

Young Adults • Young Adults • Young Adults

How Pornography Hurts You:

Learning the truth about pornography helps us to understand why we must fight to keep ourselves from being deceived. Most people believe pornography is used by only a small percentage of the population. The opposite is actually true. Forty million U.S. adults regularly visit pornographic Web sites. Forty-seven percent of Christians say pornography is a major problem in the home.

Research shows use of pornography will negatively affect your relationships in the future. Pornography *can* and *will* invade your thoughts, language and moral values. It can lower your self-worth and your respect for others. The more pornography men watch, the more they describe women in sexual terms.

(The Porn Factor, www.time.com. 2004)

Each of us has a God-given desire for intimacy and union. Pornography actually perverts desires and makes true union impossible. Pornography distorts your attitude toward sex and encourages objectifying others for your own gain. It promotes immediate self-gratification as the *only* element in satisfying your desire for intimacy. Our Catholic faith teaches us we are created to love and be loved. Perfect love and true union is rooted in self giving. "Sexuality is a wonderful gift of God which enables each of us, through our bodies, to lovingly and respectfully care for one another."

(Formation and Education in Sexuality, Archdiocese of Omaha, 2006)

What Can I Do?

- **Grow** in your understanding of the relationship between sexuality and spirituality. Consider studying Pope John Paul's "Theology of the Body."
- **Develop** friendships where you can truly be yourself. True intimacy flourishes by acceptance, honesty and mutual self-giving environment.

- **Recognize** the tremendous gift you have in being single. You have great opportunities in total self giving to your family, church and community.
- **Participate** in the Sacraments: Our culture many times invades us with temptations that are hard to resist alone. Participating in the sacraments of the Eucharist and Reconciliation can fortify us to resist these temptations and say "yes" to follow our Catholic faith.
- **Seek Professional Help:** It is important to seek professional help when pornography is a problem. This will help you with the tools you need to change the addictive behavior and provide support to make the changes long lasting.

Consider this...

- **70%** of men, ages **18-24** years old visit pornographic sites monthly. (<http://archkck.org>)
- **66%** of men in their **20's** and **30's** report being regular users of pornography. (<http://archkck.org>)
- **87%** of young men report viewing pornography is acceptable. (Journal of Adolescent Research, 2008)
- **31%** of young women report viewing pornography is acceptable. (Journal of Adolescent Research, 2008)
- Studies show adults with an association between pornography acceptance and its use result in risky sexual attitudes and behaviors, substance use and patterns of non-marital cohabitation values. (Journal of Adolescent Research, 2008)

Archdiocese of Omaha
Anti-Pornography Task Force