

The following are resources which were provided by Mrs. Kohls at NSBLC.org

Fight the New Drug

<https://fightthenewdrug.org>

Decades of studies from respected institutions have demonstrated significant impacts of porn consumption for individuals, relationships, and society. Most kids today are exposed to porn by the age of 13.

Overexposed and Under-Prepared: The Effects of Early Exposure to Sexual Content

<https://www.psychologytoday.com/us/blog/real-healing/201208/overexposed-and-under-prepared-the-effects-early-exposure-sexual-content>

Today, children are being sexualized earlier and earlier, in part because they are exposed to [sexual](#) material in movies, television, music and other media earlier than ever.

Journal of Psychiatry Reform

Early exposure to pornography: a form of sexual trauma

<https://journalofpsychiatryreform.com/2021/12/07/early-exposure-to-pornography-a-form-of-sexual-trauma/>

Another case example was a 16-yo who was admitted to the hospital after ingesting acetaminophen and NyQuil. He said he wanted to die because his masturbation caused him too much distress. He admitted doing it too much, and that it interfered with his studies.

Ever Accountable

Children's Early Exposure To Porn: What You Need To Know

<https://everaccountable.com/blog/effects-of-early-sexualization-on-children/>

Children are suffering from the effects of early sexualization. One major culprit is early exposure to porn. Usually this is due to initial accidental exposure. In this article we refer to a variety of medical experts who are noticing this trend, ...

Australian Childhood Foundation

Early sexualization and pornography exposure: the detrimental impacts on children

*There are many good links in the footnotes of this article

<https://professionals.childhood.org.au/prosody/2016/07/melinda-tankard-reist/>

During the break she approached me, opened her phone and revealed an image created by a group of 5 year old boys, at the Catholic primary school she headed in Sydney. It showed two women, scantily dressed, in provocative poses. ...

American Bar Association

How Pornography Harms Children: The Advocate's Role

https://www.americanbar.org/groups/public_interest/child_law/resources/child_law_practiceonline/child_law_practice/vol-33/may-2014/how-pornography-harms-children--the-advocate-s-role/

Easy access to online pornography and the potential harm of consistent exposure raise concerns about children's health and well-being. The Internet has made children's access to pornography a more significant issue. Children and youth who use email or surf the Internet are at risk for unwanted exposure to pornography.

Radically Genuine Podcast

BREAKING: Schools pilot Mental Health Apps behind Parents' backs

<https://radicallygenuinepodcast.transistor.fm/96>

Mental health apps are being introduced with the goal of addressing underdiagnosed and undertreated psychiatric disorders using AI technologies.

Illinois Family Institute

Stopping The Predators

<https://illinoisfamily.org/marriage/stopping-the-predators/>

There also are different types of child predators. Essentially, there are four—the mentally ill molester, the experimenter, the situational molester, and the preferential child molester. Of these four, the preferential molester is the most dangerous and the most prolific

UNICEF

Protection of children from the harmful impacts of pornography

<https://www.unicef.org/harmful-content-online#:~:text=Exposure%20to%20pornography%20at%20a,behaviour%20as%20normal%20and%20acceptable.>

May 1, 2014 — Exposure to pornography harms children and youth by normalizing sexual violence, creating unrealistic expectations for intimate partners and ...

American College of Pediatricians

The Impact of Pornography on Children

<https://acpeds.org/position-statements/the-impact-of-pornography-on-children>

These negative effects include mental disturbance and unrest for the young school age child, including acting out and violent behavior. Because of its ...

Protect Young Children

5 Ways Pornography Harms Children and Teens

<https://protectyoungeyes.com/5-ways-pornography-harms-children-teens/>

NC Family Council

Dangerous Exposure: The Startling Effects of Porn on Children

<https://www.ncfamily.org/dangerous-exposure-startling-effects-porn-children/>

Sep 19, 2016 — Dangerous Exposure: The Startling Effects of Porn on Children · Distorts young people's view of sexuality. · Leads to earlier sexual activity and ...

