

Pornogr@phy

and its devastating
consequences on
the Youth & Women
in the Nation of India



A Research Paper for the
Government of India

Dr. Dominic F. Dixon (Psychologist)
Provost, Ethos Institute

TABLE OF CONTENTS



INTRODUCTION:	
An epidemic of rape crimes in India	02
Internet porn and kids	06
Porn on the web	06
THE BRAIN	07
MIRROR NEURONS	09
Porn-Induced Mental Dysfunction:	13
The Law of Diminishing Returns:	15
The Rape factor:	17
A thesis to imply that addiction to pornography	19
Five Stages of Addiction	25
CASE STUDY: TED BUNDY	27
Watching Pornography essentially desensitizes us to sexual violence and cruelty	30
School and sexuality	32
RAPE AS AN EPIDEMIC IN INDIA	33
NARRATIVES OF RAPE	35
THE CRUEL REALITY PORN ARTISTES	37
Conclusion	39

INTRODUCTION: An epidemic of rape crimes in India.

What is Pornography?

The word pornography is composed of two Greek words. The first is *porne*, meaning "harlot," which is akin to the word *pernanai*, meaning "to sell." The second word is *graphein*, meaning "to write."¹ In other words, pornography is literally "the writing of harlots." Webster's New Collegiate Dictionary, G. & C. Merriam Co., p. 888.

(HSI) Ethos Institute's Youth research & Development wing, More Love, has been in the field of research of Youth and sexual behaviour for the last twelve years. All research conducted by this institution has been done objectively, not by merely gathering already researched statistics and data, but by essentially engaging with youth of all demography. In regards to visibility and recognition of our research work, we have been interviewed in over a hundred provinces worldwide and news channels such as CNN, Agence France Presse, Khaleej Times, Raipei Times, US Politics Today, Deccan Chronicle, India Today, NDTV, Headlines Today, News9, Yahoo and others.

A research paper was presented to the Prime Minister of India and to the President of India on Adolescent Psychology & Sociology and sexual behaviours.

The aim of this Paper is to identify objectively, the role of pornography in the cases of rape and sexual assault and deviant behaviour.

Research indicates that many of the youth in India who have been engaged in pornography, have acted out on innocent victims to the point of molesting and raping them. There have been several instances of men acting out on their wives, what they saw during pornography, thus treating their wives as sex objects, and as a commodity. This family situation contributes to separation and divorces.

While the crime of rape has always existed, there however now exists an **epidemic of rapes crimes**, no matter how tough the laws against this crime may be. If such harsh punishments such as the death penalty and life sentences are not stopping people from committing this crime, then there has to be a greater reason as to why men still rape women. A man who is poor and hungry, steals food to soothe his hunger pangs, even though he knows that stealing will get him in trouble with the law. Inasmuch the same way, why do men still rape when they know that the law is so harsh against these crimes? Why are they not able to contain themselves and what is it that is compelling them to rape? Is there something happening in the brain of the user of pornography?

This paper attempts to produce answers to these nagging questions!

A University of New Hampshire study found that two thirds of junior high school students surveyed looked at porn on the internet when they were supposed to be studying. About 34% go on to have a problem with internet porn.

As many as 40% of those who have problems with sex addiction from online interactions are women.
Rochester City Newspaper, 9-28-11

90% of eight to 16 year olds have viewed porn online.
Independent Online, 9-27-11

India is rated #2 for searching the word 'sex' on the internet, after Pakistan. **Family Safe Media.**

- 90% of therapists see more problems related to porn use.

- 94% of therapists have seen a rise in people addicted to porn.

- 70% of 18 to 34 year olds use porn once a month.

From a Cosmopolitan survey, as quoted by Medical Daily, January 20, 2013

CONSIDER THIS: the porn industry earnings are over \$100 Billion/ year!

Pornography has grown bigger than the NFL, the NBA and Major League Baseball combined — and some of the nation's best-known corporations are quietly sharing the profits. Companies like General Motors, AOL Time Warner and Marriott earn revenue by

piping adult movies into Americans' homes and hotel rooms, but you won't see anything about it in their company reports. **ABC NEWS, JAN. 2013**

"It seems so obvious: If we invent a machine, the first thing we are going to do—after making a profit—is use it to watch porn. When the projector was invented roughly a century ago, the first movies were not of damsels in distress tied to train tracks or Charlie Chaplin-style slapsticks; they were stilted porn shorts called stag films. VHS became the dominant standard for VCRs largely because Sony wouldn't allow pornographers to use Betamax; the movie industry followed porn's lead. DVDs, the Internet, cell phones. You name it, pornography planted its big flag there first, or atleast shortly thereafter"

Damon Brown, author of Porn and Pong and Playboy's Greatest Covers

More than 80% of Indian high school students have been exposed to porn.

The New Indian Express, July 30, 2013

30% of all data transferred across the internet is porn. 70% of men watch it, while 30% of women do. **Zee**

News India, May 5, 2013

A year long survey found that 75% of pre-university students in rural areas of India were addicted to porn.

The Indian Express, 2-27-13

Pornogr@phy and its devastating consequences on the Youth & Women
in the Nation of India

In a survey of 300 children under the age of 13 in India, 67% admitted to accessing porn sites, most by their cell phones.

