



## For The Strength of Parents:

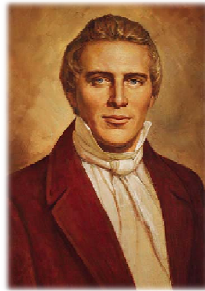
### Pornography & Sexual Purity

## We Don't Even Have a Pornograph

“Pornography is evil. I love the story told at the funeral of Henry Eyring’s father. When he was a young man coming across the border from the Mexican colonies to the United States, the customs man said, “Son, do you have any pornography in your suitcase or trunks?” He responded, “No sir, we don’t even own a **pornograph**.” It’s wonderful to be that pure and naive. We know pornography is addictive and destructive” (Vaughn J. Featherstone, “One Link Still Holds,” *Ensign*, Nov. 1999, 13).

## The Plaguing Sin of This Generation

“The plaguing sin of this generation is sexual immorality. This, the Prophet Joseph said, would be the source of more temptations, more buffetings, and more difficulties for the elders of Israel than any other (see *Journal of Discourses*, 8:55).



## The Danger of Sexual Impurity

“President Joseph F. Smith said that sexual impurity would be one of the three dangers that would threaten the Church within— and so it does (See *Gospel Doctrine*, 312-313).

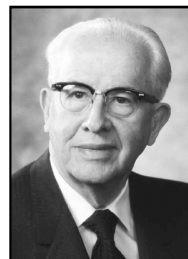
“If we are to cleanse the inner vessel, we must forsake immorality and be clean” (President Ezra Taft Benson, *Ensign*, May 1986, 4-5).

## What Is Satan’s Greatest Threat Today?

“Satan’s greatest threat today, is to destroy the family, and make a mockery of the law of chastity and the sanctity of the marriage covenant” (President Harold B. Lee, *Church News*, 19 August 1972, 3).



## We Must Call A Spade a Spade!



“Sexual immorality is a viper that is striking not only in the world, but in the Church today. Not to admit it is to be dangerously complacent or is like putting one’s head in the sand” (President Ezra Taft Benson, *God, Family, Country*, 239-240).

## Living in a Bubble

“Recently, a young man commented that if he quit reading books, watching television, seeing movies, reading newspapers and magazines, and going to school, there was a chance he might live a clean life. This explains, in large part, the extent to which the insidious evil of sexual promiscuity has spread . . .” (President Ezra Taft Benson, *Teachings of Ezra Taft Benson*, 409 410).



## What is Pornography?

***“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. Using pornographic material in any way is a violation of a commandment of God: “Thou shalt not ... commit adultery ... nor do anything like unto it” (**D&C 59:6**). It can lead to other serious sins. Members of the Church should avoid pornography in any form and should oppose its production, distribution, and use.

## Pornography is Tragically Addictive

“Pornography is tragically addictive. Like other addictions, it leads people to experiment and to seek more powerful stimulations. If you experiment with it and allow yourself to remain caught in its trap, *it will destroy you, degrading your mind, heart, and spirit. It will rob you of self-respect and of your sense of the beauties of life. It will tear you down and lead you to evil thoughts and possibly evil actions. It will cause terrible damage to your family relationships.*”

## Pornography Will Ruin Your Life

“Because of the addictive nature of pornography and the harm it can cause to body and spirit, servants of God have repeatedly warned us to shun it. If you are caught in the trap of pornography, stop immediately and seek help. Through repentance, you can receive forgiveness and find hope in the gospel. *Go to your bishop or branch president for counsel on how to overcome your problem, and seek healing through the Atonement of Jesus Christ.* Ask the Lord to give you the strength to overcome this terrible addiction. (*True to the Faith*, Pornography, 117–18).

## Pornography is Dangerous and Addictive

“Pornography in all its forms is especially dangerous and addictive. What may begin as a curious indulgence can become a destructive habit that takes control of your life. It can lead you to sexual transgression and even criminal behavior. *Pornography is a poison that weakens your self-control, changes the way you see others, causes you to lose the guidance of the Spirit and can even affect your ability to have a normal relationship with your future spouse*” (*For the Strength of Youth*, 17-19; emphasis added).