Canopy

The Impact of Seeing Online Pornography on Children

<https://canopy.us/2023/03/07/the-impact-of-seeing-online-pornography-on-children/>

Signs of Pornographic Exposure in Children · Withdrawal from interactions, over-sleeping, sleeplessness, and changes in eating habits. · An excess ...

Australian Institute of Family Studies

The effects of pornography on children and young people

<https://aifs.gov.au/research/research-snapshots/effects-pornography-children-and-young-people>

There is some evidence that exposure to pornography can increase the likelihood of earlier first-time sexual experience, particularly for those adolescents who ...

Defend Young Minds

Pediatricians Speak Out on Impact of Porn

<https://www.defendyoungminds.com/post/pediatricians-speak-out-on-impact-of-porn>

Pornography exposure at these young ages often results in... · Children also report feelings of disgust, shock, embarrassment, anger, fear, and sadness after ...

EverAccountable

Children's Early Exposure To Porn: What You Need To Know

<https://everaccountable.com/blog/effects-of-early-sexualization-on-children/>

Over-exposing children to sexually explicit material is linked to risky sexual behaviors. Also, it warps a child's healthy development, according to the ...

CleanInter.net

6 Damaging Effects of Children Viewing Pornography

<https://cleaninter.net/6-damaging-effects-of-children-viewing-pornography/>

Pornography can impact the brain's development. Children might end up on websites that they aren't supposed to be on because they are wired to make risky ...

Wikipedia

Effects of pornography on young people

https://en.wikipedia.org/wiki/Effects_of_pornography_on_young_people |

The common negative effects pornography had on consumers included: developing objectifying attitudes towards people, developing unrealistic sexual expectations, ...

Bark

A Child's Brain on Porn: The Dangers and Damages

<https://www.bark.us/blog/porn-dangers-damages/>

Jan 30, 2023 — Here are just a few of the effects porn has on young brains: · Porn alters the structure and development of immature brains. Studies show that ...

Cyber Purify

5 unexpected negative effects of pornography on kids

<https://cyberpurify.com/knowledge/negative-effects-of-pornography-on-kids/>

When your child is addicted to pornography, he or she is more likely to be addicted to drugs, stimulants and other disorders such as personality disorders, mood ...

Together

7 Ways adult content can damage a child mind

<https://www.togetherai.com/blog/7-ways-adult-content-can-damage-a-child-mind>

Mar 12, 2021 — porn, action movies, explicit imagery) can highly distort the way young children see this world. Some studies suggest that access to violent ...

Journal of Psychiatry Reform

Early exposure to pornography: a form of sexual trauma

<https://journalofpsychiatryreform.com/2021/12/07/early-exposure-to-pornography-a-form-of-sexual-trauma/>

Dec 7, 2021 — Exposing children to pornography should be forbidden and better regulated, as it is violating their spiritual boundaries and evolving ...

Sage Journals

Pornography and Its Impact on Adolescent/Teenage Sexuality

<https://journals.sagepub.com/doi/10.1177/26318318231153984>

by H Adarsh · 2023 · Cited by 1 — Studies have noted that early intentionally exposure to pornography use in children and adolescents can lead to delinquent behavior, high-risk ...

Journal of Critical Reviews

EXPOSURE TO PORNOGRAPHY AND HARMFUL MATERIALS AGAINST CHILDREN: AN ANALYSIS

<https://www.jcreview.com/admin/Uploads/Files/626bcbb6241e01.85100833.pdf>

though research is sparse, the effects on children and young people viewing violence ...

Keywords: Harmful Materials, Pornography, Children, Sex, Violence.

Australian Childhood Foundation

Early sexualisation and pornography exposure: the detrimental impacts on children

<https://professionals.childhood.org.au/prosody/2016/07/melinda-tankard-reist/>

Jul 6, 2016 — There is a growing body of evidence demonstrating that children who view pornographic material are at risk of harm to their psychological ...

The Indian Express

How exposure to pornography as a child can affect the young mind

<https://indianexpress.com/article/lifestyle/life-style/children-pornography-porn-dangerous-impacts-early-exposure-violent-graphic-billie-eilish-7709240/>

Jan 14, 2022 — The exposure may cause trauma and impair the young person's social and interpersonal development. It may damage a child's moral compass, ...