Cathnews India, October 12, 2011



THE BRAIN: "Because the human brain is the biological anchor of our psychological experience, it is helpful to understand how it operates." says William M. Struthers, associate professor of psychology at Wheaton College. "Knowing how it is wired together and where it is sensitive can help us understand why pornography affects people the way it does." [1]

The brain is malleable and changes our thoughts and actions based on what we watch, hear and do. This is why advertising is so very successful by changing a person who hates a product to loving it.

After watching a porn film, a 22-year-old man lured a 5-year-old child with chocolates and brutally raped her. This alleged shocking confession of the Delhi rapist raises an uncomfortable question - Is easy accessibility to porn responsible for the rise in sexual crimes in India? **NDTV. April, 24, 2013**

It is a misconceived notion that our thoughts are not real but only imaginative and superficial. Simply because we cannot see and feel our thoughts to be tangible like our brain, we believe that our thoughts are inconsequential. But a thought is real. It occupies mental real estate space. A person can become stressed with over thinking!

It looks like a tree. As you are reading this paper, you are inadvertently causing the trees of your mind to change shape. You are growing branches at this

moment. There is something physical happening in your brain. Therefore every time a person watches pornography, it results in choices that s/he makes, which will result in thoughts or memories that they build, and that's what they look like. They look like trees.

Research shows that 87 to 95% of current mental, physical and emotional illnesses come from our thought life. This is called Psychosomatic.

Neurons that fire together, wire together. Just like other addictive substances, porn floods the brain with dopamine. That rush of brain chemicals happening over and over again rewires the brain's reward pathway ultimately changing the make up of the viewer's brain. This can result in an increased appetite for porn.

Setting your brain up for an overload of feel-good chemicals might sound like a good idea at first, but just like with junk food, what feels like a good thing, in this case isn't at all. Because porn use floods the brain with high chemical levels, the brain starts to fight back. Over time, the brain will actually cut down on its dopamine receptors—the tiny landing docs that take the dopamine in once it's been released in your brain. [1a] As a result, porn that once excited a person often stops having the same effect, and the user has to look at more porn, look at porn more often, or find a more hardcore version—or all three—to get aroused. 1b]

MIRROR NEURONS: We may have heard the passing “Monkey see, monkey do” but did we observe more internally into the patterns of human species and understand that “humans see, humans do” is an actual way of life?

Mirror neurons do just that.

Sexually explicit material triggers mirror neurons in the male brain. These neurons, which are involved with the process for how to mimic a behavior, contain a motor system that correlates to the planning out of a behavior. In the case of pornography, this mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. "The unfortunate reality is that when he acts out (often by masturbating), this

leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on," says Struthers. [Typically] this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond. [2]

There is a misconception that pornography does not cause the viewer to think about sex. The very fact that a man is viewing sex, is the premise that he has already been thinking about sex as a verb. Instead, porn causes the man to think that he *is* having sex. This is much like the placebo affect where a patient is

given a candy that resembles the actual tablet but the patient thinks that he has just consumed the tablet and thus feels medicated. When a person watches pornography, s/he is not just a viewer, his/her brain tells them that they are engaged in the act and this is what causes excitement that triggers the neurotransmitter, dopamine.

This chemical is released either at peak pleasure or at climax. A person who has been through this experience of pleasure, is temporarily satisfied but his desires have not been quenched and thus craves for more of this experience. However, the person does not just want to view pornography alone, he/ she desires to act it out. The initial way of acting out is through masturbation. When a person reaches a saturation point of isolation in masturbation without the sexual act, the individual sometimes forces themselves to act it out on another person who is consenting and if there is no consent and the individual has no control, it many times leads to molestation and rape.

Another meta-analysis examined 30 different studies with a total of 2,040 participants and concluded that exposure to pornography increases behavioural aggression. While there are many factors that influence this effect (for example, the content of the pornography viewed), the researchers conclude that a connection between exposure to pornography and subsequent behavioural aggression exists. [3]

Robert Jensen, based on interviews with pornography users and sex offenders, and the work of other researchers, concludes that pornography can: (1) be an important factor in shaping a male dominant view of sexuality; (2) be used to initiate victims and break down their resistance to unwanted sexual activity; (3) contribute to a user's difficulty in separating sexual fantasy and reality; and (4) provide a training manual for abusers. [4]

A survey of women leaving abusive male partners found that 75% were shown pornography and asked or forced to enact scenes from it; 64% had pornography described to them and were asked or force to replicate the acts; 31% had been asked to pose for pornographic pictures, and 81% had been raped. "The study found a strong association between men's use of violent pornography and the physical abuse of women." [5]

Notes:

[1][2] John Carter, 9 things you should know about pornography and the brain, May,08, 3013

[1a] Hilton, D. L., and Watts, C. (2011). Pornography Addiction: A Neuroscience Perspective. *Surgical Neurology International*, 2: 19; (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>) Angres, D. H. and Bettinardi-Angres, K. (2008). The Disease of Addiction: Origins, Treatment, and Recovery. *Disease-a-Month* 54: 696–721.