## Pornography Worse Than Most Addictions

“Pornographic or erotic stories and pictures are worse than filthy or polluted food. ***The body has defenses to rid itself of unwholesome food. With a few fatal exceptions, bad food will only make you sick but do no permanent harm. In contrast, a person who feasts upon filthy stories or pornographic or erotic pictures and literature records them in this marvelous retrieval system we call a brain. The brain won't vomit back filth. Once recorded, it will always remain subject to recall, flashing its perverted images across your mind and drawing you away from the wholesome things in life***” (Dallin H. Oaks, *Challenges for the Year Ahead* (pamphlet, 1974), 4–5; reprinted in [Things They're Saying](#), *New Era*, Feb. 1974, 18).

## Pornography is “Hyper-addictive”

Pornography is also addictive. It impairs decision-making capacities and it "hooks" its users, drawing them back obsessively for more and more. A man who had been addicted to pornography and to hard drugs wrote me this comparison: **"In my eyes cocaine doesn't hold a candle to this. I have done both. . . . Quitting even the hardest drugs was nothing compared to [trying to quit pornography]"** (letter of Mar. 20, 2005)" (Dallin H. Oaks, "Pornography," *CR*, April 2005, ).

## The “Business” of Pornography

"I recently read that pornography has become a **\$57 billion industry worldwide**. Twelve billion of this is derived in the United States by evil and "conspiring men" (see [D&C 89:4](#)) who seek riches at the expense of the gullible. **It is reported that it produces more revenue in the United States than the "combined revenues of all professional football, baseball and basketball franchises or the combined revenues of ABC, CBS, and NBC"** (President Gordon B. Hinckley, "A Tragic Evil Among Us," *Ensign*, Nov. 2004, 59; emphasis added).



## More Good News

- "One in five children ages 10–17 [has] received a sexual solicitation over the Internet. . . ."
- "Three million of the visitors to adult websites in September 2000 were age 17 or younger."
- **"Sex is the number 1 topic searched on the Internet"** (NCPCE Online, "Current Statistics," Internet, <http://www.nationalcoalition.org/stat.html>).
- **An estimated 400 new porn sites are added to the internet daily** (source: Victor Cline, *Deseret News* Article, *BYU Conference*, 2/8/01).

## More Statistics

- **The 12-17 age group is the largest consumer of Internet porn.**
- More than **60 percent of companies have disciplined - and more than 30 percent have terminated - employees for inappropriate use of the Internet.** (Source: The Center for Internet Studies)
- **As of September 2000, children were spending 65% more of their time viewing pornography sites than they did on game sites**
- 85% of kids surveyed said their parents didn't know what they did on the Internet
- US phone companies estimate 70% of the 500,000 daily calls to dial-a-porn are made by minors who obtain much of their contact information from the Internet
- An estimated 70% of all pornography ends up in the hands of children

## Survey Says

- **Do you consider yourself addicted to pornography?**  
Yes - 75 %  
No - 20 %  
I know someone who might be - 5 %
- **Who was the first person you told about your addiction?**  
Spouse: 15%  
Clergy: 7%  
Professional Counselor: 3%  
Family member other than spouse: 2%  
Other: 11%  
I've never told anyone: 62%
- **How often do you view porn?**  
Daily: 52%  
Weekly: 36%  
Monthly: 9%  
Every few months: 2%  
Yearly or less: 1%

## Survey Says

- **How old were you when you first got hooked?**  
Under 5: 1%  
5 - 10: 9%  
11 - 15: 45%  
16 - 20: 25%  
21 - 30: 13%  
31 - 40: 4%  
41 - 50: 2%  
Over 50: 1%
- **What is your current age?**  
Under 18: 18%  
18-29: 32%  
30-44: 28%  
45-60: 20%  
Over 60: 2%
- **Is your sexual addiction limited to pornography and/or masturbation?**  
Yes: 85%  
No: 15%
- **Do you consider yourself to be religious?**  
Yes: 72%  
No: 28%

### Pinpointing the Target:

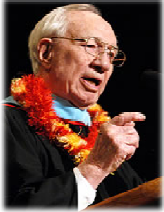
Present Day	Vietnam War	World War II
		
F-117	F-105	B-17
1 Sortie Needed to destroy target	95 Sorties needed to destroy target	4500 Sorties needed to destroy target
1 Bomb Needed to destroy target	190 Bombs needed to destroy target	9,000 bombs needed to destroy target
Accuracy: within feet	Accuracy: 100's of feet	Accuracy: 1,000's of feet

### Satan is at War with Law of Chastity

- **World War II Era**, Thousands of feet: a store that sells pornographic magazines
- **Vietnam Era**, Hundreds of feet: the VCR and movie rental stores on every corner
- **Stealth Era**, Within feet: Unfiltered internet, cable, and Satellite Access in each individual home, room, or desk.
- Satan can park a smart bomb right on your desk.