Protect Kids Online CA

Exposure to Sexually Explicit Material

https://protectkidsonline.ca/app/en/info_exposure

Nonetheless, research suggests that early exposure to sexually graphic material is likely to have a negative influence and a potentially harmful impact on ...

Rahab's Daughters

You won't Believe The Effect Pornography has on Children

<https://www.rahabsdaughters.org/blog/you-wont-believe-the-effect-pornography-has-on-children/>

Young children exposed to pornography will have guarantee unforeseen effects on their mental and behavioral development. If they perceive people through a ...

Linked In

Impact of Internet Pornography on Children

<https://www.linkedin.com/pulse/impact-internet-pornography-children-prasanta-raut>

Jul 5, 2021 — Research suggests an association between exposure to Internet pornography and the development of various sexual beliefs among adolescents. A ...

10 WJAR

Doctor provides advice to parents on talking about harmful effects of pornography

<https://turnto10.com/features/health-landing-page/health-check-kids/doctor-provides-advice-to-parents-bradley-hasbro-harmful-affects-of-pornography-safe-practices-july-26-2022>

Jul 26, 2022 — Most children are exposed to pornography by the time they're teenagers. ... the negative effects of exposure if and when they are exposed," ...

Mobicip

Everything Parents Should Know About Children Watching Porn

<https://www.mobicip.com/blog/everything-parents-should-know-about-children-watching-porn>

Oct 6, 2020 — For a child whose brain is still under development, exposure and consumption of porn can lead to significant learning problems later on. Social: ...

Questodio

Does viewing pornography online harm children and teens?

<https://www.questodio.com/en/blog/viewing-pornography-online-harm-children-teens/>

Dec 7, 2020 — These concerns are well-founded, as research has shown an increasing number of children and teens being exposed to pornographic content online, ...

Quora

What are the adverse effects of being exposed to pornography at a young age?

<https://www.quora.com/What-are-the-adverse-effects-of-being-exposed-to-pornography-at-a-young-age>

If the porn is purposefully shown to the children by an adult, then that is child abuse and is more likely to have a negative effect. Behaviours I have ...

New York Times

Does Porn Hurt Children?

<https://www.nytimes.com/2014/03/29/sunday-review/does-porn-hurt-children.html>

Mar 28, 2014 — This effect is not really a strong effect, though. And teens with more sexual experience didn't show this effect at all." The pair also found ...

Quora

Does exposure to pornography at a young age have negative effects on adult sexuality?

<https://www.quora.com/Does-exposure-to-pornography-at-a-young-age-have-negative-effects-on-adult-sexuality>

Does exposure to pornography at a young age have negative effects on adult sexuality? Alone? Of course not. The idea that nudity and sexuality are harmful ...

American Academy of Pediatricians

Talking To Your Child About Online Pornography Exposure

<https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/social-media-and-youth-mental-health-q-and-a-portal/middle-childhood/middle-childhood-questions/talking-to-your-child-about-online-pornography-exposure/>

May 19, 2023 — Through surveys, we know that about 15% of kids report that they first saw pornography under age 11 and 20-38% of kids aged 11-17 years old ...

UK Safer Internet Center

Impact of online pornography on children

<https://saferinternet.org.uk/blog/impact-of-online-pornography-on-children>

Jun 15, 2016 — However, for those who continue to view pornography, those children become less anxious or disgusted and more likely to report feeling aroused ...

Protect Kids

How Pornography Harms Children

<https://www.protectkids.com/effects/harms.htm>

Exposure to Pornography Threatens to Make Children Victims of Sexual Violence · Pornography's Relationship to Rape and Sexual Violence · Pornography's ...

ResearchGate

The Harms of Pornography Exposure Among Children and Young People

https://www.researchgate.net/publication/227714286_The_Harms_of_Pornography_Exposure_Among_Children_and_Young_People

The Internet has made sexually explicit media more accessible to young people. Online pornography is diverse, can be very graphic, and a large amount is ...