[1b] Angres, D. H. and Bettinardi-Angres, K. (2008). The Disease of Addiction: Origins, Treatment, and Recovery. *Disease-a-Month* 54: 696–721; Zillmann, D. (2000). Influence of Unrestrained Access to Erotica on Adolescents' and Young Adults' Dispositions Toward Sexuality. *Journal of Adolescent Health* 27, 2: 41–44.

Pornogr@phy and its devastating consequences on the Youth & Women
in the Nation of India

[3] M. Allen, D. D'Alessio, and K. Brezgel, "A Meta-Analysis Summarizing the Effects of Pornography II," *Human Communication Research*, Vol. 22, Number 2 (December, 1995): pp.258-283.

[4] Gail Dines and Robert Jensen, "Pornography and Media: Toward a more critical analysis," in *Sexualities: Identity, behavior, and society*, ed. M. S. Kimmel and R. F. Plante, (New York: Oxford University Press, 2004).

[5]] E. Carmer, L. McFarlane, B. Parker, K. Soeken, C. Silva, and S. Reel. "Violent pornography and the abuse of women: Theory to practice," *Violence and Victims*, Volume 13, Number 4 (1998): pp. 319-332.

Porn-Induced Mental Dysfunction:

In men, there are five primary chemicals involved in sexual arousal and response. The one that likely plays the most significant role in pornography addiction is dopamine. Dopamine plays a major role in the brain system that is responsible for reward-driven learning. Every type of reward that has been studied increases the level of dopamine transmission in the brain, and a variety of addictive drugs, including stimulants such as cocaine, amphetamine, and methamphetamine, act directly on the dopamine system. Dopamine surges when a person is exposed to novel stimuli, particularly if it is sexual, or when a stimuli is more arousing than anticipated. Because erotic imagery triggers more dopamine than sex with a familiar partner, exposure to pornography leads to "arousal addiction" and teaches the brain to prefer the image and become less satisfied with real-life sexual partners. [1]

A very real danger which follows from this is that sexual perversion is progressive, addictive and enslaving. Sexual addiction is compulsive, enslaving and dependent on erotic excitement, resulting in detrimental patterns of thinking and behaviour. The fact that our brains are malleable and can change our perspectives, watching pornography over a period of time causes the brain to crave for what the eyes have been watching and what the body has been craving for, unaware, that it is actually the

brain that is causing the stimulation of bodily functions. We need to understand that sexuality is not just a physical attribute of a human being, but also a mental and more mental than sexual. Therefore, when the brain has been flooded with erotic and perverted data, then the person would also become perverted in the body.

In defense that the brain is malleable: A person can be rehabilitated from drug addiction or alcoholism, it is because the person is able to change his mind and changing of ones mind means his brain is malleable.

For instance, a person hailing from Chennai who is patterned to urinating on the walls near the railway stations in Chennai with total disregard for the law or for society, when this same man in Singapore, he would never dare to do the same in public for fear of retribution. This is a classic example of how our brain attitudes can change based on an environment or a presentation.

Notes:

[1] John Carter, 9 things you should know about pornography and the brain, May,08, 3013

A recent survey by IMRB reveals more shocking details - One of every five mobile users in India wants adult content on his 3G-enabled phone. Pornography web sites rank among the most popular in India.

In February, 2013, India, three Karnataka ministers were forced to resign after they were caught watching porn on a mobile phone in the precincts of the Legislative Assembly.

The Law of Diminishing Returns: There is a Law of Diminishing Returns that occurs. Sexual content of imagery and movies that once virtually gratified the cravings of the viewer become unexciting over a period of time and a greater craving for a greater thrill floods the user where he broods for more but is never satisfied. His container of appetite becomes a bottomless pit – ever filling but never filled! The consumer becomes tolerant - the consumption has less effect on the user because their mind has developed tolerance. They need more and more of it to **get the same pleasure.**

This law is the concept that what gratifies today never gratifies as much the next time or the next day, and even less significant the next time. In pornographic viewing, the user is constantly in craving for more and more and the appetite is never satisfied and the delight is less, but the craving only increases. This means that a man or woman initially enjoys the

excitement of indulging in pornography and during a period of time, craves for more exciting and aggressive pornography. Many times, men have confessed to treating their wives with the same profanity and aggression, imaging the porn actress.

"The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make," says Struthers. "Whenever the sequence of arousal and response is activated, it forms a neurological memory that will influence future processing and response to sexual cues. As this pathway becomes activated and traveled, it becomes a preferred route—a mental journey—that is regularly trod. The consequences of this are far-reaching."

Over stimulation of the reward circuitry—such as occurs with repeated dopamine spikes related to viewing pornography—creates desensitization. As Gary Wilson explains, "When dopamine receptors drop after too much stimulation, the brain doesn't respond as much, and we feel less reward from pleasure. That drives us to search even harder for feelings of satisfaction—for example, by seeking out more extreme sexual stimuli, longer porn sessions, or more frequent porn viewing—thus further numbing the brain. [1]

Notes:

[1] John Carter, 9 things you should know about pornography and the brain, May,08, 3013

The Rape factor: When a man watches porn, he objectifies a woman rather than appreciating her as a person. He would then attempt to use a woman as a means to his end for sexual gratification.

Several studies have shown that portrayals of women enjoying rape and other kinds of sexual violence can lead to increased acceptance of rape myths in both males and females. One group of college students were shown a pornographic depiction in which a woman was portrayed as sexually aroused by sexual violence, and a second group was exposed to control materials.

