

Statistics on Pornography Use

- Just over 50% of practicing Christians report consuming porn with some level of frequency (75% of Christian men & 40% of Christian women) (Barna). 87% of Christian women have watched porn (Barna)
- 36% of the 2022 customers at the largest porn site in the world were women, up from 32% in 2021 (Her Healing Journey by Skarka & Slattery)
- 93% of boys and 62% of girls first see porn before they turn 18 (Univ. of New Hampshire Scholars Repository)
- Among college-aged adults, 87% of men and 31% of women report using pornography (The Journal of Sex Research)
- Another study shows that 91.5% of men and 60.2% of women have consumed photo, video, or written porn in the past month (The Journal of Sex Research)
- The average age of first exposure to pornography is age 9 for boys, 11 for girls (Unwanted by Stringer)
- 7 in 10 male & female teens age 13–17 have viewed porn in the past week (CSM)
- 80% of those 7 in 10 said they had seen "what appears to be rape, choking, or someone in pain." (CSM)
- 45% of teens who consumed porn did so in part to learn about sex (British Board of Film Classification)
- 44% of boys who watched porn reported that online pornography gave them ideas about the type of sex they wanted to try (Martellozzo, Monaghan, Adler, Davidson, Leyva, & Horvath)
- 88.2% of the most popular porn scenes contained physical violence or aggression (Bridges, Wosnitzer, Scharrer, Sun, & Liberman)
- 95% of the targets of violence or aggression appeared either neutral or to respond with pleasure (Bridges et al.)
- 53% of boys and 39% of girls ages 11 to 16 reported believing that pornography was a realistic depiction of sex (Martellozzo et al.)
- 67% of teens say they feel "OK" about how much porn they watch (CSM)
- 90% of teens are either encouraging, accepting, or neutral when they talk about porn with their friends (Covenant Eyes)

Podcast interviews:

- Dr. Joy Skarka on Overcoming Porn & Finding Freedom from Shame
<https://www.noahfilipiak.com/ep-98-dr-joy-skarka-on-overcoming-porn-finding-freedom-from-shame/>
- Crystal Renaud Day on helping women overcome pornography addiction
<https://www.noahfilipiak.com/ep-88-crystal-renaud-day-on-helping-women-overcome-pornography-addiction/>
- Nate's Beyond the Battle story of overcoming porn and finding emotional wholeness
<https://www.noahfilipiak.com/nates-beyond-the-battle-story-of-overcoming-porn-and-finding-emotional-wholeness/>

Recovery and Discipleship Resources

MEN:

- *Beyond The Battle: A Man's Guide to His Identity in Christ in an Oversexualized World* by Noah Filipiak
- www.beyondthebattle.net – 7-week online groups (\$105) that lead into a free alumni community (Zoom, Slack, Marco Polo, check-ins, retreats)
- BTB is built as a ready-to-go in-person small group curriculum for your churches or friend groups with 7 sessions of video & discussion questions + a 40-day devotional

WOMEN:

- *Her Healing Journey* by Joy Skarka and Juli Slattery
- www.authenticintimacy.com – Groups
- *90 Days to Wholeness* by Crystal Renaud Day
- www.sherecovery.com – Groups

TEENS (GUYS & GIRLS):

- *Needed Navigation: A Teen's Guide to His or Her Identity in Christ in a Sex & Porn-Filled World* by Noah Filipiak
- ~70 pages, includes small group questions, available on audiobook

YOUNG KIDS: (ages 6-11)

- *Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids* by Kristen Jensen

ADDITIONAL RESOURCES:

- Protect Young Eyes (software and technology specialists)
- www.FightTheNewDrug.com – a well-established secular anti-porn organization

ONLINE SOFTWARE FOR YOUR DEVICES: (30-day free trials)

- **Accountable2You** – a2u.app/beyond (Don't use "www") - First 30 days free with this link
- **Covenant Eyes** – www.covenanteyes.com - Use promo code BEYOND, must create your username on browser (not app) for promo code to work
 - Visit www.noahfilipiak.com/software for a walkthrough on successfully using A2U and Covenant Eyes, especially on iPhones and iPads.