Obscenity & Related Laws, go to [www.obscenitycrimes.org](http://www.obscenitycrimes.org) (Porn Problem & Solutions page) or contact Morality in Media at the phone number and address below.

**Make complaints to you U.S. Attorney and state prosecutor about possible violations of federal or state obscenity laws.** You can find the name/address of your U.S. Attorney at [www.usdoj.gov/usao](http://www.usdoj.gov/usao). If you don't know who your state prosecutor is, check the phone book or contact your local police department. You can also make complaints to federal and state law enforcement agencies (e.g., the FBI, Postal Service and local police). You can find links to all federal and state obscenity laws at [www.moralityinmedia.org/nolc](http://www.moralityinmedia.org/nolc). You may also want to organize a meeting between your prosecutor/police and a delegation of community leaders.

**If your complaint is about Internet pornography** (including "porn spam"), make a report at MIM's [www.obscenitycrimes.org](http://www.obscenitycrimes.org) website. To make a report, you will need a Web site URL or Web site name. MIM will forward your report to the Justice Department in Washington and to your local U.S. Attorney. The website also contains HELP FOR PORN VICTIMS & ADDICTS and HELP FOR PARENTS pages.

**If your complaint is about other forms of hardcore pornography** (e.g., videos/DVDs, magazines, cable or satellite TV, or telephone), you will find "off-line" federal and state complaint forms on the [www.obscenitycrimes.org](http://www.obscenitycrimes.org) website at the PORN PROBLEMS AND SOLUTIONS page.

- **Ask city, county and state legislators to curb "sexually oriented businesses"** ~ In 2001, the National Obscenity Law Center (NOLC), a project of Morality in Media, launched the Safe States and Cities Project to help communities to curb problems associated with "sexually oriented businesses." **Case law studies (including model ordinances) are now available to address nude dancing, peep show booths, escort services, swingers clubs, and massage parlors.** For more information, contact the NOLC at [nolc@moralityinmedia.org](mailto:nolc@moralityinmedia.org) or at (212) 870-3222 or at the address below. The Alliance Defense Fund ([www.alliancedefensefund.org](http://www.alliancedefensefund.org)) also provides assistance in drafting SOB laws and defending them in court.
- **Make complaints to businesses that distribute or advertise pornography** ~ If retail outlets, cable TV systems, hotels, or newspapers in your community distribute or carry ads for pornography, tell them (politely but firmly) that they are hurting your community - **and consider taking your business elsewhere.** If the pornography is "hardcore," ask your state and federal prosecutors and law enforcement agents to investigate for possible violations of obscenity laws. You should make complaints about sexually offensive magazine covers displayed at supermarket and drug store checkout counters. *If you like to stay in a hotel/motel that does not provide in-room porn films, check the list at [www.CleanHotels.com](http://www.CleanHotels.com).*
- **Write letters to the editor** ~ Write short, punchy letters - no more than 300 words - to you local newspaper about the pornography problem and its solutions. The ore closely you can tie your letter to a problem in your community or to an article or an editorial in the paper, the more likely the paper will run the letter.
- **inform your community by distributing literature or having a speaker or...** Morality in Media is one of many national and local organizations that can provide literature or a speaker that can help organize a workshop to educate your community about the pornography problem and solutions. To begin your search, go to [www.obscenitycrimes.org](http://www.obscenitycrimes.org) PORN PROBLEMS & SOLUTIONS, HELP FOR PORN VICTIMS AND ADDICTS, and HELP FOR PARENTS pages, where you will find resources from MIM and other organizations.
- **Educate your community leaders about the harmful effects of pornography** ~ If leaders in your community - elected officials, prosecutors, police, clergy, media, etc. - need to be educated about pornography's harmful effects, there are many articles/interviews that can be downloaded free of charge at [www.obscenitycrimes.org](http://www.obscenitycrimes.org).
- **Ask religious leaders to address pornography as a spiritual (sin) problem** ~ In addition to being a community problem, pornography is also a spiritual (sin) problem that affects both the church and community. Clergy should be addressing this problem in some way. If they aren't, request that they do so. Helpful sermon materials can be found at [www.moralityinmedia.org](http://www.moralityinmedia.org).
- **Support those who are on the "front lines" in the war against obscenity** ~ Not everyone can be on the "front lines" in the war against pornography, but almost everyone can help keep those who are on the front lines remain there - by their faithful and generous financial support of organizations like Morality in Media and by remembering such organizations in your will.

