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Empower 2025 ArvadaOne Seminar

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YouTube: [ChattingWithAshly](https://www.youtube.com/ChattingWithAshly)

Podcast: Phoenix Forte: Connecting to Healing and Joy After Divorce

rejoicerecovery.org

“That Won’t Happen to My Kids”

Discerning Myth vs. Truth Around Pornography Use and Its Effects

Watch for healing metaphors that you can share with us



What patterns occur?

When do you feel successful?

When do you feel like you're not succeeding?

What was the biggest help?

Meanwhile

We'll play our own game!

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A

B



The surgeon said, "The man I'm operating on must be a magician.
When I reached in to pull out his appendix,
I got a _____ instead!"



The surgeon said, "The man I'm operating on must be a magician.
When I reached in to pull out his appendix,
I got a _____ **rabbit** _____ instead!"



The Old Woman who lived in a Shoe noticed her house looked a little dated. Instead of refreshing with paint, she bought _____.



The Old Woman who lived in a Shoe noticed her house looked a little dated. Instead of refreshing with paint, she bought shoe polish



School of _____

How
confident are
you in your
ability to
match/guess
the word?



5

"I've got this.
Got all them
right"



3

"Meh. I was
right and
wrong equally"



1

".....this might
not be my best
skill"

There once was a farmer who took a young miss
in back of the barnyard to give her a



There once was a farmer who took a young miss
in back of the barnyard to give her a

lecture

There once was a farmer
who took a young miss in
back of the barnyard to give
her a lecture

...on horses and chickens and eggs.
And told her that she had such beautiful



There once was a farmer
who took a young miss in
back of the barnyard to
give her a **lecture**

...on horses and chickens and eggs.
And told her that she had such beautiful

manners

There once was a farmer
who took a young miss in
back of the barnyard to
give her a [lecture](#)
on horses and chickens
and eggs.

And told her that she had
such beautiful [manners](#)

...that suited a girl of her charms.
A girl that he wanted to take in his



There once was a farmer
who took a young miss in
back of the barnyard to
give her a **lecture**
on horses and chickens
and eggs.
And told her that she had
such beautiful **manners**

...that suited a girl of her charms.
A girl that he wanted to take in his

washing and ironing

There once was a farmer
who took a young miss in
back of the barnyard to
give her a **lecture**
on horses and chickens
and eggs.

And told her that she had
such beautiful **manners**
that suited a girl of her
charms.

A girl that he wanted to
take in his **washing and
ironing**

And then, if she did,
they could get married and raise lots of

How
confident are
you in your
next guess?



5

"I've got this.
Got all them
right"



3

"Meh. I was
right and
wrong equally"



1

".....this might
not be my best
skill"

Did your confidence drop?

Why?

There once was a farmer
who took a young miss in
back of the barnyard to
give her a **lecture**
on horses and chickens
and eggs.

And told her that she had
such beautiful **manners**
that suited a girl of her
charms.

A girl that he wanted to
take in his **washing and
ironing**

And then, if she did,
they could get married and raise lots of

sweet violets

Myth #1

“I’m raising my kids the way my parents raised me – just say no and walk away. Worked for me. It will work for them.”

“In recent years...we have experienced a sea change in the variety and accessibility of pornography—sexual imagery has never been so anonymously and affordably accessed...in the last few decades, digital technology has removed pretty much every barrier to the manufacture, dissemination, and viewing of it.

Without question, we are in the midst of a digital porn explosion. And no, I’m not exaggerating when I use the word explosion. In their 2012 book, A Billion Wicked Thoughts, researchers Ogi Ogas and Sai Gaddam write:

In 1991, the year the World Wide Web went online, there were fewer than 90 different adult magazines published in America, and you’d have been hard-pressed to find a newsstand that carried more than a dozen. Just six years later, in 1997, there were about 900 pornography sites on the Web. Today, the filtering software CYBERsitter blocks 2.5 million adult Web sites.

If that doesn’t qualify as an explosion, I don’t know what does.”