Subsequently, all subjects were shown a second rape portrayal. The students who had been exposed to the pornographic depiction of rape were significantly more likely than the students in the control group (1) to perceive the second rape victim as suffering less trauma; (2) to believe that she actually enjoyed it; and (3) to believe that women in general enjoy rape and forced sexual acts. [1]

Analysis of women's letters posted online revealed two themes regarding pornography consumption and its impact on sexual desire. First, many of the women believed they were no longer sexually attractive to their partners and this was the reason why sexual relations had diminished. Secondly, in relationships where sexual relations had continued despite the partner's pornography use, women

believed they were viewed more as sexual objects
than real people in the relationship. [2]

Notes:

[1] Neil Malamuth and James Check. "The effects of aggressive pornography on beliefs in rape myths: Individual differences." *Journal of Research in Personality*, 19 (1985), pp. 299-320.

[2] Raymond M. Bergner and Ana J. Bridges, "The Significance of Heavy Pornography Involvement for Romantic Partners: Research and Clinical Implications", *Journal of Sex & Marital Therapy*, Vol. 28, Number 3, (2002): pp. 193-206.]

A thesis to imply that addiction to pornography is a factor:

My contention is that if a person can be “addicted” to online gaming, online gambling, online dating, online sex hotlines, cybersex, then there is also a scientific premise that the person is prone to pornographic addiction and in affect, there does exists the addiction to pornography? If, for an addict, there are changes in a brain, how much more changes in the brain function, when there is not only an addiction, but the stimulation of brain cells for sexual arousal and sexual climax and a change in notion or belief about sexuality?

What Is Addiction? What Causes Addiction?

People with an addiction do not have control over what they are doing, taking or using. Their addiction may reach a point at which it is harmful. Addictions do not only include physical things we consume, such as drugs or alcohol, but may include virtually anything, such abstract things as gambling to seemingly harmless products, such as chocolate - in other words, addiction may refer to a *substance dependence* (e.g. drug addiction) or *behavioural addiction* (e.g. gambling addiction).

In the past, addiction used to refer just to psychoactive substances that cross the blood-brain

barrier, temporarily altering the chemical balance of the brain; this would include alcohol, tobacco and some drugs. A considerable number of psychologists, other health care professionals and lay people now insist that psychological dependency, as may be the case with gambling, sex, internet, work, exercise, etc. should also be counted as addictions, because they can also lead to feelings of guilt, shame, hopelessness, despair, failure, rejection, anxiety and/or humiliation.

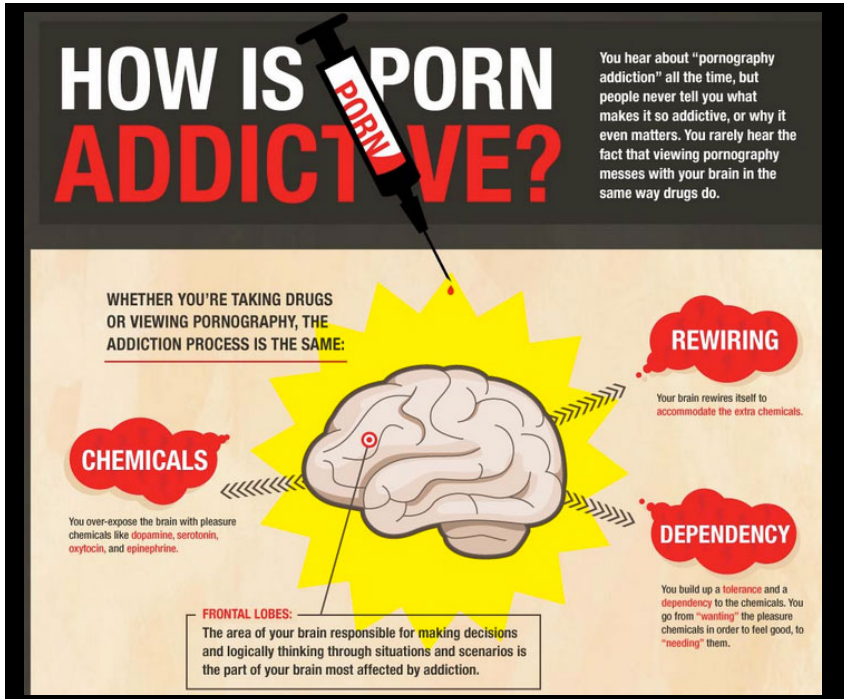
When a person is addicted to something they cannot control how they use it, and become dependent on it to cope with daily life. After a while, the user of the potentially addictive substance does not get the same pleasure and has to increase the dose - his/her body's tolerance till it increases. Eventually, the user no longer experiences pleasure from the substance and takes it simply to prevent withdrawal symptoms - taking the substance just makes them feel normal. Experts say that when tolerance increases, the risk of addiction is much greater. [1]

The same applies to the use of pornography and the risk of it being habitual or addictive, as it causes changes in the brain chemistry.

Pornographers promise healthy pleasure and relief from sexual tension, but what they often deliver is an addiction, tolerance, and an eventual decrease in pleasure.

