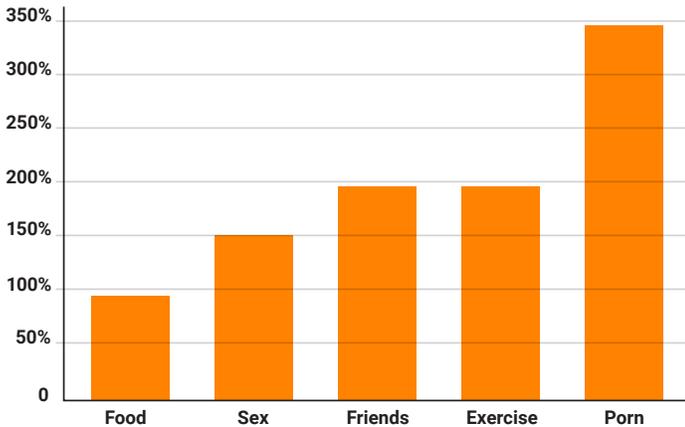




# Pornography Definitions & Discussion Questions

DOPAMINE-PRODUCING ACTIVITIES



**Pornography Rewires the Brain** by increasing dopamine levels higher than natural rewards.

**Arousal Addiction:** When there is repeated exposure to novel sexual images, the brain changes, resulting in an out-of-control compulsive drive to seek more novel sexual images.

**Sexual Script:** Ideas of how each gender should interact with each other sexually. Sexual scripts determine what a male or a female should say or do during a sexual or romantic interaction.

## Critical Thinking Section

### Students:

- How have you been exposed to sexually explicit material? How did that make you feel? Positively? Negatively?
- How do social media, internet or TV cause 'accidental' exposures of sexually explicit material? Are youth targeted by porn sites? Why?
- How does pornography change the way people think about sex, sexuality and relationships?
- What is your value or behavioral code about watching pornography?
- How does viewing sexually explicit material affect the body's natural responses? Does it cause desensitization? Sensitization? Or both?

### Effects Associated with Pornography Use:

- Difficulty concentrating
- Working memory interference
- Loss of self-esteem
- Poorer Executive Functioning
- Increased impulsiveness
- Reduced academic performance
- Decreased confidence and sense of well-being
- Decreased ability to delay gratification
- Increased social anxiety
- Impaired dopamine levels
- Premature or delayed ejaculation
- Inability to orgasm
- Loss of sex drive and erections
- Erectile dysfunction
- Lower interpersonal satisfaction
- Risky sexual behavior
- Sexual aggression
- Normalization of sexual harm
- Promotion of aggression toward women
- Unrealistic views of intimacy

### Staff & Family:

- How do you monitor children's screen time for sexually explicit material?
- Have you spoken to your kids or students about the harmful effects of exposure to sexually explicit material? Why? Why not?
- What keeps you from openly discussing the effects of viewing pornography with youth?
- Is viewing pornography a culture norm or rite of passage for youth? How has technology contributed to 'normalizing' it?
- What is your belief, value or behavioral code regarding viewing sexually explicit material?
- What are your concerns regarding youth porn exposure?