

Do you think you're alone when it comes to being fascinated with pornography? You're not. Dana Brown Smith is standing proudly next to you. She's made the journey through fascination with porn.

The change came when she became aware that what started as simple titillation turned into more. She saw that women who viewed sexually explicit materials were ingesting images that promoted sexually deviant behavior and de-emphasized the belief in love, commitment, marriage, and family. As these realizations awakened, she looked for, found, and implemented methods for regaining control of her choices and her life. She did it consciously and deliberately—and what she learned can assist you, whether you're just feeling guilty (she'll assure you that's not necessary), or you're feeling trapped.

In *Girls Watch Too!* you will discover:

- How familiarity breeds emulation when consuming pornography
- The unintended and not-so-pleasant effects of pornography consumption on romantic relationships
- How to identify and manage those “triggers” that lead to the desire to watch pornography
- Ways to recognize and/or prevent teenage porn consumption with your children
- Techniques for creating a climate of compassion if your spouse is struggling with porn

- Methods for recognizing and overcoming a porn habit *without judgment or condemnation*

Filled with entertaining anecdotes, the book tackles a variety of issues ranging from the accessibility of porn, the business of porn, and the emergence of porn in the workplace to the influence of sexually explicit materials on our pop culture, cell phones, video games and social networking sites. It is solidly based on a foundation of experience and proven effective techniques. And in the unique bonus section you will learn how to utilize uplifting spiritual and scriptural tools and strategies to discourage porn consumption and maintain porn abstinence.

Far from a serious, clinical text, the tone is warm and conversational and tackles a difficult subject in an honest and non-judgmental way so that any woman who watches pornography can break free of the compulsion it may have over them.

About the Author

Dana Brown Smith is a hands-on, feet-to-the-fire advocate for freedom from fascination with pornography. Drawing on her own personal involvement with porn and her professional experience as an expert in investigating and responding to sexual harassment claims in the workplace, she brings an in-depth and well-rounded perspective to the conversation on the effect of pornography, especially as it relates to women.



In addition to being a frequent blogger on Huffington Post, Dana volunteers around the world serving those in need of basic living assistance. She works, writes, and lives in Los Angeles, a stone's throw from the epicenter of America's porn industry.

Girls
watch too!

Female Fascination with Porn: Why You
Should Care and What You Can Do About It

Girls watch too!

Dana Brown Smith



Bellflower, CA

Copyright © 2015 by Dana Brown Smith



Exalted Publishing
15545 Bellflower Blvd., Ste. C,
Bellflower, CA 90706

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, except in the case of brief quotations embodied in critical articles and reviews, without prior written permission of the publisher.

The information provided in this book is sold with the knowledge that the publisher and author do not offer any legal or other professional advice. In case of a need for any such expertise please consult with the appropriate professional. Every effort has been made to make this book as accurate as possible. This book should serve only as a general guide and not as the ultimate source of subject information. The author and publisher shall have no liability or responsibility to any person or entity regarding any loss or damage incurred, or alleged to have incurred, directly or indirectly, by the information contained in this book.

Printed in the United States of America

Publisher's Cataloguing-in-Publication Data

Smith, Dana Brown.

Girls watch too! : female fascination with porn -- why you should care and what you can do about it / Dana Brown Smith. -- First edition. -- Bellflower, CA : Exalted Publishing, 2015.

pages ; cm.

ISBN: 978-0-9864185-1-8 (trade) ; 978-0-9864185-0-1 (ebook)

Summary: Research shows that women are viewing pornography at a rapidly increasing rate. If you are among women who watch and are concerned--even alarmed--that you can't stop, in "Girls Watch Too!" you will find hope ... and help. Coming from the experience, mind and heart of a woman who was caught in a fascination with porn, the book challenges traditional thinking of guilt, shame and condemnation. If you would like to step free, you will find a practical path of psychological, emotional and, in the bonus section, scriptural/spiritual techniques to doing just that.--Publisher.

1. Women and erotica. 2. Women--Sexual behavior. 3. Women --Psychology. 4. Pornography--Psychological aspects. 5. Pornographic films--Psychological aspects. 6. Internet pornography--Psychological aspects. 7. Sex (Psychology) 8. Sex addiction--Treatment. 9. Sex addicts--Rehabilitation. 10. Self-help techniques. 11. Self-help techniques--Religious aspects. 12. Sex addiction--Treatment--Religious aspects. I. Title. II. Title: Female fascination with porn.