The game has changed.

let's learn more about the actual game we're fighting

Current stats on pornography

- From a 2023 study by Common Sense Media
- Exposure happens by age 10 on average, ages 6-7 is common
- 3 out of 4 teens ages 13-17 have watched pornography either accidentally or on purpose
- Of the teens who watched on purpose, 59% view at least once a week
- 52% of teens who have seen pornography have witnessed violent/aggressive behaviors depicted including non-consensual, choking, someone in pain, etc.
- 45% of teens stated they felt pornography gives helpful information about sex
- Less than half of teens stated they have discussed pornography with a trusted adult but of those that have - more than half felt it was helpful and encouraged them to consider other factors

Myth #2

“Well, those studies probably do not include families like ours.
My kids are the exceptions.”

Current stats on pornography

- From a 2020 study titled, “Young People, Pornography, & Age Verification” found on truthaboutporn.org
- “There was a disconnect between parents’ perceptions of their children’s pornography viewing practices and the reality of children’s experiences:
- 75% of parents felt their child would not have seen pornography online; however,
- 53% of children said they had, in fact, seen pornography (this figure is likely to be higher in reality due to underreporting)
- Many parents said they were sure their daughters would not intentionally seek out pornography; however,
- Majority of girls interviewed reported having actively searched for pornography at some stage

Myth #3

‘Okay, maybe it’s my kids. But won’t talking about it just increase their interest in it and make it worse?’

Our sexual feelings are positive and have been given to us by God.

- When shared appropriately in marriage, these feelings help unite couples and create families.
- Open, loving dialogue with teenagers is critical. We all have natural curiosity about sex. Your goal as a parent is to provide knowledge and support. When teenagers feel like they can talk with a trusted adult, they are more likely to share their questions, experiences, and feelings.
- Many teenagers want to know why pornography is harmful. You might discuss how pornography portrays false relationships where people are shown as objects for manipulation rather than as real people with thoughts and emotions. You might also discuss how pornography interferes with a teenager's brain development as he or she is learning how to make decisions.
- if you don't talk to your children about sexuality, they will learn about it from another source. By having regular conversations with your children about important topics like healthy sexuality, you help them understand that you're someone safe to approach.
- ***The home is the ideal place for children to learn about and discuss sexuality.***

Myth #4

“Alright, I get it, my kids have probably been exposed, if not actively choosing to engage, and talking about it is critical – so we should jump right to an addiction recovery program to get help”

Not all who use are addicted

- Exposure: usually accidental
- Occasional Use: not accidental, exploring due to curiosity
- Intensive Use: intentional access to experience sensation
- Compulsive Use: almost no choice to access to escape from big emotions/difficulties
- Addiction: continued compulsive use despite negative effects or consequences

Let's check-in, how's it going?



What patterns occur?

When do you feel successful?

When do you feel like you're not succeeding?

What was the biggest help?

Any metaphors you've learned?



Myth #5

“Yep. This is terrible. We have to solve it all NOW!”

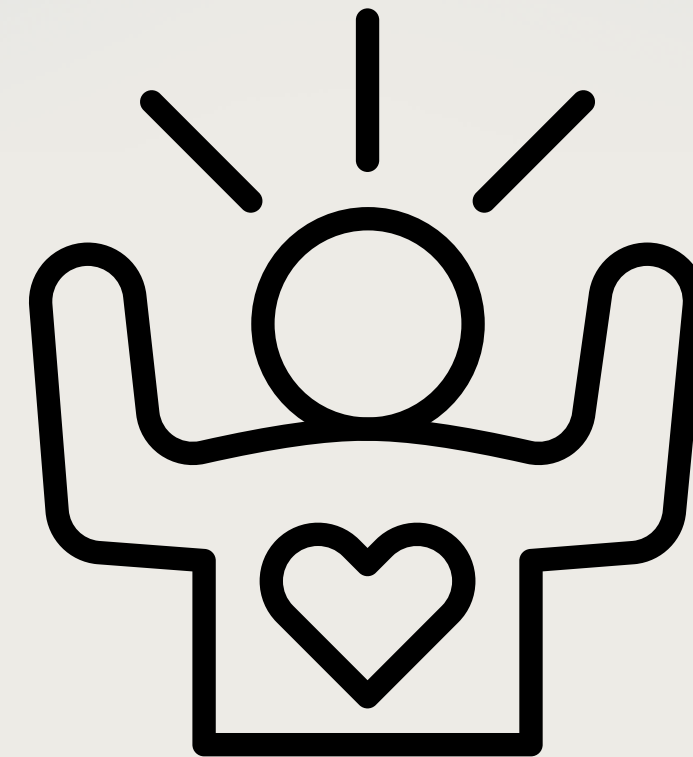
Two main focuses for you

Satan uses pornography to attack two vital areas:



