

# Understanding Pornography

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## President Hinckley on Pornography

Priesthood Session – October 2, 2004

- A 57 Billion Dollar Industry.
- It produces more revenue than professional football, basketball, and baseball combined.
- It produces more revenue than all of the TV networks combined.
- “Sex” is the number 1 search topic on the internet.
- It Leads to nothing good and a lot of bad.

## True to the Faith

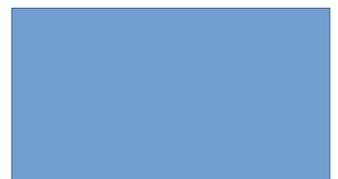
Pornography is any material depicting or describing the human body or sexual conduct in a way that arouses sexual feelings. It is distributed through many media, including magazines, books, television, movies, music, and the internet. It is as harmful to the spirit as tobacco, alcohol, and drugs are to the body.

## Brain and Gender Differences

- Men and women perceive and process information differently.
- Because of brain differences, pornography is a different issue for men than it is for women.
- Men



- compartmentalize more (parts).
- Women integrate more (relationships).



## Neural Pathways

-Efficiency is your brain's #1 priority.

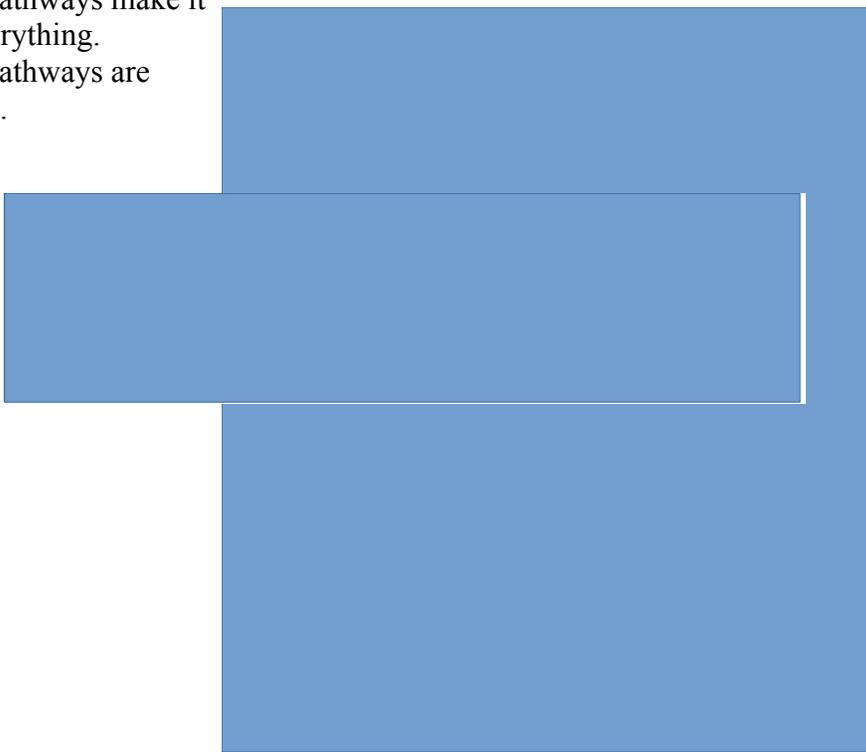
-The brain develops "habits", "shortcuts", "mental models", "schemas" – these are the neural pathways that create efficiency.

-Neural pathways make it so you don't have to think about everything.

-Neural pathways are repetition.

so you don't have to think

formed by meaning and



Typing is an example of how neural pathways work

## Neural Pathways Summary

-Neural Pathways are created naturally and automatically by the brain.

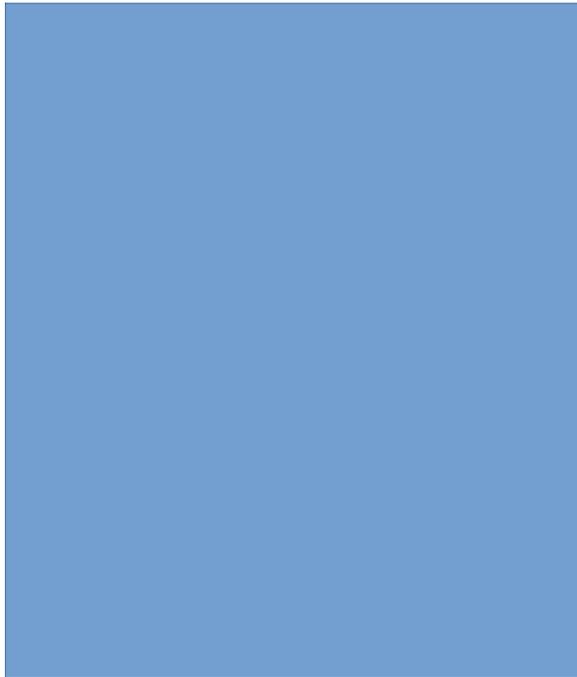
-Neural Pathways are strong.