Psychology Today

What to Know About Adolescent Pornography Exposure

It's now a matter of when not if teens see porn

<https://www.psychologytoday.com/us/blog/understanding-addiction/202202/what-know-about-adolescent-pornography-exposure>

Feb 27, 2022 — For children without an understanding of healthy sexuality, exposure to pornography (especially violent porn) can be traumatic. Parents can be ...

Psych Central

Growing Up Too Fast : Early Exposure to Sex

<https://psychcentral.com/health/growing-up-too-fast-early-exposure-to-sex>

Sep 7, 2022 — Having sex at a young age can have negative consequences, but knowing how to ... Young boy being exposed to sexual content on his phone ...

NSPCC

Inappropriate or explicit content

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/>

How to identify content that promotes self-harm and support children who have ... supporting children if they're exposed to violent or distressing content.

Relate NI

Moving Forward After Children Are Exposed To Pornography

<https://www.relateni.org/news-events/moving-forward-after-children-are-exposed-to-pornography/>

Exposure to pornography in children can happen deliberately, including where they may have searched for the content themselves, and parents can have some ...

Soweatan Live

Dangers of exposing kids to porn

<https://www.sowetanlive.co.za/good-life/2016-06-07-dangers-of-exposing-kids-to-porn/>

Jun 7, 2016 — Dangers of exposing kids to porn · NOT REPORTING SEXUAL ABUSE · BEING COERCED INTO SEXUAL MOLESTATION · PREMATURE SEXUAL ACTIVITY · RISK OF PORN ...

Handsam

The Effects of Pornography on the Developing Child

*** This is the first of 2 parts, look for part 2

<https://compliance.handsam.education/compliance-matters-issue-30/the-effects-of-pornography-on-the-developing-child/>

Regular bingeing on hardcore internet porn can cause some users to develop mental health problems, compulsive use, even addiction. These interfere significantly ...

National Institute of Health

No excuses: televised pornography harms children

<https://pubmed.ncbi.nlm.nih.gov/10579105/>

All youngsters are at some risk from exposure to televised pornography, as described above. At particular risk for harm, however, are the most vulnerable children in our society...

Kids In the House

Effects of Porn on the Mental Health of Children

<https://www.kidsinthehouse.com/blogs/kidsinthehouse2/effects-of-porn-on-the-mental-health-of-children>

Jul 9, 2023 — The exposure of pornography by adolescents is associated with stronger permissive sexual attitudes as they develop different and unrealistic ...

The Ethics and Religious Liberty Commission

Why pornography is so harmful for children

And what we can do to protect them

<https://erlc.com/resource-library/articles/why-pornography-is-so-harmful-for-children/>

Jan 2, 2020 — The consequences of viewing pornography, even unintentionally, ... so you can understand why and how porn is dangerous to children, ...

Brave Hearts

An Overview of Research on the Impact that Viewing Pornography has on Children, Pre-Teens and Teenagers

https://bravehearts.org.au/wp-content/uploads/2018/01/Research-Report_Overview-of-research-into-the-effects-of-viewing-pornography-on-children....pdf

Children, pre-teens and teenagers are proven statistically to be exposed to and to have access to pornography at incredibly high rates.

EWTN

The Harmful Effects of Pornography

<https://www.ewtn.com/catholicism/library/harmful-effects-of-pornography-9664>

In many cases, even young kids have unwittingly killed their friends and siblings while following suggestions that have been printed in "soft-core" magazines, ...

Fight the New Drug

When Your Child Has Seen Porn, How Will it Affect Them?

Porn is often called "adult material," but many of its consumers are well under the legal age. How are the children who see it impacted?

<https://fightthenewdrug.org/how-kids-see-porn-and-how-it-affects-them/>

Jun 8, 2022 — Science and research have shown how porn can have negative effects, but is it well-understood the power pornography can have over children ...

Internet Matters

What parents need to know about inappropriate content

<https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

Whether it's an explicit pop-up ad on a free game, videos showcasing children's cartoon characters in adult situations, or a forum promoting self-harm, an ...