Understanding of
healthy relationships

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Understanding of
self-worth

Teach what healthy relationships look and feel like



1. Mutual consent

In any activity, both people are able to say no
AT ANY POINT
But both people happily say yes
THIS IS CONSENT.



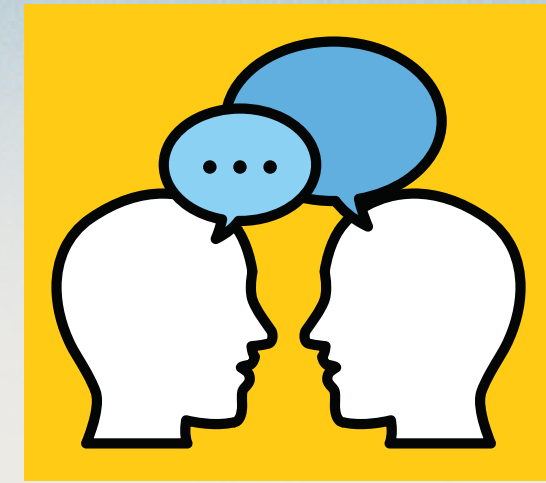
2. Increases mutual esteem for self and other

Both people feel good about themselves and good about the other person.



3. Mutually safe, honest, and trustworthy

Both people are open, honest, transparent, and vulnerable.



4. Present, in the moment together

Both people are usually engaged not usually distracted.

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5. Mutual Understanding and Forgiveness

Both people acknowledge that it's okay for things to not be perfect. It's real.
Both adjust to be better next time.



6. Mutually Playful

Both can be light and fun together without one feeling mocked, lost, or uncomfortable.



7. Partners in the experience - not an individuals

Both people are in tune with the other's emotions and respond with empathy.



8. Mutually respectful of boundaries

Both people express and honor their own boundaries and the boundaries of the other.

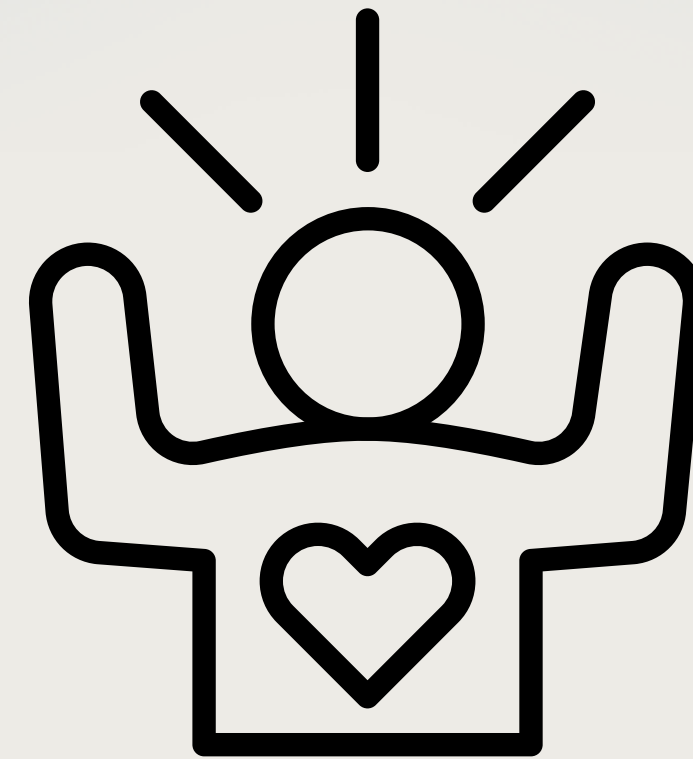
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Respond with love.

Teach with love.

Express your love.

Show your love.



Additional Resources



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