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The startling growth of the pornography industry in the last 15 years represents a grave threat to the well-being of society. Many of the social ills and behavioral disorders plaguing our world today—teenage sexual promiscuity, crisis pregnancy, adultery, abortion, divorce, sexual abuse, sexual deviancy, rape, and incest—can be linked to the spread of pornography.

The numbers illustrate the scope of the problem:

- In 2006, the world-wide pornography industry's estimated revenue was \$97 billion (up from \$57 billion in 2005).
- Porn industry revenues are larger than those of the top technology companies combined—Microsoft, Google, Amazon, eBay, Yahoo!, Apple, Netflix, and Earthlink.
- There are 420 million pornographic web pages, 89% of which are U.S.-based.
- 40 million U.S. adults visit pornographic websites regularly.
- Children aged 12–17 are the largest group of consumers of online pornography.

It should be obvious from these statistics that many Christians struggle with pornography addiction. One estimate puts the number of churchgoing men who are porn users at 50%. Another study found that one in six women is struggling with an addiction to porn.

### **How Does Pornography Harm Individuals and Society?**

Children, teens and young adults are being victimized by an industry that objectifies people by eliminating the human dimension of their lives. Everyone involved in the pornography industry—whether its production, distribution, sale or use—“cooperates and, to some degree, makes possible this debasement of others” because sexuality “is reduced to a demeaning source of entertainment and even profit.”<sup>2</sup>

How can we expect our young people to practice chastity when they are bombarded daily with messages that tell them to do otherwise? This violates the sexual latency of children and promotes teen/college-age promiscuity, resulting in out-of-wedlock/crisis pregnancies and the spread of STDs at epidemic levels.

Within marriage, addiction to pornography can destroy intimacy. Eventually, the husband or wife who views pornography can lose the ability to relate on a personal and intimate level with the real person of his or her spouse.

### **Pornography as Addiction**

Pornography addiction is defined as “a psychological addiction to, or dependence upon, pornography, theoretically characterized by obsessive viewing, reading, and thinking about pornography and sexual themes to the detriment of other areas of one’s life.” The statistical evidence, as well as

the testimony of experts in the field of sexual addiction, shows that pornography is the foremost addiction in the world today due to its pervasiveness and its growing level of acceptability in our culture.

### **Addressing Porn Addiction on a Natural Level**

Pornography addiction is a multi-dimensional problem requiring a multi-faceted solution. Such addiction involves the mental, emotional, physical, relational, and spiritual components of a human being. In his book *Healing the Wounds of Sexual Addiction*, Dr. Mark Laaser explains that sexual addiction is a result of trauma or wounds experienced over the course of one’s life. Emotional, spiritual or physical abuse during childhood, inflicted by family and the culture at large, can trigger an addiction in adulthood as an attempt at “self-medication” in response to the trauma.

There are practical measures that offer significant hope for those struggling with pornography. Here are five ways that those addicted to pornography can begin the recovery process:

1. Decide to get well and resolve to stop viewing *all* forms of pornography.
2. Remove all sources of temptation that may prevent one from healing.
3. Be willing to make sacrifices, which may involve changing current duties or habits.
4. Become familiar with the process by which one begins to repeat addictive behavior.
5. Find a support group or a network of “solid” people to help in one’s recovery.