Norman Doidge, MD, The Brain That Changes Itself

Pornogr@phy and its devastating consequences on the Youth & Women
in the Nation of India



Pornography addiction has been described as a behavioral addiction characterized by compulsive, repeated use of pornographic material until it causes serious negative consequences to one's physical, mental, social, and/or financial well-being.[2][3]

Addiction to Internet pornography is also a form of cybersex addiction.

Problematic Internet pornography viewing is viewing of Internet pornography that is problematic for an

individual for personal or social reasons, or reasons such as time spent viewing or viewing in problematic situations. Individuals may report depression, social isolation, career loss or decreased productivity, and financial consequences as a result of their problematic Internet pornography viewing. [4]

Internet sex addiction, also known as cybersex addiction, is a sexual addiction characterized by virtual Internet sexual activity that causes serious negative consequences to one's physical, mental, social, and/or financial well-being.[5][6] It may also be considered a subset of the theorized Internet addiction disorder.[7] Internet sex addiction manifests various behaviours: reading erotic stories; viewing, downloading or trading online pornography; online activity in adult fantasy chat rooms; cybersex relationships; masturbation while engaged in online activity that contributes to one's sexual arousal; the search for offline sexual partners and information about sex.[7][8][9][10]

Cybersex addiction is a form of Internet addiction disorder, and is also known as a technological addiction. A technological addiction is a non-chemical or behavioural dependency that comprehends excessive human-machine interaction.[7] Internet sexual addiction is often associated with escapism and compulsive behavior. As a form of a compulsive behavior, it can be identified by three criteria: the failure of making a decision about engagement in the behavior,

obsession with the behavior, and the inability to stop the behavior despite negative consequences.[9]

Pornography is basically sexual junk food. When a person is looking at porn, their brain thinks they're seeing a potential mating opportunity, and pumps the brain full of dopamine. [11] And unlike healthy sexual relationships that build up over time with an actual person, porn offers an endless stream of hyper-sexual images that flood the brain with high levels of dopamine every time the user clicks to a new image. [12]

Notes:

[1] Christian Nordqvist, *Medical News*, March 2009.

[2] Stein, Dan J.; Hollander, Eric; Rothbaum, Barbara Olasov (31 August 2009). *Textbook of Anxiety Disorders*. American Psychiatric Pub. pp. 359–. ISBN 978-1-58562-254-2. Retrieved 24 April 2010.

[3]Parashar A, Varma A (April 2007). "Behavior and substance addictions: is the world ready for a new category in the DSM-V?". *CNS Spectr* 12 (4): 257; author reply 258–9.PMID 17503551.

[4] Twohig, M. P.; Crosby, J. M. (2010). "Acceptance and Commitment Therapy as a Treatment for Problematic Internet Pornography Viewing". *Behavior Therapy* 41 (3): 285–295.doi:10.1016/j.beth.2009.06.002. PMID 20569778. edit

Pornogr@phy and its devastating consequences on the Youth & Women
in the Nation of India

[5] Stein, Dan J.; Hollander, Eric; Rothbaum, Barbara Olasov (31 August 2009). *Textbook of Anxiety Disorders*. American Psychiatric Pub. pp. 359–. ISBN 978-1-58562-254-2. Retrieved 24 April 2010.

[6] Parashar A, Varma A (April 2007). "Behavior and substance addictions: is the world ready for a new category in the DSM-V?". *CNS Spectr* 12 (4): 257; author reply 258–9. PMID 17503551.

[7] Griffiths, Mark (November 2001). "Sex on the internet: Observations and implications for internet sex addiction.". *The Journal of Sex Research* 38 (4): 333–342. doi:10.1080/00224490109552104. Retrieved 2 April 2013.

[8] Young, Kimberly S. (September 2008). "Internet sex addiction: Risk factors, stages of development, and treatment.". *American Behavioral Scientist* 52 (1): 21–37. doi:10.1177/0002764208321339. Retrieved 2 April 2013.

[9] Daneback, Kristian; Michael W. Ross, Sven-Axel Månsson (2006). "Characteristics and behaviors of sexual compulsives who use the internet for sexual purposes". *Sexual Addiction & Compulsivity* 13 (1): 53–67. doi:10.1080/10720160500529276. Retrieved 2 April 2013.

[10] Laier, C.; Pawlikowski, M.; Pekal, J.; Schulte, F. P.; Brand, M. (2013). "Cybersex addiction: Experienced sexual arousal when watching pornography and not real-life sexual contacts makes the difference". *Journal of Behavioral Addictions* 2 (2): 100. doi:10.1556/JBA.2.2013.002.

[11] Hilton, D. L. (2013). *Pornography Addiction—A Supranormal Stimulus Considered in the Context of Neuroplasticity*. *Socioaffective Neuroscience & Psychology* 3:20767; Pfaus, J. (2011). *Love and the Opportunistic Brain*. In *The Origins of Orientation*, World Science Festival, June. Georgiadis, J. R. (2006). *Regional Cerebral Blood Flow Changes Associated with Clitorally Induced Orgasm in Healthy Women*. *European Journal of Neuroscience* 24, 11: 3305–3316.

[12] Doidge, N. (2007). *The Brain That Changes Itself*. New York: Penguin Books, 106; Nestler, E. J. (2005). *Is There a Common Molecular Pathway for Addiction?* *Nature Neuroscience* 9, 11: 1445–1449.

