



White Ribbon Against Pornography

WRAP Week ♦ Starts last Sunday in October

White Ribbon Against Pornography (WRAP) Week is intended to educate the public about the extent of our society's pornography problem. WRAP also creates a unique opportunity to raise the issue of pornography within faith communities and to call all congregants to lives of sexual wellbeing and freedom.



10 ways you can help raise awareness about the devastating influences of pornography during WRAP week and throughout the year:

1. Wear a white ribbon; it's a great conversation starter.
2. Talk to your children and grandchildren about pornography and its harms.
3. Use social media to promote WRAP Week.
(see: EndSexualExploitation.org/wrap).
4. Politely make complaints to businesses that distribute or advertise pornography and obscene material.
5. Share a lesson on the harms of pornography with your community of faith.
6. Share a list of resources for sexual addiction treatment services
(see: EndSexualExploitation.org/resources).
7. Show the film *Somebody's Daughter* or *The Price of Pleasure* and host a discussion about pornography's impact on individuals and society.
8. Inform your community by organizing a public event featuring an expert speaker on pornography's harms.
9. Ask your state legislators or city executives to pass a WRAP Week Proclamation.
10. Pray and fast that God would heal those harmed by pornography and struggling with compulsive pornography use.

For additional information and resources, see:

endsexualexploitation.org
covenanteyes.com
culturereframed.org
dirtygirlsministries.com
educateempowerkids.org
enough.org
fightthenewdrug.org
nofap.com
protectyoungminds.org
rebootnation.org
setfreesummit.org
stoptraffickingdemand.com
shessomebodysdaughter.com
utahcoalition.org
yourbrainonporn.com

Facts about the Harms of Pornography

Pornography is a social toxin that destroys relationships, steals innocence, erodes compassion, breeds violence, and kills love. The issue of pornography is ground zero for all those concerned for the sexual health and wellbeing of our loved ones, communities, and society as a whole. As the following points* illustrate, the breadth and depth of pornography's influence on popular culture has created an intolerable situation that impinges on the freedoms and welfare of countless individuals.

Young Age of First Exposure

A study of university students found that **93% of boys** and **62% of girls** had seen Internet pornography during adolescence. Research has shown that **children are more susceptible than adults** to addictions and to developmental effects on the brain.

Negative Impact on Marriages

A longitudinal study of married couples found that **those who used pornography more often reported lower satisfaction** with their sex life and decision-making as a couple. Pornography use was strongly and negatively related to marital quality over time.

Detrimental Impacts on the Brain

Since 2011, there have been **30 peer-reviewed, neurological studies** which reveal pornography use has negative and detrimental impacts on the brain.

Higher Divorce Rates

In a nationally representative longitudinal study, researchers found the **probability of divorce roughly doubles** for men and women who begin viewing pornography.

Hijacks the Brain's Reward System

Growing evidence suggests that pornography use hijacks the brain's reward system **in the same way that drug use does**.

Sexual Offenses and Rape Myths

A meta-analysis of 46 studies reported that the effects of exposure to pornographic material are "clear and consistent," and that pornography use puts people at increased risk for **committing sexual offenses** and **accepting rape myths**.

Desensitization

A 2015 study from Cambridge found that compulsive sexual behavior is characterized by novelty-seeking, conditioning, and habituation to sexual stimuli in males—meaning **users need more extreme content over time** in order to achieve the same level of arousal.

**For citations and an extensive Research Summary see endsexualexploitation.org/publichealth.*

If you or someone you love is struggling with a pornography addiction, resources to help can be found at endsexualexploitation.org/resources.