Academia

The harms of pornography exposure among children and young people

https://www.academia.edu/537980/The_harms_of_pornography_exposure_among_children_and_young_people_2009

"Exposure to pornography is routine among children and young people, with a range of notable and often troubling effects. Particularly among younger ...

The Limited Times

The dangers of exposing children to pornography

<https://newsrnd.com/news/2021-12-17-the-dangers-of-exposing-children-to-pornography.S1xZLKMccY.html>

Dec 17, 2021 — Early exposure to pornography in children and adolescents can lead to mental health problems, sexism, sexual violence, among others, ...

Sex and Relationship Healing

The Impact of Childhood Exposure to Pornography

<https://sexandrelationshiphealing.com/blog/the-impact-of-childhood-exposure-to-pornography/>

Apr 15, 2019 — Loss of Self-Esteem. Many girls feel there is an expectation to have done to them what the women in porn have had done to them. When a 13-year- ...

Net Nanny

The detrimental effects of pornography on small children

1 in 10 kids under 10 have seen porn

<https://www.netnanny.com/blog/the-detrimental-effects-of-pornography-on-small-children/>

Dec 19, 2017 — Prolonged exposure to pornography can have long-term damaging effects on your child. While there is nothing that can be done to help your ...

Digital Information World

54% of Children Are Exposed to Inappropriate Adult Content by 13

<https://www.digitalinformationworld.com/2023/01/54-of-children-are-exposed-to.html>

Jan 12, 2023 — Watching pornography at such a young age can have a detrimental impact on a child's mental health and development. A lot of pornographic ...

Focus On the Family

My Kid Was Exposed to Pornography

<https://www.focusonthefamily.com/parenting/help-my-kid-was-exposed-to-pornography/>

Mar 10, 2023 — You've learned your kid was exposed to pornography, and you're wondering what to do next. Perhaps your heart is racing, your breathing is ...

Life Span

How to talk to kids about pornography

<https://www.lifespan.org/lifespan-living/how-talk-kids-about-pornography>

Jan 31, 2023 — Porn can create unrealistic ideas about sex, send confusing messages about consent, encourage degradation of women, racial minorities, and other ...

APS

APS highlights concerns about the harmful impacts of pornography

<https://psychology.org.au/inpsych/2015/april/sampson>

Apr 2, 2015 — Viewing highly sexualised or violent pornographic material has many risks for children's psychological development and mental health, by ...

Christian Counseling and Educational Foundation

Shepherding Children through Exposure to Pornography

<https://www.ccef.org/shepherding-children-through-exposure-to-pornography/>

Aug 3, 2023 — Threat: Children who are exposed to pornography may be more vulnerable to sexual exploitation and grooming. They may be more likely to engage in ...

Sex Ed Rescue

How porn can harm kids

<https://sexedrescue.com/effects-of-pornography/>

by C Hakanson — So what effect will porn have on kids? There is a growing body of research that suggests that porn can be harmful to children. Younger children, in particular, ...

Hey Sigmund

Kids and Pornography – What Parents Need To Know and What To Do

<https://www.heysigmund.com/children-and-pornography/>

Again there is no evidence of long-term harm from exposure to sexually explicit material. Some research suggests that between 12% to 38% of children aged 9-16 ...

National Coalition Against Censorship

Identifying What Is Harmful Or Inappropriate For Minors

<https://ncac.org/resource/identifying-what-is-harmful-or-inappropriate-for-minors>

Oct 3, 2022 — Although there is no body of empirical research demonstrating harm to minors from reading or viewing pornography, some studies have explored ...

Educate Empower Kids

Teaching your child about the dangers of pornography ages 3-7

<https://educateempowerkids.org/dangers-of-pornography-3-7/>

Parents, your children are constantly surrounded by sexualized messages and images. Many of them are teaching your child lessons about sexuality and ...

Childrens Commissioner

‘A lot of it is actually just abuse’ – young people and pornography

<https://www.childrenscommissioner.gov.uk/resource/a-lot-of-it-is-actually-just-abuse-young-people-and-pornography/>

Jan 31, 2023 — This paper, the first in a series of research reports, makes clear the urgent need to protect children from the harms of online pornography.