### Stay Away from Pornography

***“Stay away from pornography! Avoid it as you would a terrible disease. It is a consuming disease. It is addictive.*** It gets hold of men and grasps them until they can scarcely let it go.... These magazines, these video tapes, these late night programs, you don't need them. They will just hurt you, they won't help you. ***They will destroy you,*** if you persist in looking at them” (President Gordon B. Hinckley, *Teachings of Gordon B. Hinckley*, 463).




### Pornography Destroys Individuals and Families

“One of the most damning influences on earth, one that has caused uncountable grief, suffering, heartache, and destroyed marriages is the onslaught of pornography in all of its vicious, corroding, destructive forms. ***Whether it be through the printed page, movies, television, obscene lyrics, the telephone, or on a flickering personal computer screen,***


### Pornography Destroys Individuals and Families (Cont.)

“pornography is overpoweringly addictive and severely damaging. ***This potent tool of Lucifer degrades the mind, heart, and the soul of any who use it. All who are caught in its seductive, tantalizing web and remain so, will become addicted to its immoral destructive influence***” (Richard G. Scott, *Ensign*, May 2000, 36).



### Pornography Has Spread Like Wildfire

“In recent years pornography has spread like wildfire. We are exposed to it daily. ***Pornography is as addictive as many substances we would not even consider taking into our bodies. The consequences of pornography are catastrophic.*** Keep in mind Satan does not want us to be happy or successful in our Aaronic Priesthood ministry. Make no mistake, he wants us to be miserable. His goal is to capture our hearts by enticing us to participate in terrible things such as pornography.



## Wildfire (Cont.)

***“Stay away from it. We must discipline ourselves to avoid books, magazines, music, pictures, videos, DVDs, movies, Internet sites, television programming—anything that contains pornography or sensual material. Pornography and priesthood are not compatible. Respect the priesthood; call a permanent time-out to any pornographic influence”*** (H. David Burton, “Honoring the Priesthood,” *CR*, April 2000).

## Consequences of Pornography

“Every ounce of pornography and immoral entertainment will cause you to lose a pound of spirituality.” (Joseph B. Wirthlin, *BYU Speeches*, “Little Things Count,” (1986-87), 64-73).



## How Will It Affect Your Mission



- Inability to teach by the Spirit
- Not focused in thoughts
- Power to reduce temptation decreased
- Light-mindedness
- Leads to other temptations

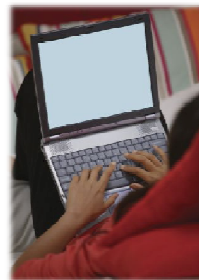
## Consequences of Pornography

- It is a perversion of normal love and affection and vulgarizes sacred procreative power
- Continued involvement changes normal thoughts and attitudes regarding male and female relationships
- It weakens the users spiritual strength, personal life, marriage, and family relationships
- It destroys an individuals sense of self-worth
- It isolates users from their families, society, and the Church
- Some men have lost everything: their spouse, their children, and their careers.

## Trapped in the Addiction

“And everyone is vulnerable—even good people. In spite of the significant risks in voluntarily exposing oneself to this kind of material, ***I see many people who feel they are the exception. They feel they can journey into the sewer and somehow come out still smelling like a rose. Some feel that if they can indulge in “adult materials” without their wives and children ever finding out, they can escape any negative effects. But the laws of learning apply to us all”*** (Victor B. Cline, “Obscenity: How It Affects Us, How We Can Deal with It,” *Ensign*, Apr. 1984, 32).

## Physiological Changes



When you view those pictures, and subsequently, have “immoral thoughts,” not only is your mind impacted, but your whole system. ***Visual or cognitive concentration on a sexual image immediately begins to release several of the body’s powerful hormones, which create a desire for more sexual feelings. Young men, you must not lust; and you must not entertain immoral thoughts.***

## Jacob 2 Lessons from Jacob on Sexual Sin

31 For behold, I, the Lord, have seen the sorrow, and heard the mourning of the daughters of my people in the land of Jerusalem, yea, and in all the lands of my people, because of the wickedness and abominations of their husbands.

32 And I will not suffer, saith the Lord of Hosts, that the cries of the fair daughters of this people, which I have led out of the land of Jerusalem, shall come up unto me against the men of my people, saith the Lord of Hosts.

