urinate in the woman's face, degrading the woman as a slut and trash associated with having sex with her, inviting beatings, torture and physical abuse as part of the sexual activity. The messages keep changing every hour or so and new numbers are given out in order to encourage constant call backs.

Any youngster any age can tap into these porno lines and get these messages from any place in the country—all they need is a phone number to call. And these numbers are very easy to come by.

With everyone of the children we studied we found an "addiction" effect in making these calls. In every case, without exception, the children (girls as well as boys) became hooked on this sex by phone and kept going back for more and still more. They did not cease until found out. In several cases more than 300 calls were made. (Disclosure usually occurred when the parents received an enormous phone bill). This alerted them that something was amiss or wrong. And only after investigation (often by having to call one of the Dial-A-Porn numbers listed on the phone bill) did the parents become aware of what their children were listening to. There was always a major confrontation. Even though some played innocent, at first denying it all, the truth eventually came out. The kids usually were made to pay the long distance costs and given varieties of chastisements, lectures, and/or punishments.

All family members affected

We found that regardless of whether the parents were conservative or liberal in their attitudes toward pornography (for adults) they were universally outraged by the phone company which permitted use of their lines to "deprave and corrupt their children."

Where both parents work or where there is a single parent in the home who is working this means that they are leaving behind "latch key" children who are not monitored or supervised for a number of hours during the day. This creates a very difficult problem in controlling phone use. In the case of one one-parent family the young son still continues to make the Dial-A-Porn calls and the distraught mother has found no way to get him to stop. Threats, physical abuse—nothing works. I next found that nearly all of the children had clear memories of a great deal of the content of the calls they heard. This fits in with the work of Dr. James L. McGough at the University of California at Irvine on memory suggesting that experiences at times of emotional (or sexual) arousal get locked in the brain by the chemical epinephrine and become virtually impossible to erase. This may help explain the addicting effect. These powerfully sexually arousing experiences become vivid memories which the mind continually "replays" stimulating the child again and again and suggesting the need for even further stimulation via making more calls. Undoubtedly this same phenomenon also applies to adult callers.

We also found that almost without exception the children felt guilty, embarrassed, and ashamed about their involvement with Dial-A-Porn.

In nearly all cases there were some problems and tensions generated in the parent-child relationships because of their making the Dial-A-Porn calls.

Because of ethical considerations as well as to secure the cooperation of the parents, we did not initiate in-depth interviews as to the children's actual current sexual behavior. With most of the children it has been 18 to 24 months since their calls were initiated and it will be impossible to discern the total impact of it in their lives until many more years have gone by.

The third type of evidence about porngraphy's effect on a persons mind, heart and behavior comes from highly controlled laboratory studies. These are of two general types: (a) studies focusing on aggressive pornography (where violence, torture, rape and similar things are fused with sexual activity) and the second (b) is what is called non-aggressive pornography which includes everything else sexual but is lacking in violence. Thus it could depict hetero and homo sexual relations, group sex, five men on one woman or vice versa, urination and defecation associated with sexual activity, sex with corpses, animals and on and on.

Scientific world acknowledges porn changes people's appetites, values, behavior

There is now a great deal of research, especially in the sex and violence area suggesting negative effects. I have reviewed this repeatedly before and hardly need to do it again. If you need this kind of documentation please write me in care of the University of Utah and I will supply the information.

In the scientific world the question of pornography effects is no longer a hot issue. It's really not debated any more. The scientists and professionals are no longer "pretending not to know." The new pornography commission is almost redundant. Everybody knows that pornography can cause harm, it can also change people's sexual appetites, values and behavior. Thousands of sex clinics around the country use it to condition (change) men out of deviancy. Of course it affects and helps or harms people. It's a powerful form of education. It can also condition people into deviancy. It can also addict. There are too many articles in the scientific journals as well as current books--our reviewing research attesting to this--for anybody to deny its effects any more.

One group which has done great consciousness raising in this area has been the woman's movement. What they are saying is you don't need research to prove that most pornography is abusive, degrading and dehumanizing of women. Look at it! We won't tolerate it. What are you liberal types and behavioral scientists pretending not to know? Women are victims and you know it!! And eventually, men too!! Of course they know it. We all know it. A new pornography commission won't tell us anything new. The issue is no longer, "Does pornography harm?" The issue is, "What do we do about it?" We're in trouble, real trouble. There are a lot of casualties out there and their numbers are increasing daily. Anybody who counsels other people knows this.

