

The Issue

Although pornography enjoys First Amendment protection, there is ample evidence that mainstream pornography can have harmful effects. Content-based analysis shows that standard pornography often depicts racist and intensely misogynistic imagery, while at the same time eroticizing rape and other forms of violence against women. Interviews with men who consume pornography have additionally found that frequent usage of pornography negatively impacts intimate relationships, skews users' view of women, and makes men more tolerant of rape. When the pornography industry connects masturbation material to eroticized racist portrayals, extreme acts of violence, verbal degradation, and the sexualization of children, the results can be dangerous for women and children, and the men consuming the hateful messages and imagery.

Demand Change

Everyday Actions

1. If you feel uncomfortable when someone jokes about pornography or mentions their usage of pornographic material, call them out on it. Let them know it offends you and attempt to initiate a constructive dialogue about the issue.
2. Join or create anti-pornography groups on the Internet or in your community. Sign anti-pornography petitions such as: www.stoppornculture.org or the www.antipornactivist.com.
3. Encourage strict enforcement of rules concerning access or use of pornography in your work environment. Look into www.ContentWatch.com.
4. Support www.CP80.org, an effort to restrict pornography on the Internet by making it only available on certain "channels." This would prevent pornographic spam from being distributed and would make it more difficult for children to access pornographic material.

5. Many young men and women will invariably view pornography, but you can encourage open dialogue and create safe spaces where they can critically dissect what they are watching and experiencing.

Raise Awareness

6. Download a slide show that highlights the harms of pornography: "Who Wants To Be A Porn Star?" from Stop Porn Culture: www.stoppornculture.org. Present it at interested community groups and forums.

Advocate for Change

7. Suggest to your local police department that they start keeping statistics of how often pornography is implicated in local crimes or found at crime scenes. This data can help demonstrate the connection between pornography and sex crimes.
8. Encourage elected officials to enforce the Military Honor and Decency Act. This act prohibits the sale or rental of sexually explicit material on military property.

Keep Learning

9. Educate yourself about the potential harms of the pornography industry, particularly with mainstream, heterosexual pornography. Watch documentaries such as *The Truth About Sex* and *The Price of Pleasure*. Read books about

the issue including *Pornified: How Pornography is Damaging Our Families, Lives and Relationships* by Pamela Paul; *Pornland* by Gail Dines; *Female Chauvinist Pigs: Women and the Rise of Raunch Culture* by Ariel Levy; and *Getting Off: Pornography & the End of Masculinity* by Robert Jensen.

10. Find more information and ways to get involved by viewing the resources under the Pornography section in the index.