Five Stages of Addiction

A statutory warning needs to be issued in public interest, against the use of pornography as is used for tobacco and alcohol.

Early exposure: Most [people] who get addicted to porn start early. They [view pornography] when they are very young, [the exposure and tolerance starts early.]

Addiction: Later comes addiction. You keep coming back to porn. It becomes a regular part of your life. You're hooked. You can't quit.

Escalation: After a while, escalation begins. You start to look for more and more graphic porn. You start using porn that would have disgusted you when you started. Now it excites you.

Desensitization: Eventually, you start to become numb. Even the most graphic, degrading porn doesn't excite you anymore. You become desperate to feel the same thrill again but can't find it.

Acting out sexually: At this point, many men make a dangerous jump and start acting out sexually. They move from the paper and plastic images of porn to the real world.

A porn addict said this: When I personally got to the "acting out phase," I started fantasizing about what it would be like to actually rape a woman. I finally tried it one night when I saw a woman who "fit" the scenario that porn had taught me to look for. I was lucky, very lucky, I didn't go through with it. After being reported, arrested and spending some time in jail, I finally was able to begin the process of weeding out the lies in my life that porn had put there.

.... Other men aren't so lucky. I realize now that with just a little push, I could have gone over the edge. I could have raped that woman and then killed her to cover my tracks. That's how Ted Bundy got started. When the porn he was addicted to wasn't enough anymore, he tried the real thing — rape, and then murder. When he succeeded, he did it again. And again. Pornography addiction is very serious.

Notes:

Excerpted from the Dare to Dig Deeper booklet "Toxic Porn", by Gene McConnell and Keith Campbell. Copyright ©1996 Focus on the Family.

CASE STUDY: TED BUNDY

Serial killer Ted Bundy blamed pornography for His rape and murderous behaviour. Admitted to raping, brutalizing and killing 30 women, at times, engaging in necrophilia.

Bundy said he was largely fuelled by Pornography

Bundy says in his interview with Dr. Dobson, that he wanted to get across a message that as a young boy of twelve or thirteen he came across pornography of a harder, more graphic nature. He had been first introduced to pornography at a very young age by his grandfather and there are some that say he may have been abused as a child.

Bundy said in the interview that he wanted people to understand how that kind of literature contributed and helped mould and shape his kind of violent behavior.

He explained that in the beginning pornography fuels that sort of thought process. Then he added, at a certain time, it is instrumental in crystallizing it into something. He said that he was at that point on the verge of acting out on this kind of thing.

He said it happened gradually, not over night. Bundy explained that his experience, with pornography that generally deals on the violent level with sexuality, is that once you become addicted to it, and he looked at it as an addiction, it caused him to keep looking for a more potent fix, more explicit, more graphic kinds of material.

And, like any addiction, he said, you just keep craving something, which is harder, and which gives you a greater sense of excitement, until you reach the point where the pornography only goes so far. It reaches that jumping-off point where you begin to wonder if, maybe, actually doing it will give you that which is beyond just reading about it or looking at it.

His last vestiges of restraint and his barriers to actually doing something were being tested constantly and assailed through the kind of fantasy life that was fuelled largely by pornography.

It took him a couple of years, he said, to go from violent pornography to the real thing.

Bundy saw himself as a Victim of Pornography

With Dr. Dobson he discussed how he felt like a helpless victim himself. The influence of violent types of media and violent pornography was an indispensable link in the chain of behavior, and the chain of behaviors that led to the assaults and murders.

He called it a sexual frenzy. Bundy also pointed out, that others would say that they are able to watch violent pornography, be aroused by it and not go out an act on it. However, he said, addictions are like that, they affect some people and not others. It was a major component to him and he did not know why he was so vulnerable to it. All that he said he did know was that it had an impact on him that was just so central to the development of the vile behavior that he engaged in.

Notes:

Sources: Biography on A&E and Mob Magazine.

Watching Pornography essentially desensitizes us to sexual violence and cruelty:

Pornography essentially desensitizes us to sexual violence and cruelty, even when the pornography is considered “non-violent” in nature. Unfortunately, aggression is common in pornography today. A 2000 study discovered the presence of violence in 42% of online pornography. [1]

Today, it is not uncommon for even the youngest Internet users to be exposed to graphic material. By the age of 18, for instance, 39% of boys and 23% of girls have seen acts of sex involving bondage online. [2]

In a 2007 presentation, Robert Wosnitzer, Ana Bridges, and Michelle Chang released the results of their study of the 50 top selling adult DVDs. After analyzing 304 distinct scenes in these films, they found 3,376 acts of verbal or physical aggression— that’s an act of aggression every minute and a half. About 90% of scenes contained at least one act of aggression. Verbal aggression, such as name-calling, was present in about half of adult video scenes. In 73% of instances, men were the aggressors, and when women were the aggressors, most of the time they were being aggressive to another woman. In 95% of the scenes, the person receiving the aggression

reacted neutrally or positively to it. Positive or healthy sexual acts, such as kissing or compliments, were found in only 10% of scenes [3]

Why do men seek out a variety of new explicit sexual images rather than being satisfied with the same ones? The reason is attributed to the Coolidge effect, a phenomenon seen in mammalian species whereby males (and to a lesser extent females) exhibit renewed sexual interest if introduced to new receptive sexual partners, even after refusing sex from prior but still available sexual partners. This neurological mechanism is one of the primary reasons for the abundance and addictiveness of Internet pornography. [4]

Notes:

(a) Exerts from Luke Gilkerson, *Your Brain on Porn*, Covenant Eyes

[1] Martin Barron and Michael Kimmel, "Sexual Violence in Three Pornographic Media: Toward a Sociological Explanation," *The Journal of Sex Research* vol.37, no.2, 2000.