Malignant porn brings addiction, escalation, desensitization, acting out

The problem now is that like with a forest fire—the proliferation of malignant types of pornography have become so widespread, with so little effective control or prosecution, during the past decade, that it will take a very major effort to bring things back in balance again.

In addition to being a behavioral scientist with much published research, I am also a teacher and a psychotherapist. I have treated about 225 individuals over the past years who have had their lives disrupted one way or another because of their involvement with pornography. I have found a special syndrome associated with immersion in the world of pornography. It's a common four factor syndrome that repeats itself again and again. It affects men primarily though occasionally women can be damaged as their victims. Or they can be damaged by the mis-information it gives them about their sexual roles and identities as females.

When males become immersed in pornography four things happen. First: ADDICTION. Pornography is highly addictive. I find men, as they get into it, it grabs them. It gets a hold of them, in a sense analagous to heroin or morphine. Thus there is a strong psychological/physical addiciton. They keep coming back for more and more—to get new sexual highs. They pursue it with such a single minded purposefulness that it usually creates a lot of tension and stress in their marriage relationship.

Second: The next thing that happens is ESCALATION. In time the individual needs rougher, more mean, more bizarre, more deviant, more explicit or even anti-social sexual imagery to get their "turn-ons". With escalation there is always a movement and appetite toward rougher and rougher sexual material. When wives try to placate their husbands by participating in bizarre sexual fantasies they find to their dismay that there is no end to it. No matter what they do—with time the husband wants them to do even more gross kinds of things eventually leading to involvement with other people in varieties of group sex. When this happens I find it always has a highly disturbing effect on the marriage creating serious problems with trust and commitment.

The third thing that happens is DESENSITIZATION. What was first shocking, awful, disgusting, taboo breaking, and repulsive--after a while becomes commonplace. It becomes legitimized. It becomes acceptable. It becomes eventually attractive and invites repetition in one's real life. Conscience is seared. Voices of caution are disregarded. The individual becomes desensitized to its potential dangers.

Then the final or fourth thing that happens is ACTING OUT. Men begin to do things they have seen. An appetite has been cultivated, conscience has been immobilized by the desensitization process. What was once shocking and wrong or immoral is now legitimized. It's OK. Everyone is doing it—if one can believe what they see in those films or read in those books. As a marriage and family therapist I have the unfortunate opportunity to daily and constantly see what the sad and often tragic outcomes are when men get involved in pornography. It is a direct attack and assault upon the family and the marriage relationship.

Best evidence says all sexual deviations are learned

The best evidence suggests that all sexual deviations are learned. None are inherited! At least at the present time there is no good evidence suggesting genetic factors. And this learning occurs through accidental conditionings. The only thing we inherit is the level of our libido or sexual drive. But where and how our sexual drive is directed or what it becomes attached to is all learned.

There are many men in our society whose sexual drives have become deviated, who are sexually ill, who act out their sexual fantasies in illegal or self-destructive ways.

In my view pornography is one contributor to sexual illness. It can provide anti-social sexual imagery which becomes locked into the man's mind and returns again and again to haunt, and stimulate him. When he masturbates to this image, without realizing it, he is engaging in a powerful form of learning called "masturbatory conditioning" which can lead—in time—to acting out this imagery. The work of Dr. James L. McGough at the University of California on memory addresses exactly this issue. He has found in his research that if the person is emotionally (including sexually) aroused at the time of experiencing or witnessing something—a chemical called epinephrin is released into the blood stream. It goes to the brain and in a complicated way locks in a very vivid memory of the experience or event. Without emotional arousal we forget most commonplace events. Such as, does anyone remember what they had for lunch last Friday. But most of us males can remember some sexual experiences or pornography we may have been accidentally exposed to earlier in our lives. We all have a special library of unwanted images—many sexual. We hate them. We don't like them. But the epinephrine, which is in all of us, has locked them in and we can't get rid of them. What I am suggesting is that no matter how pious, how religious, how strong a conscience we have—we are all vulnerable. And if we want a better society we, in democratic ways, should be able to protect ourselves from harm. We should be able to restore some sort of sane and sensible balance in our media presentations of both violent and sexual imagery. If we do not do that, we will suffer the same fate as other societies who forgot that mature love is the major sustaining power in most of our interpersonal relationships, which is the glue or fabric that holds our civilization together. And the core of love is discipline, sacrifice, and putting the welfare of others beyond and above satisfying our own uniquely selfish and immediate appetites.

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