33 For they shall not lead away captive the daughters of my people because of their tenderness, save I shall visit them with a sore curse, even unto destruction; for they shall not commit whoredoms, like unto them of old, saith the Lord of Hosts.

## Principle of Lusting

“Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart” (Matthew 5:28).

“And verily I say unto you, as I have said before, he that looketh on a woman to lust after her, or if any shall commit adultery in their hearts, they shall not have the Spirit, but shall deny the faith and shall fear” (D&C 63:16).

## The Principle (Continued)

“For our words will condemn us, yea, all our works will condemn us; we shall not be found spotless; and our thoughts will also condemn us; and in this awful state we shall not dare to look up to our God; and we would fain be glad if we could command the rocks and the mountains to fall upon us to hide us from his presence” (Alma 12:14).

Note: Our Thoughts, words, and deeds condemn us!

## A Prophet's Plea

**“I plead with you boys ... to keep yourselves free from the stains of the world. You must not indulge in sleazy talk at school. You must not tell sultry jokes. You must not fool around with the Internet to find pornographic material. You must not dial a long-distance telephone number to listen to filth. You must not rent videos with pornography of any kind. This salacious stuff simply is not for you. Stay away from pornography as you would avoid a serious disease. It is as destructive. It can become habitual, and those who indulge in it get so they cannot leave it alone. It is addictive.**

## Prophet's Plea (Cont.)

“It is a five-billion-dollar business for those who produce it. They make it as ... attractive as they know how. It seduces and destroys its victims. It is everywhere. It is all about us. I plead with you young men not to get involved in its use. You simply cannot afford to.

“The girl you marry is worthy of a husband whose life has not been tainted by this ugly and corrosive material” (President Gordon B. Hinckley, *Ensign*, May 1998, 49).

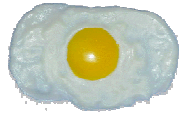
## Avoiding Pornography Like the Plague

Contrast Joseph (Genesis 39:9) and David (2 Samuel 11).

- Lot and his family initially placed their tent *facing* Sodom. It was only one chapter later when they were living *in* Sodom. (Genesis 13:12; 14:12).
- Lot's wife's desires; she not only turned to look, she was longing to return because of what was there.
- We need to Run!

## Esau Awakenings

“No really intelligent person will burn a cathedral to fry an egg, even to satisfy a ravenous appetite” (Dr. Henry A. Bowman, as cited in Hugh B. Brown, *The Abundant Life*, 67).



## Preventing Pornography Addictions

1. An ancient Japanese proverb states, “A problem, clearly identified, is half the solution.”
2. Once you recognize that you have a pornography problem, make an appointment to see your Bishop.
3. Do not view R-rated or even some PG-13 movies or videos.
4. Monitor internet use; have a filter if necessary.
5. Eliminate all forms of pornography from your home
6. Do not have a computer, TV, or VCR in your bedroom. If you do, ask your parents to remove it, or remove it yourself.
7. Be careful of the shows you watch on Television; minimize TV viewing.

## Preventing Pornography Addictions

5. Follow the Prophet’s standards on dating.
6. Be careful regarding the magazines you view.
7. Learn to control your thoughts; don’t dwell on sexually explicit thoughts.
8. It’s natural to look at beautiful girls; look horizontally, not vertically.
9. Identify “Trigger Points.”

## Preventing Pornography Addictions

11. Immerse yourself in the words of the living prophets, the scriptures, and seek the Holy Spirit.
12. Pray sincerely
13. Make Commitments to Change



## Preventing Pornography Addictions

14. Practice strict eye control.
15. Practice strict thought control.
16. Overcome negative moods to reduce vulnerability.
17. Eliminate any relationships that encourage pornography use.
18. Strengthen or start new activities such as giving service to others, which will improve the quality of life and lead away from pornography use.

## The Lord Still Loves You



“I want you to know this, if you are struggling with this temptation and perhaps you have not quite been able to resist, the Lord still loves you” (Elder Boyd K. Packer, *To Young Men Only*, [Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1976]. 4).

## The Lord is Waiting for You

**“If your life is in disarray and you feel uncomfortable and unworthy to pray because you are not clean, don’t worry. [Heavenly Father] already knows all about that. He is waiting for you to kneel in humility and take the first steps” (Elder Richard G. Scott, “True Friends that Lift,” *Ensign*, November 1988, 77).**

