

# Lesson 16:

## *Different Porn - Different Drug*

*"I was running the ragged edge of sexual addiction. I was surfing pornography at work. It was like crack cocaine to me. It was too easy to get. It was free. It was right there and it was ruining my life."*

*Dan, Recovering Addict*

### **A Different Type of Pornography**

One of the hardest concepts for parents to grasp is the fact that their previous experience with pornography as a child will hardly resemble, in any way, their child's experience in today's culture. The Internet has changed everything with its easy access, complete affordability, and allure of anonymity.

It is rare for a child's first exposure to pornography today to be a "centerfold" type, still picture. The common still picture years ago was that of a bare breasted woman, airbrushed and adjusted to look as perfect as possible. These type pictures were common in print magazines in days gone by.

Today, it is much more common for a child to discover pornographic videos complete with audio, depicting sexual acts that promote violence, orgies, threesomes, child/geriatric abuse, rape, sadomasochism, bestiality, and the gay/lesbian lifestyle. The difference should be obvious.

**However, what is not immediately obvious is the vast difference in the neurological experience that our children are subjected to with today's pornography.**

We now know that the THC levels of marijuana in the average joint today is somewhere between 25 - 50 times more potent than THC levels of the average joint at Woodstock back in 1969. Practically what this means is that the effects of smoking one "average" joint today is comparable to smoking 25 - 50 joints in the late sixties and early seventies.

We also know that the "high" brought on by pornography today, compared to the "high" of pornography from back in the Woodstock era, has an even greater potential for harm. Today's parents, dads and moms alike, must understand that today's "different pornography" equals a completely "different drug." It is definitely not the "old days."

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**1. At what age was your first exposure to pornography?**

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**2. What type of pornography (written, magazines, video, Internet, etc.) were you originally exposed to?**

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**3. How did it come about that you were exposed to pornography initially??**

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**4. Who all did you tell about your exposure to pornography?**

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**5. Did you inform your parents? Why or why not?**

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**6. Do you recall what was visually depicted in your first pornography experiences?**

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**7. What was your response to seeing pornography for the first time? Explain.**

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**8. How did it come about that you were exposed to pornography initially?**

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**9. How do you think the Internet is changing pornography?**

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**10. How is sex and pornography viewed differently today then when you were a child?**

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**11. Have you found yourself minimizing the impact of pornography on children today? Explain.**

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**12. Has your assumption been that only young boys are really at risk? Why or why not?**

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**13. Have you seen what is referred to as “hardcore” pornography through the Internet?**

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**14. Have you felt the “pull” towards Internet pornography yourself?**

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**15. Briefly describe your arousal template.**

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**16.** Can you think of the events and the experiences you had that were instrumental in forming your arousal template?

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**17.** Do you have concerns that your child's arousal template has been damaged by pornography or abuse? Explain.

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**Additional Notes**

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