[2] Chiara Sabina, Janis Wolak, and David Finkelhor, "The Nature and Dynamics of Internet Pornography Exposure for Youth" *CyberPsychology & Behavior* vol.11, no.6, 2008.

[3] "Mapping the Pornographic Text: Content Analysis Research of Popular Pornography," Presentation by Robert Wosnitzer, Ana Bridges, and Michelle Chang at the National Feminist Antipornography Conference, Wheelock College, Boston, March 24, 2007.

[4] John Carter, 9 things you should know about pornography and the brain, May,08, 3013

School and sexuality: Almost a third of school pupils believe online pornography dictates how young people have to behave in a relationship, the study of 601 pupils aged 11 to 18 reveals. (Louisa Peacock and Emma Barnett)



RAPE AS AN EPIDEMIC IN INDIA:

Who is to blame for this culture? Society? Media?
Misogynist culture?

MEDIA: If I own an ice cream business, I would advertise how creamy the product is, how tasty it is and how the person watching the advertisement, needs to have a few, if not, at least one of that ice cream. In doing so, we have seen the success of such companies through the medium of advertising.

When our culture sells a product through suggestive sexual advertising, where a woman is almost always portrayed as a sex object – an object of lust instead of as an person of love and rather than a human being, it actually strips the virtue of a woman. The media uses women to “sex-up” a product. When I say that the media uses women, I’m iterating that the media tells us “here is a sex object.” This contributes to developing the tender minds of our youth into that of a misogynist, thus the media aids the pornographic industry in the distress caused to women.

The saddest irony is, women who act in these commercials, objectify and portray other woman as a commodity and an object of lust and perversion.

Misogyny /mɪ'sɒdʒɪni/ is the hatred or dislike of women or girls. Misogyny can be manifested in numerous ways, including sexual discrimination,

denigration of women, violence against women, and sexual objectification of women. [1]

There are various ways in which one can “sex-up” a product. Obviously one can use sexy ads. They may use highly attractive, scantily clad actors or subtle innuendo, or not-so-subtle culturally understood images. [2]

MISOGNIST MEN: Men rape women for various reasons. When men gang-rape women, these men bring together with their collective frustrations of life, their saturated sexual trance, their delusions about sexuality, their anger towards women who have better careers than men and towards women who portray themselves as autonomous, etc.

Hanging the perpetrators of rape will never bring a stop to the rape crimes against women. We need to talk to these men about what is their rationale that warrants them to commit these crimes. Until we do that, they will be no end to it.

Notes:

[1] Code, Lorraine (2000). Encyclopedia of Feminist Theories (1st ed.). London: Routledge. p. 346. ISBN 0-415-13274-6.

[2] Does Sex Sell? Adrian Furnham, Ph.D.

NARRATIVES OF RAPE:

I wish to draw to narratives to the sane readers of this paper.

Narrative 1: A man who, in order to escape the insanity of suppressing his sexual fantasies, his violent passion against women, rapes a woman for the purpose of gratifying his sexual gratification, then brutalises and murders her to recompense his emotional urges, is guilty of rape and murder. Although at the time of the act he is in such circumstances that he believes and has superficially reasonable ground for believing that it affords the only chance of releasing his emotional urges in violating the woman and as an add on, releasing his sexual fantasies and or sexually repressed frustration. The rapist and murderer do not see the woman as a human being, but as an abstract of his psyche in a tangible shell.

In the case of gang-rapes, all of the accused make conscious and concerted efforts to violate the victim. During the negotiation process within themselves, they numb their consciences and move from thinking of the woman as person to thinking of her as an object of outlet to gratify their perverted aspirations – she is a means to their end!

Narrative 2: Consider this story: *The Queen v. Dudley and Stephens* 14 Queens Bench Division 273 (1884). A man who, in order to escape death from hunger, kills

another for the purpose of eating his flesh, is guilty of murder; although at the time of the act he is in such circumstances that he believes and has reasonable ground for believing that it affords the only chance of preserving his life.

In this case, three able bodied men and a seventeen year old boy were cast away in a storm on the high seas 1600 miles from the Cape of Good Hope, while on a trip from Sydney to Southampton and were compelled to put into an open boat belonging to the yacht. They were without food and water for several days. In their starvation, the three able bodied men ganged together and killed the seventeen years old cabin boy and ate him for their food. After being rescued, they were prosecuted for homicide of the boy. In their justification in court, they said that since the cabin boy was the weakest, he would be the first to die anyways, and that if they had not killed and eaten him, even they would have died. They feel that killing the boy was the right thing to do in order to soothe their hunger pangs and preserve their own lives. Moreover, they claim that they all had families to go back to and the cabin boy was an orphan.

