

SUBSTANCE ABUSE, INTERNET PORN & ADOLESCENCE

By Stephanie Ehmke, MA, LPC

What do families who
wrestle with adolescent
substance abuse and
internet pornography
use look like?



- Geographical location
- School district
- Family income
- Parental involvement



What do we do?

- Become Knowledgeable
- **MUST Accept the Fact:**
Every family is at Risk



Our Families Story...



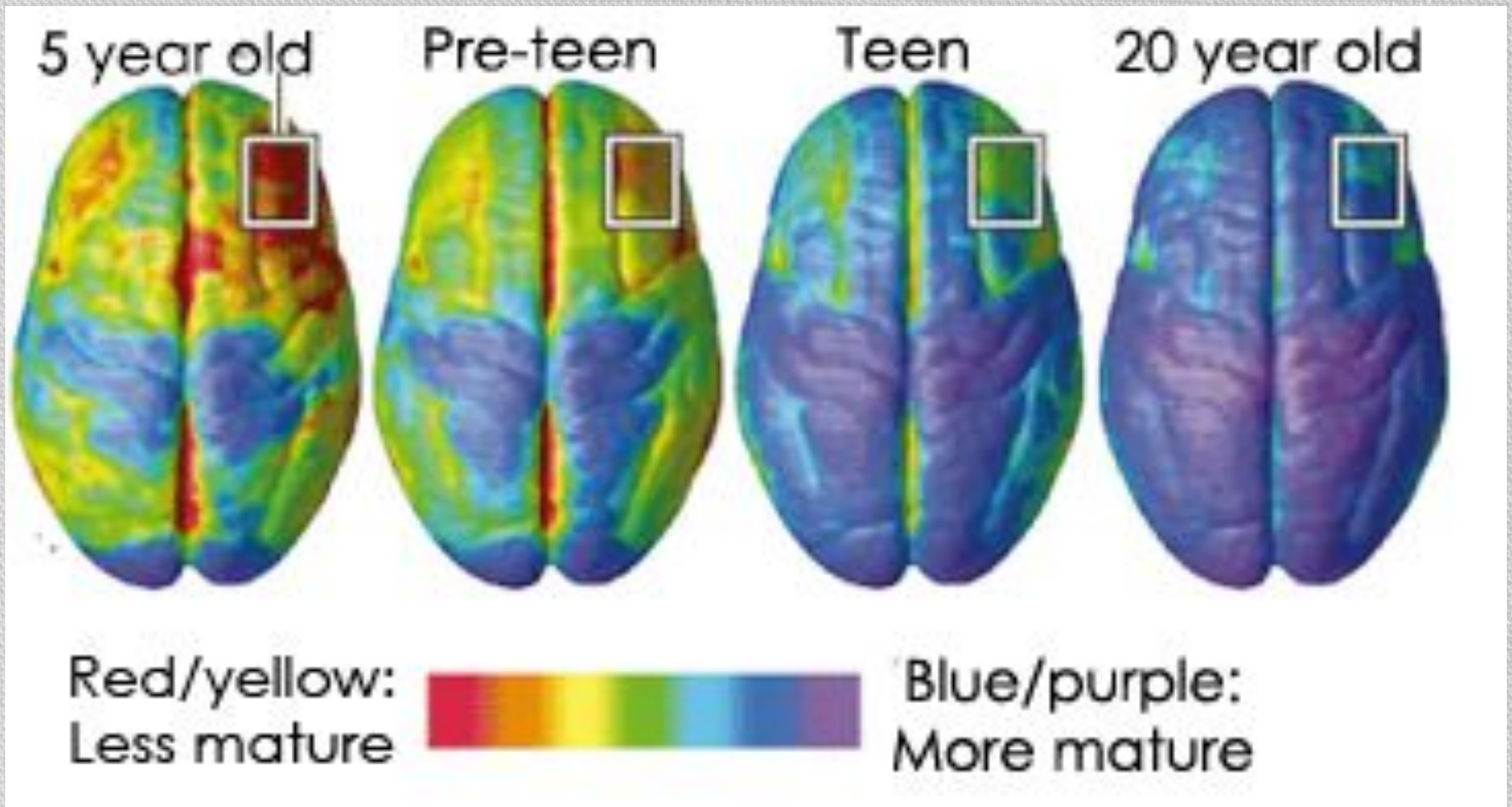
Technology

&

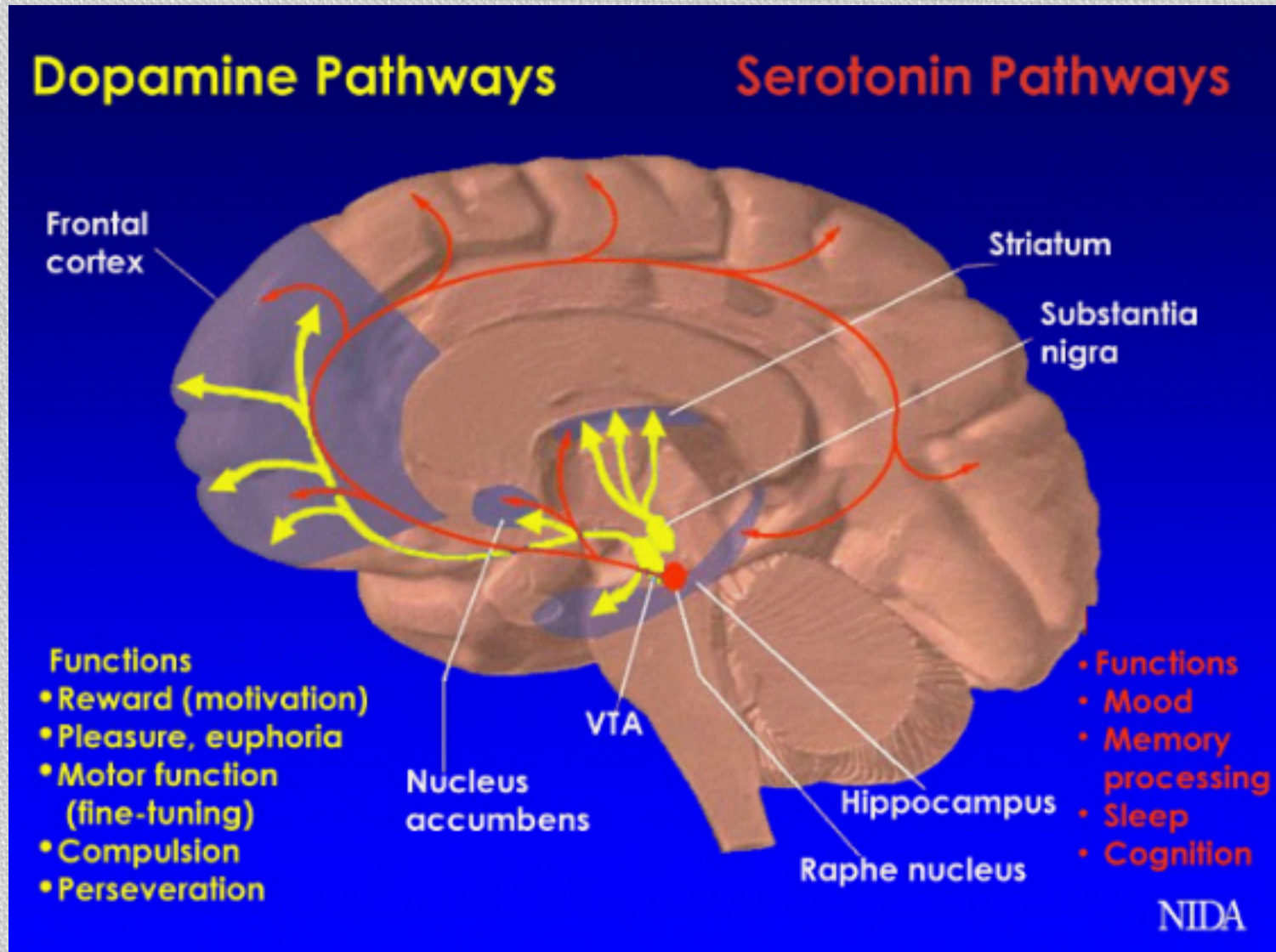
Brain
Development



Adolescent Brain Development



Reward Center of the Brain

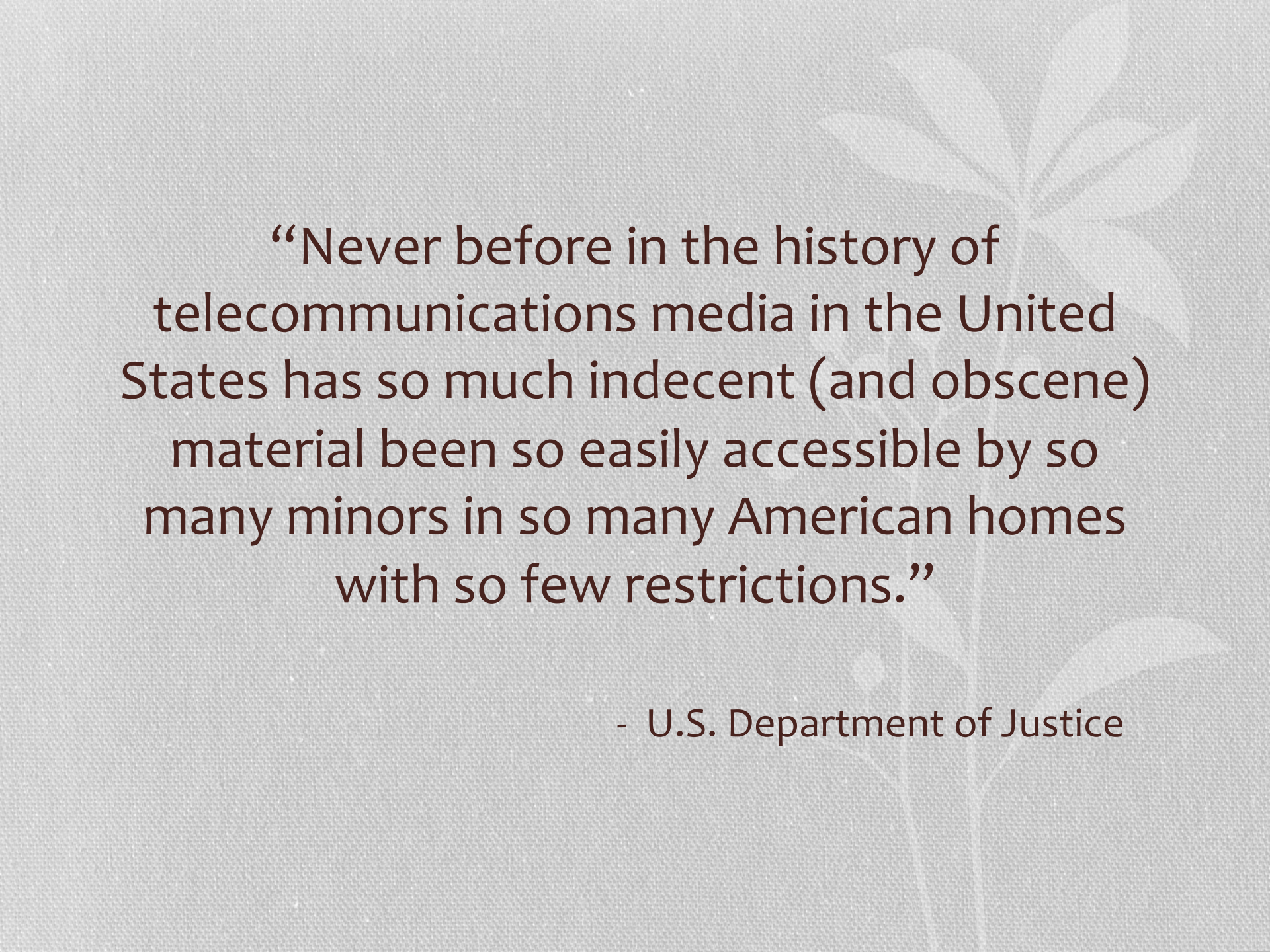


Internet Pornography



“Most boys seek out or are exposed to pornography, by age 10.”

- Simon Lajeunesse



“Never before in the history of telecommunications media in the United States has so much indecent (and obscene) material been so easily accessible by so many minors in so many American homes with so few restrictions.”

- U.S. Department of Justice

2004 report commissioned by Congress ...