-The basis of Neural Pathways is meaning and repetition.

-Neural Pathways can be changed through repeated practice.



- At this point, the image is no more than a pattern of light.
- The light enters through the eye and then is transformed into a nervous impulse as it passes through the retina and the optic nerve.
- When the nerve signal enters the brain in the visual cortex, it is recognized and sent to another area of the brain for processing
- Where it is sent depends on what neural pathways have been set up by the brain.



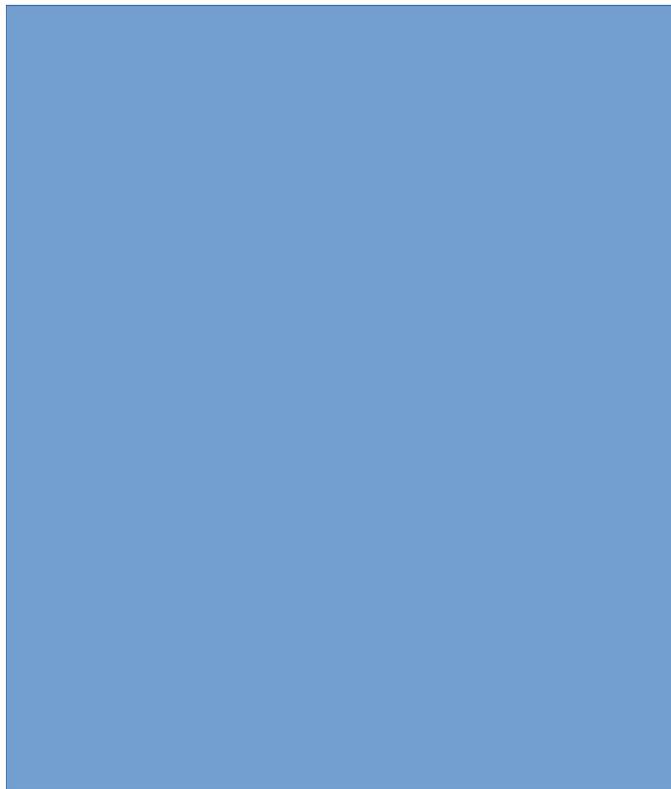
-Pornography is designed to “trigger” a lusty response.

-Each time this  
“practices” the  
likely that it will  
-Pornography is  
creates strong neural  
repetition.



happens, the brain  
response, making it more  
happen again.  
addicting because arousal  
pathways with very little

-Lusting is not the  
conscious choice can  
another part of the



only possible response. A  
be made to send the signal to  
brain.

-It is possible to control or change the “neural pathways” that determine where the signal goes through repeated and consistent practice.

## Lusting

- The “sin” of Pornography is lusting.
- Lusting is sexual arousal without love.
- JST Matthew 16:26 (notice footnote).
- 3 Nephi 12:27-30.
- Lusting “feels” wrong so it gives rise to an obsessive compulsive pattern.

## What can be done?

- Stay out of harm’s way.
- Let virtue garnish thy thoughts unceasingly (D&C 121).
- Seek counsel from; Bishop; Competent counselor.
- Learn to change the neural pathways and answer the temptation (Luke 4:1-13).

## Sexuality

- Not a “bad” thing.
- Like fire.
- Sacred.
- Coupled with the priesthood it forms and binds eternal families.

## Elder Oaks – April 2005

- Acknowledge the evil.
- Seek the help of the Lord and His servants.
- Do all that you can to avoid pornography.
- Do not patronize pornography.

## Scriptural Tools

- Let virtue garnish thy thoughts unceasingly (D&C 121).
- Be ye clean that bear the vessels of the Lord (Isaiah 52:11).
- Walk in the Spirit (Galatians 5:16-25).
- Answering the temptation (Luke 4:1-13).
- True to the Faith p. 117-118.

## Scriptural Comparisons

- David in 2 Samuel 11.
- Joseph in Genesis 39.

## Suggested Reading

- “A Tragic Evil Among Us” – President Hinckley, Ensign, Nov. 2004, 59-62.
- “Pornography” – Elder Oaks, Ensign, May 2005, 87-90.
- “In Opposition to Evil” – President Hinckley, Ensign, Sept. 2004, 3-6.
- “You Can’t Pet a Rattlesnake” – David E. Sorensen, Ensign, May 2001, 41-43.

- “Pornography – The Deadly Carrier” – Elder Monson, Ensign, Nov. 1979, 66-67.
- “The Road Back: Abandoning Pornography” – Rory C. Reid, Ensign, Feb. 2005, 46-51.