### **Addressing Porn Addiction on a Supernatural Level**

Without God’s grace, those seeking freedom from pornography addiction may find the five basic steps just outlined very difficult. Fortunately, all believers can seek grace by

6. Praying daily
7. Seeking education and formation in the virtues
8. Practicing patience and perseverance (Self-mastery is the work of a life-time)
9. Turning one’s thoughts to God’s merciful love when tormented during recovery with images and temptations
10. Additionally, Catholics are blessed to be able to partake frequently in two great sources of sacramental grace: the Sacraments of Reconciliation and Holy Communion.

### **Addressing Porn Addiction on a Pastoral Level**

It is important for all spiritual fathers to lead their sons and daughters towards freedom and healing. How does one accomplish this goal on a pastoral level?

First, educate the community of believers about the problem. Two excellent resources for clergy are pastoral letters by Bishop Paul S. Loverde of the Diocese of Arlington, Virginia and by Bishop Robert W. Finn of the Diocese Kansas City - St. Joseph, Missouri.

Second, be willing to summon men to this effort from the pulpit. Invite the men of the parish to form a weekly men’s group. Pastors can facilitate this process by putting these men in touch with the growing Catholic men’s movement in the United States.

Third, encourage the parents of young people in the parish to take measures to protect their children from pornography, especially on the Internet. Parents need to take every precaution to safeguard their children from the dangers of pornography, for example, by purchasing filter programs.

### **A Final Word on the Issue of Pornography**

The problem of eliminating pornography addiction among Catholics and other Christians is not solely the responsibility of men or of the clergy. All who desire to protect the common good and defend Christ’s Church must do their part. We need to remember that pornography addiction is an intimacy disorder and that those who are struggling with it are extremely wounded people. The sexual revolution continues to destroy millions of lives. Let us remember that we engage in this fight for the well-being of our culture and of all humanity, and for the souls of pornography’s countless victims today and in the future.

### **The Dignity of the Human Person**

Our dignity and worth come from God, not from our accomplishments or possessions. We are “like” God in that we have an immortal soul, we are called to be holy as God is holy, and we have the abilities to reason and to love. As Catholics, we understand the beautiful reality that each unique human person is a unity of body and soul, and that our human dignity includes our sexuality:

*Our sexuality is ... part of our person. It gives us the ability to connect and give ourselves in love to another person. Our human sexuality is an important means by which we can share in the love and creativity of God.*<sup>1</sup>

Only in marriage can a man and woman give their entire selves, body and soul, to their spouse. This love alone—love that is free, total, faithful and fruitful—can satisfy the desires of our hearts.

Any action that undermines the unity of the body and soul, that treats sexuality as simply a physical activity or treats another person as an object to be used, demeans the dignity of the human person.

# Pornography Terminology and Fact Sheet

One of the most common offenses against the Sixth and Ninth Commandments is **pornography**. The Internet has made this even more accessible to young people. Pornography is dangerous because it violates human dignity. It takes the gift of sexuality and makes it an object to be exploited and abused. Even though models may agree to pose for these kinds of pictures, there is nothing right and everything wrong with viewing pornographic images. Pornography can become addictive, leading to serious disrespect and even violence, especially towards women.

The demons of the dark side will always be present, threatening our good intentions. **Fornication** is a biblical term that refers to sex outside of marriage. Television shows may influence you to think that casual sex is a sign of the times and that everybody is doing it, but the reality is that more and more teenagers are questioning the wisdom of sex without permanent commitment. Recent studies show that the majority of adolescents who have had sex say they wish they had waited. That message may be gaining popularity. Between 1995 and 2005, the percentage of high school students who have had sex dropped from 53% to 47%.

**Exhibitionism** is a mental disorder characterized by a compulsion to display one's genitals to an unsuspecting stranger. Some exhibitionists are aware of a conscious desire to shock or upset their target; while others fantasize that the target will become sexually aroused by their display.

**Voyeurism** is a psychosexual disorder in which a person derives sexual pleasure from observing the sexual acts of others. A variant form of voyeurism involves listening to erotic conversations. This is commonly referred to as telephone sex, although it is usually considered voyeurism primarily in the instance of listening to unsuspecting persons.