- 70 million individuals visit pornographic websites each
- 11 million of them are younger than 18 years of age.



2008 Online Survey of 560 College Students

- 93% of boys and 62% of girls were exposed to pornography before 18
- 14% of boys and 9% of girls were exposed to pornography before 13
- 83% of boys and 57% of girls have seen group sex online
- 69% of boys and 55% of girls have seen same-sex intercourse online
- 39% of boys and 23% of girls have seen sexual bondage online
- 32% of boys and 18% of girls have seen bestiality online
- 18% of boys and 10% of girls have seen rape or sexual violence online
- 15% of boys and 9% of girls have seen child pornography

Effects and Patterns of Pornography Usage almost Identical to Drug Addiction

- Built up tolerance
- Watching porn to avoid or relieve withdrawal symptoms
- Lose control over your porn use
- Life revolves around viewing porn
- Abandoning activities you used to enjoy
- Continue to view porn, despite knowing it's hurting you

Brain rewiring begins to associate the following with Internet Pornography ...

- Being Alone
- Voyeurism
- Clicking
- Searching
- Multiple tabs
- Constant Novelty
- Shock and Surprise



Structural Brain Changes from Prolonged/Chronic Pornography Use ...

- Pleasure response are now numbed
(meaning usual, every day pleasures no longer satisfy)
- Hyper-Reactivity to porn
(everything else in life is boring, porn is exciting)
- Willpower erosion
(you can't stop, you need it to function)

Adults 40-50 years of age

- Recovery effects felt 1-2 months

Early/Mid 20's age

- Recovery effects felt 4-5 months



Arousal Addiction mimics...

- ADHD
- Social Anxiety
- Depression
- OCD



Substance Abuse



BEYOND THE YELLOW BRICK ROAD:

Our Children and Drugs

By **Bob Meehan**

Foreword by Tim Conway

Written by the "Father of Drug Intervention," this powerful book is the answer to drug prevention, abuse and recovery . . . a must for everyone concerned with saving a child's life.

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Knowledge

Communication

