Mindful Continuing Education

Pornography, Violence, and Sexual Exploitation

Abstract

1. As a result of ongoing technological advances, those in the pornography industry are able to use algorithms to target potential consumers, to cultivate new sexual tastes, and to deliver content to a more diverse audience over mobile devices.

A. True
B. False

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2. Each of the following is an accurate statement about the evolution of the pornography industry EXCEPT:

A. As the increasingly brutal fantasies represented in pornography continue to inform expectations for sexual experiences, the evidence for the detrimental consequences of this also proliferates
B. The promotion of sexually risky practices to adolescents through pornography has a material impact on sexual health as well as social well-being
C. Fantasies encouraged by ‘pseudo child porn’ genres engender a sexual interest in genuine child exploitation material (CEM), which in turn increases the risk of contact abuse for children
D. The long-term effects of exposure to extreme sexual content by adolescents through a variety of media has been extensively researched and documented

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3. Concerns about the effects of pornography relate to its influence on culture, how it impacts individual physical and mental health, and:

A. How it perpetuates toxic misconceptions about sexuality
B. The way it shapes intimate relationships
C. The reality that it is becoming increasingly violent and degrading
D. The myth that it is portrayed and produced in a manner that is “always consensual”

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4. A weighty body of evidence contends that while detrimental misinformation is at the heart of the “health crisis of the digital age,” pornography is gaining recognition as a significant concern.

A. True
B. False

Hardcore Pornography is Now Mainstream

5. As the pornography industry has evolved and grown, “soft-porn” has been increasingly replaced by “gonzo” or “wall-to-wall” pornography, characterized by nonstop sexual acts with no attention to plot, that feature up-close camera involvement in the sexual activity and/or point of view (POV) camera angles.

A. True
B. False

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6. According to Dr. Gail Dines, who analyzed the content of gonzo pornography, each sex act is designed to:

A. Normalize sexual pathology
B. Enhance the sexual appetite
C. Eroticize the power imbalance depicted between men and women
D. Manipulate the perception of intimacy

Sexual pathology normalized

7. The normalization of formerly fringe sexual practices feeds a cultural narrative which celebrates and demands free sexual expression for the individual, and this has created a situation in which even those who may have nothing to do with pornography themselves may be affected by the behaviors of those who re-enact the sexual scripts of pornography.

A. True
B. False

Pornography as the Agent of Change in Sexual Behaviors

8. In addition to the age, gender, maturation, and sexual experience of the viewer, other variables that may influence pornography viewing include current emotional state, family circumstances, personality, and:

A. Cultural background
B. Education level
C. Physical well-being
D. Pre-existing psychopathology

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9. In contrast to western societies where pornography has been normalized for many years, when pornography is introduced quite suddenly to an indigenous culture it may be possible to identify more easily the ways in which women’s status is damaged.

A. True

B. False

Choking in Popular Culture

10. Proponents of choking as sex play dispute the notion that this practice promotes female powerlessness and male dominance because in popular culture the sexual practice of women choking men is as common as men choking women for the erotic thrill.

A. True
B. False

Pornographic “Fantasy” Informing Reality

11. By introducing interactive toys and physical sensation to heighten the degree of concordance between the viewer’s sensory responses and the world of manufactured sexual fantasy presented on a screen, virtual reality pornography makes it even harder for a consistent user to distinguish between the world of pornographic fantasy and the real world.

A. True
B. False

Molding Adolescent Sexuality

12. Which of the following is NOT a correct statement about pornography and the brain?

A. Prolonged exposure to pornography creates “arousal addiction”, whereby regular pleasure responses to sex become numbed in favor of novelty provided by internet pornography
B. Scientists now recognize that as well as producing drug-like chemical rewards for the brain, pornography used as a masturbatory aid produces a “deeply satisfying state of focused attention” that is ideal for forming strong and enduring neuronal pathways, particularly in adolescents
C. The continual novelty offered by internet pornography differs qualitatively to regular sexual encounters in that it fuels the production of abnormally high levels of serotonin
D. With repeated use, the association between pornography and erotic response may become so well-established as to over-ride even the reward system that would normally make real-life sexual contact stimulating

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13. In addition to compounding the feelings of social isolation and exacerbating anti-social behaviors, frequent consumption of pornography by adolescents is associated with stronger preoccupation with sex to the exclusion of other thoughts and with high levels of distraction.

A. True
B. False

Heteroanal Sex

14. Research among high school students in Australia indicated that hypersexualized imagery and pornographic themes have made sexual exploration almost impossible because rather than learning about intimacy, friendship, and love, young people are exposed to:

A. Aggression and negativity
B. Physical and psychological damage
C. Pathology and unrealistic expectations
D. Cruelty and humiliation

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15. Current popular blogs and magazine articles that encourage heteroanal sex as a normal component of sexual exploration often warn of health risks associated with it, especially for young people.

A. True
B. False

Multiple Partner Sex

16. One study of women aged 14-20 years old found that multiple partner sex was associated with cigarette smoking, sexual initiation prior to age 15, dating violence victimization, childhood sexual abuse victimization, past-month pornography exposure, and:

A. Suicidal ideation and behavior
B. Substance misuse
C. School failure
D. Poor peer relationships

Pornography Endangers Children

17. As well as those with an established, exclusive sexual interest in children, Child Exploitation Material (CEM) communities are also attracting members who are not consistently pedophiliac but who are searching for more extreme pornographic material.

A. True
B. False

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18. Legal “Pseudo Child Pornography” (PCP) sites act as socializing agents for their users by constructing ideologies that normalize children as legitimate sexual partners for adult men and by providing:

A. Authentication
B. Anonymity
C. Inclusion
D. Exclusivity

Fueling Further Abuse of Children

19. Actual rates and prevalence of consumption of CEM is unknown since highly illegal activity is obscured using sophisticated technologies to protect vast online networks and communities of users under the relative protection and anonymity of the darknet.

A. True
B. False

Conclusion

20. Although it is well known that exposure to pornography can change sexual behaviors and expectations, the harmful consequences of pornography’s proliferation cannot be clearly discerned in cultural and attitudinal change.

A. True
B. False

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