

NEARI NEWS:

TRANSLATING RESEARCH INTO PRACTICE

An Essential Tool for Professionals Working with those who Sexually Abuse or... A Great New Way to Stay Current with Cutting Edge Sexual Abuse Research.



Volume 6, Issue 6

June 2013

Dear Colleague,

This month's NEARI News takes on the issue of the impact of pornography use on adolescents. Owens, Behun, Manning, and Reid provide an excellent review of the research exploring the impact on a teen's self-concept, body image, social development, physical development, and brain function. If you want to read one article on this topic, this review is a great way to begin. Just send Joan an email and she will forward the original.

Also, if you have not had a chance to participate in our FREE webinars, please join us on June 25 at 2 PM EST for our first "Consultinar" -- we are pilot testing the concept of a one-hour case study exploration with David Prescott and Steve Bengis. We hope you will join us for this pilot and provide us with the feedback necessary to make it successful.

Last, please consider becoming a sponsor of our 2013-2014 NEARI Press Webinar series. Next year, we will feature online workshops with more of our nationally recognized authors including: David Prescott, Rob Longo, Kevin Creeden, Robin Wilson, Robert Kinchereff, and many others. And to make this happen we need your support. Please know it is your subscriptions that allow us to continue this series. For more information or to sign up, please contact Diane Langelier at 413.540.0712 x14.

As always, if you have any

Adolescent Use of Sexually Explicit Internet Material

by Steven Bengis, David S. Prescott, and Joan Tabachnick

Question

What is the impact of using internet pornography on an adolescent's beliefs, values, and behavior?

The Research

Owens, Behun, Manning, and Reid reviewed international research since 2005 on the impact of internet pornography or Sexually Explicit Internet Material (SEIM) on adolescents, including a subset of youth who engaged in sexually abusive behavior.

The review covered the impact of pornography in a variety of domains, including attitudes and beliefs, sexual behavior, sexual aggression, self-concept, body image, and social development. The authors highlighted the emerging research about the impact of pornography use on the developing adolescent brain. Their findings indicate that youth who use SEIM may develop unrealistic sexual values and beliefs, become sexually preoccupied, and engage in earlier sexual experimentation than youth who are not exposed to internet pornography. Girls who viewed SEIM reported feeling physically inferior, and boys reported fear of performance during sex. For most males, frequent viewing of SEIM was not linked to increased sexual aggression. However, many studies indicated that males who were predisposed to aggressive sexual behavior AND frequently use SEIM, were more likely to engage in a variety of coerced and forced sexual acts, use sexually aggressive language and engage in sex with animals than those who did not.

Although the literature was not conclusive, the review noted consistent findings that linked adolescent use of internet pornography that depicts sexual violence with increased sexually aggressive behavior and less social integration, increased conduct problems, higher delinquent behavior, higher levels of depression and less bonding with caregivers.

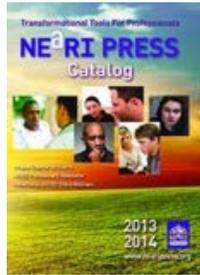
Furthermore, one study found that adolescents who were intentionally exposed to violent sexually explicit material were "six times more likely to be sexually aggressive than those who were not exposed".

Implications for Professionals

As SEIM becomes ubiquitous, more and more latency-aged youth and adolescents will have viewed a variety of sexual material. Studies seem to indicate that the impact of viewing pornography

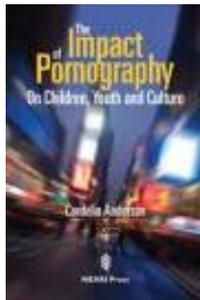
questions, please don't hesitate to contact us at info@nearipress.org or call us at 413-540-0712, x14.

Sincerely,
Joan Tabachnick and Steven Bengis



www.nearipress.org

FEATURED NEARI RESOURCES



[The Impact of Pornography on Children, Youth and Culture](#)

by Cordelia Anderson

This booklet offers a deeply researched and shocking overview of the impact of pornography on children and youth. The author is committed to providing clear information and resources about what can be done to counter the harm to our children and teens, and offers practical tips to focus on and promote sexual and relational health.