By these narratives, I wish to point out that rapists do have some rationale to their act of rape and that needs to be researched and the research acted on.

THE CRUEL REALITY PORN ARTISTES:

“Once [the pornography actresses] are in the industry they have high rates of substance abuse, typically alcohol and cocaine, depression, borderline personality disorder [...] The experience I find most common among the performers is that they have to be drunk, high or dissociated in order to go to work. Their work environment is particularly toxic [...] The terrible work life of the pornography performer is often followed by an equally terrible home life. They have an increased risk of sexually transmitted disease (including HIV), domestic violence and have about a 25% chance of making a marriage that lasts as long as 3 years.” – **Dr. MaryAnne Layden**

Only a handful of "high end" production companies require condoms, leaving the majority of performers vulnerable to AIDS and other sexually transmitted diseases. While some companies require performers to take HIV tests, there is no government regulation mandating tests across the industry. **ABC NEWS, JAN. 2013**

In 2008, Shelley Lubben, founder of the Pink Cross Foundation, reported: [1]

- Only 17% of performers use condoms in heterosexual adult films. In 2004, only two of 200 adult film companies required the use of condoms.

- One male pornographic performer, Rocco (600 films and 3,000 women), said: “Every professional in the porn-world has herpes, male or female.”
- Dr. Sharon Mitchell confirms the STD prevalence in an interview with *Court TV*, in which she stating: “66% of porn performers have herpes, 12-28% have sexually transmitted diseases, and 7% have HIV.”
- Porn actress Erin Moore admitted, “the drugs we binged on were Ecstasy, Cocaine, Marijuana, Xanax, Valium, Vicodin and alcohol.”
- Tanya Burleson, formerly known as Jersey Jaxin, said, “Guys are punching you in the face. You get ripped. Your insides can come out of you. It’s never ending. You’re viewed as an object — not as a human with a spirit. People do drugs because they can’t deal with the way they’re being treated.”

Notes:

[p1p] Shelley Lubben, “Ex-porn star tells the truth about the porn industry,” *Breaking Free*, Oct. 28, 2008. <http://www.covenanteyes.com/2008/10/28/ex-porn-star-tells-the-truth-about-the-porn-industry> (accessed Dec. 27, 2012).

CONCLUSION:

It seems rather difficult to imagine a nation or the world in which men were so virtuous that they were adored by women according to a universal disposition to humanity.

The problem isn't simply that such a nation or world would be difficult to bring about, that it's unrealistic in many senses. The deeper problem is that such a world would be difficult to recognize as a human world because we are so immune to depravity and perversion, where, when sanity of marriage and virtue of citizens are presented, it seems rather outrageously foreign and the media would grope those men and women who dispose virtuosity in marriage, sex and morality in everyday life.

The love of humanity is a noble sentiment and the love and respect for womanhood, is the noblest of all sentiments, because from the womb of a woman, comes forth the life of a man!

But most of the time, we live our lives by smaller solidarities, excluding women from the equation of their inalienable rights. This may reflect certain limitations that men have developed over the millenniums of human existence, to the bounds of moral redundancy. But the thesis that we can change, reflects the fact that we can learn to love and protect women, not in general, but through its

particular expressions of purity and individuality and not as a commodity.

The greatest consequences of justice that a nation can give to its women, is the education to men, that woman have a right to life and that right can be expressed without reservation and within a moral framework. Women also need to be guided by other women with a moral breadth that does not contradict that which they claim. One way of assessing whether the picture of womanhood is rightly projected is, a woman cannot claim that women are not commodities and then project themselves on the silver screen as objects of lust to be ravaged by men with lesser morals.

We all have an obligation to morality and only then, morality will see what the consequences for justice are.

It is my hope that we, the nation of India will take a strong stand against the assault on our consciences through pornography which tares the very fiber of our humanity.

Ban pornography!

Dr. Dominic F. Dixon is a Psychologist and Author, having extensively researched in Psychology of Emotions, earned his doctorate in Counselling Psychology, and furthered research studies in Philosophy of Ethics at the University of Oxford | Religion at the University of Harvard, US | Bio-ethics at the Kennedy Institute of Ethics at Georgetown University, US | Masters Certificate in Justice at the University of Harvard, US.

Dominic has been interviewed by CNN, NDTV, India Today, Times of India, Headlines Today, Khaleej Times, Yahoo, US Politics Today, Agence France Presse and other International News channels and projected in over 100 Provinces worldwide in regards to his work amongst the youth.

Dr. Dixon has presented a research paper on 'Homosexuality' to the Prime Minister of India and a research paper to the President of India on 'Youth Psychology & Sociology'. He has presented two papers at Oxford University on (1) Moral Absolutism (2) Can Utilitarianism respect rights?

.....

Reproduction and distribution is permitted without modifying the contents. If citing, please include proper citation and acknowledgment of authorship(s). You are free to distribute and print copies of this e-paper to anyone you choose. As a courtesy, e-mail us at dom@dominicdixon.net and let us know you are doing this so we can keep you informed of other similar resources.

.....

<http://ethosinstitute.org> | <http://dominicdixon.net>
dom@dominicdixon.net | +91 7204012777/ 3777/ 4777