HQ471 .S65 2015
363.4/7--dc23

2015900674
1502

Book Consultant: Ellen Reid
Cover Design: Lisa Hainline
Interior Design: Ghislain Viau

*To my critique group:
Thank you for your feedback, encouragement
and unwavering support.*



Table of Contents

	Introduction	1
Chapter One	♦ Handbags, Belts, and Porn, Oh My!	5
Chapter Two	♦ Fancy Meeting You Here	13
Chapter Three	♦ My Kid's Watching What?!	25
Chapter Four	♦ The Talent	35
Chapter Five	♦ You, Me, and Your Porn Habit	43
Chapter Six	♦ Looked or Hooked?	53
Chapter Seven	♦ Spiritual Cleanse	65
Chapter Eight	♦ Impure Spirits	79
Chapter Nine	♦ Parishioners Watch Too!	95
	Appendix	111



Introduction

Not long ago I attended a business networking meeting. You know those groups where you meet for breakfast and share leads with other professionals in your industry? This particular morning I was visiting with a new chapter and everyone was asked to introduce themselves, their businesses, and share with the group something that others might not know about them. I could sense the excitement as this group of high achievers regaled the room with stories of their extreme hobbies, exotic travels, and personal accomplishments.

As the introductions made their way toward my side of the room, I quickly sifted through my mental Rolodex of interesting facts. What could I say that would be memorable to the group? I could share that I've traveled to multiple international destinations as a short-term missionary, but others had already talked about their extensive travel experiences. I could share that I've run a half-marathon, but someone

Girls Watch Too!

else had already proclaimed this accomplishment—and for a full marathon, no less.

Shaken from my thoughts, the meeting host motioned for me to stand and face the room. Still undecided about what I would say, I quickly bounced up out of my seat to address the group. Before I could catch myself, I blurted out in an excited tone, “I’m passionate about porn!” Everyone in the room stared at me in suspended animation for what seemed like an eternity until someone yelled, “Yes!” and started to clap. At this point the room erupted into laughter. After the group settled down, I went on to explain that I’m passionate about those who struggle with pornography compulsions, particularly women.

What I didn’t share that day was that I’ve had my own personal struggles with pornography consumption, hooked on its intoxicating images and themes. As a woman of faith, I struggled with a duplicitous lifestyle, torn between doing what I was raised to believe was right, but unable to resist what I felt spiritually was wrong. It’s been over five years since I kicked the porn habit. Before my turning point, I hid my habit in silence. Now, I’m compelled to not only share my story, but to present a different perspective on this very important issue.

And so I’ve written this book. However, this is *not* a clinical study of the effects of pornography consumption,

Introduction

nor is it a discussion of the impact molestation or rape has on a woman's sexual thoughts, patterns, or behaviors. While these are crucial aspects of pornography compulsions, I simply do not have the expertise or personal experience to address them. If that is what you're looking for, there are some outstanding resources available on these subjects. In fact, I've listed them in the appendix.

Instead, I wrote this book because I noticed something intriguing from my experiences with women who I know personally and those I know indirectly. Women of all walks of life and faith are consuming pornography at increased levels. As I began to research this phenomenon, I learned that there are a variety of reasons why porn and erotica are on the rise. Many do it as a means of self-stimulation, to indulge a fetish, or because they feel it will improve their performance in the bedroom. For some, the desire to connect with pornography is birthed out of a past sexual abuse; for others it's a form of entertainment, just like watching a sitcom or reality TV show.

Whatever the impetus, female pornography consumption is trending. And even with the negative themes often portrayed in pornography such as a de-emphasis on commitment and marriage, as well as the objectification of women, I still encountered story after story of women viewing and reading sexually explicit material. And for those whose connection to porn had become compulsive, I found that

Girls Watch Too!

there are limited resources available to assist them with changing their behavior.

So here it is: a non-confrontational and non-judgmental exploration of female pornography consumption. In this book we're going to look at pornography from a woman's point of view. We'll explore its accessibility, the impact it has on our relationships and families, and its emotional and spiritual effects. I'll even provide tools and strategies to break a porn habit for those interested.

This book was written for women who are struggling with porn and want to stop. This book was also written for women who are actively engaged with porn and have no desire to stop. And if you're thinking, *I don't watch porn*, or *I'm not a woman*, but you *are* interested in this topic, by all means, continue reading! ■



Chapter One

Handbags, Belts, and Porn, Oh My!

There was something mysterious about the black box my parents brought home and attached to our 1970's television set. To the delight of me and my friends, we were one of the first families in the neighborhood to have what was called "ON TV." With this amazing new invention, we could watch movies without commercial interruption. And not just the old films played on the major networks. No, this was the good stuff—movies that had recently been shown at the drive-in theater. It was as if our television set had received a major overhaul.

It didn't take long for me and my friends to discover that certain channels were blocked. After some investigation, we realized that one of those channels showed peculiar images

Girls Watch Too!

late at night. Though there was no sound, if we watched intently through the fuzz, snow, and big squiggly lines, we could make out the body parts of men and women playing a strange game of Twister with no clothes on. This was my first exposure to pornography.