Paperback, 36 pages
ISBN: 978-1-929657-51-3
PRICE: \$3.75

isn't always negative and varies with the youth's influences (family, peers, culture, etc.), the type of pornography viewed, how it is viewed, and the amount of viewing in which he/she engages. Even among youth known to be abusive, the importance of SEIM on attitudes, self-concept, and behaviors cannot be assumed and needs to be explored on a case-by-case basis. But extensive viewing by youth who have other risk factors, few protective factors, and a propensity towards aggression should be thoroughly explored for each youth in treatment. Part of a safety plan may include the elimination of such viewing, linked to specific treatment recommendations that include healthy, relational sexuality education based on past use and its impact.

Implications for the Field

Far more research is needed to understand the use and misuse of SEIM by latency-aged youth and older adolescents. With the explosion of internet use (93% of all adolescents ages 12-17 use the internet) and the possession of internet-connected devices (the average youth in America owns 3.5 mobile devices), exposure to sexually explicit and even violent sexual imagery is becoming commonplace.

Furthermore, there is an emerging trend towards youth producing and distributing SEIM through texting, Internet sites, etc. While professionals typically denounce pornography as detrimental to healthy sexual development, the field offers little in the way of substitute material that is likely to convey age-appropriate healthy, relational, and even erotic messages. Emerging research suggests that images have a greater impact on adolescents than words. This fact provides an important approach and opportunity for sex education materials. As a field, we need to explore the best methods for transforming objectified arousal into relational arousal. It's not enough to say "no" to the inappropriate. Even when working with youth who have sexually abused, we need to find ways to talk about healthy, relational, consenting sexual behaviors.

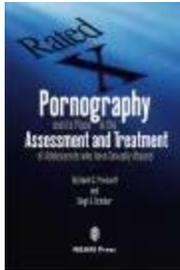
Abstract

The recent proliferation of Internet-enabled technology has significantly changed the way adolescents encounter and consume sexually explicit material. Once confined to a personal computer attached to a telephone line, the Internet is now available on laptops, mobile phones, video game consoles, and other electronic devices. With the growth of the Internet has come easier and more ubiquitous access to pornography. The purpose of this article was to review the recent (i.e., 2005 to present) literature regarding the impact of Internet pornography on adolescents. Specifically, this literature review examined the impact of Internet pornography on sexual attitudes, beliefs, behaviors, and sexual aggression. The authors also discuss the literature related to the influence of sexually explicit Internet material on self-concept, body image, social development, as well as the expanding body of research on adolescent brain function and physical development. Finally, recommendations for future research were discussed, based on this literature review.

Citation

- Owens, E.W., Behun, R.J., Manning, J.C., & Reid, R.C. (2012). The impact of internet pornography on adolescents: A review of the research. *Sexual Addiction & Compulsivity*, 19, 99-122.

To print a pdf of this article, click [NEARI NEWS](#).



CASE CONSULTATION WITH DAVID PRESCOTT AND STEVE BENGIS

JUNE 25, 2013

2:00pm-3:00pm EST

[Pornography and its Place in the Assessment and Treatment of Adolescents who have Sexually Abused](#)

by David S. Prescott and
Siegi Schuler

In this groundbreaking booklet, David Prescott takes the most current research-based information to explore the implications of this research for the assessment, treatment intervention, and the risk management of adolescents living in a sexualized culture. Most importantly, the booklet covers how the clinician can work with an adolescent in treatment to help him or her build a healthier future.

Paperback, 36 pages
ISBN: 978-1-929657-52-0
PRICE: \$3.75

For centuries, professionals in the helping professions have used case presentations and demonstrations as a means of learning and improving their craft. This web-based clinical consult is a new format for this traditional undertaking. A clinician will present a case and David Prescott and Steve Bengis will discuss the various dimensions of the presented case, using traditional clinical as well as emerging research related to learning styles, brain dominance and neuroscience realities. In contrast to web-based training, this will be a live discussion. Anything is possible!

Space is limited, so please register now to be guaranteed a spot! To register for this webinar, [click here](#). After you register, we will send you information about how to sign on.

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