## Television Statistics

- ABC's *Desperate Housewives* is the most popular broadcast-network television show with kids aged 9-12 according to Nielsen stats. (Jan. 05)
- On December 10th, 2003, Fox failed to bleep the f-word and the s-word during the Billboard Music Awards
  - ⇒ Number of 2-11 year olds watching = Over 1 Million
  - ⇒ Number of 12-17 year olds watching = Over 1 Million
  - ⇒ These two groups comprised more than 20% of the total viewing audience.
- Estimated number of TV homes = 109.6 Million
  - ⇒ Average time kids spend watching TV each day = 4 Hours
  - ⇒ 54% of kids have a TV in their bedroom
  - ⇒ 44% of kids say they watch something different when they're alone than with their parents (25% choose MTV)
  - ⇒ 66% of children (ages 10-16) surveyed say that their peers are influenced by TV shows
  - ⇒ 62% say that sex on TV shows and movies influences kids to have sex when they are too young
  - ⇒ 77% say there is too much sex before marriage on television
  - ⇒ 65% say that shows like *The Simpsons* and *Married...With Children* encourage kids to disrespect parents
  - ⇒ Television alone is responsible for 10% of youth violence
- A study of 1,792 adolescents ages 12-17 showed that watching sex on TV influences teens to have sex.
  - ⇒ 46% of high school students in the United States have had sexual intercourse. Most sexually active teens wish they had waited longer to have sex.
  - ⇒ In a sample of programming from the 2001-2002 TV season, sexual content appeared on 64% of all TV programs. Those programs with sexually related material had an average of 4.4 scenes per hour.

## Statistics on Pornography, Sexual Addiction and Online Predators

- As of 2003, there were 1.3 million pornographic websites; 260 million pages
- The total porn industry revenue for 2006: \$13.3 billion in the US; \$97 billion worldwide (Internet Filter Review)
- U.S. adult DVD/video rentals in 2005: almost 1 Billion
- Hotel viewership for adult films: 55%
- Unique worldwide users visiting adult web sites monthly: 72 Million
- Number of hardcore pornography titles released in 2005 (U.S.): 13,588
- Adults admitting to Internet sexual addiction: 10% (28% of those were women)
- More than 70% of men from 18-34 visit a pornographic site in a typical month
- More than 20,000 images of child pornography posted online every week
- Approximately 20% of all Internet pornography involves children
- 100,000 websites offer illegal child pornography
- As of December 2005, child pornography was a \$3 billion annual industry
- 47% of families said pornography is a problem in their home, and the Internet was a significant factor in 2 out of 3 divorces
- 9 out of 10 children between the ages of 8-16 have viewed pornography on the Internet, in most cases unintentionally.
- Average age of first Internet exposure to pornography: Age 11
- Largest consumer of Internet pornography: 12-17 age group
- 1 in 7 children who use the Internet have been sexually solicited
- 1 in 4 kids participate in Real Time Chat

- Do you keep secrets about your sexual activities from those important to you?
- Does your use of printed or Internet pornography occupy large amounts of time and/or jeopardize your significant relationships or employment?
- Has your sexual behavior ever left you feeling hopeless, alienated from others, or suicidal?

**Help is available!** If you have answered Yes to any of these questions, visit [www.saa-recovery.org](http://www.saa-recovery.org) and take the Self Assessment. Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

For additional information regarding pornography, sexual addiction and sexual violence, visit these websites:

Sex Addicts Anonymous: [www.saa-recovery.org](http://www.saa-recovery.org)  
Encyclopedia of Mental Disorders: [www.minddisorders.org](http://www.minddisorders.org)  
Parents Television Council Publications: [www.parentstv.org](http://www.parentstv.org)  
Safe Families: [www.safefamilies.org](http://www.safefamilies.org)  
NetSafe Kids: [http://www.nap.edu/netsafekids/pp\\_where.html](http://www.nap.edu/netsafekids/pp_where.html)  
United States Conference of Catholic Bishops: [www.usccb.org](http://www.usccb.org)