The dictionary defines *pornography* as “the depiction of erotic behavior intended to cause sexual excitement.”¹ This is a broad definition. More specifically, pornography includes forms of books, art, pictures, magazines, and video. It can be soft-core (mostly foreplay and erotic storyline with simulated sexual intercourse) or hard-core (graphic depictions of sex acts with sexual penetration). Pornography has many genres, such as bondage, voyeurism, and exhibitionism; it often depicts a wide variety of sexual partners, including sex between men and women, men and men, women and women, group sex, sex with strangers, and sex with forbidden partners.

Pornography is easy to access via magazines, books, cable/satellite TV, and the big kahuna—the Internet. It’s also found in unlikely places such as video games, online social-networking communities, workplace computers, and even cell phones. Consider the following: Each year, I get together with a group of friends I’ve known since childhood for a Christmas luncheon. I love the excited laughter, warm hugs, and sharing family photos.

Handbags, Belts, and Porn, Oh My!

On one particularly year, we were all dressed to impress, and my friend Taylor was no exception as she showed off an exquisite belt crafted from hand-cut glass, fastened together with a jewel-encrusted band (with a price tag equivalent to one month's rent for a two-bedroom apartment). However, the showstopper for me was not Taylor's bling-bling belt, but the surprise that our friend Jamie shared with us on her cell phone. Here we were in an upscale restaurant huddled around a tiny screen trying to make out the grainy images in a twenty-second video. Even in low resolution, it was obviously porn. Although we all erupted in a fit of laughter, I wondered, *Do lots of women carry sexually explicit materials on their phones just like pictures of their children?* No longer limited to desktop computers or television, these days porn is carried around in pockets, backpacks... even in Louis Vuitton handbags.

Pornography is big business. Producers of porn websites are making hefty sums, oftentimes with little overhead and small start-up capital. To make a profit, some sites charge a nominal subscription fee to view content; however, others offer their content for free and rely on the heavy traffic to generate advertising dollars.

Revenues generated by the adult entertainment industry are difficult to calculate and include earnings from the Internet, adult video sales, adult video rentals, pay-per-view, cable/satellite TV, mobile phone sex, exotic dance clubs,

Girls Watch Too!

sex toys/novelties, and magazines. Big hoteliers are also making huge profits from porn with guests who purchase in-room sexually explicit movies. While numerous articles estimate annual industry revenues of between ten and thirteen billion dollars during the mid-2000s, it's difficult to identify the source of those figures. How much capital does the industry truly generate? It's hard to tell; however, as free online content continues to rise in popularity, coupled with the rise in Internet piracy of professionally produced adult videos, estimated annual industry revenues have and will continue to fall.

As pornography grows in popularity, its impact reaches multiple demographics and age groups. In a 2006 study of 563 college students, 72.8 percent of participants had seen online pornography before age 18, with most exposure beginning between the ages of 14 to 17. While it's difficult to generalize the results of this study, researchers do suggest that if student responses are typical, a young person's exposure to porn is a normative experience.² In a 2014 national survey conducted by the Barna Group, 2 out of 10 women aged 18 to 30 report viewing pornography at least monthly while women aged 30 to 41 are viewing at an increased rate of 42 percent.³

Over the years, the U.S. Congress has made many attempts to block distribution of and access to sexually explicit materials. The Comstock Act of 1873 made it a crime

Handbags, Belts, and Porn, Oh My!

to circulate obscene literature and articles of immoral use.⁴ In 1970, the federal government appointed the Lockhart Commission to study the effects of obscene material on violent behavior. While the results of the study affirmed the belief that pornography should not be sold to children, the commission found no link between pornography, crime, or delinquent activities in adults or youths; they therefore recommended the relaxation of legal restrictions on the use of all mediums of pornography.⁵

Sixteen years later, the Meese Commission released an exhaustive report concluding the opposite of the 1970 study and found that substantial exposure to degrading pornography can lead to conduct that is sexually violent, aggressive, and/or coercive.⁶

Pornographic films (and non-sexual movies, too) can depict dangerous and offensive themes. Take, for instance, content created by the now defunct production company Extreme Associates that depict naïve preteen girls being convinced to have sex with adult men. Or consider the psycho-slasher flick that portrays women being raped, strangled, suffocated, beaten, and urinated on. Another film is alleged to contain a scene in which Jesus Christ steps off the cross to have sex with an angel.⁷

So, is pornography an evil, insidious plague that is rapidly infecting our society? Or is it primarily entertainment for consenting adults, having little to no significant impact

Girls Watch Too!

on relationships and marriages? There's no denying that pornography is a very powerful medium capable of shaping our attitudes and behaviors about sex. In the next chapter we'll explore this further and discuss the unlikely places that porn may be found, its accessibility, and how it's influencing the workplace. ■