

## How to Block Porn on Your Phone

Porn websites can be blocked from a Vodacom phone by dialling \*111\*123# from the cell phone you want to block and from an MTN phone by dialling \*101# and following the menu prompts. (Cell C and 8-ta do **not** yet have porn website-blocking features). These only block websites and not SMSs or MMSs. Parents should not give their children BlackBerry handsets using a BIS (Blackberry Internet Service) subscription. As BlackBerry uses their own private network which encrypts the data, this will render both Vodacom's and MTN's parental controls useless.

Visit [www.cellphonesafety.co.za](http://www.cellphonesafety.co.za) for useful information on blocking porn websites on all types of cell phones, disabling apps, cell phone addiction and more.

***"Jesus said: 'Then you will know the truth, and the truth will set you free.' They answered Him, 'We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?' Jesus replied, 'Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.'"*** John 8:32-36

***"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things."*** Philippians 4:8

## Become a fighter!

**Addicted? Need help?** Call STOP: 083 463 4762 or Christians for Truth: 082 807 2831 for counselling.

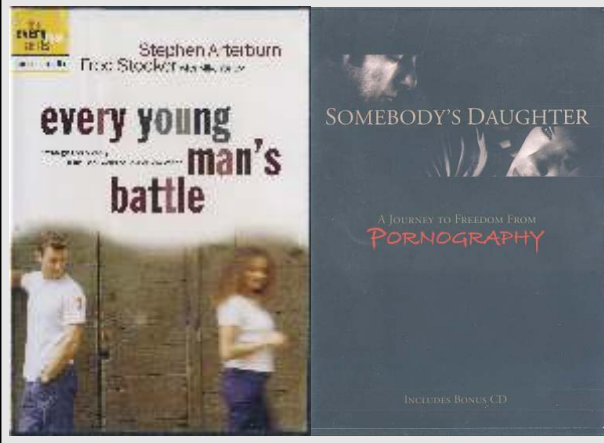
For **youth resources**, including articles and videos you can share on social media, visit [www.fightthenewdrug.org](http://www.fightthenewdrug.org). Invite Africa Christian Action to give a Fight the New Drug presentation at your school assembly or youth group.

For **tips on protecting your family and resources** for fighting the porn plague, contact:

Africa Christian Action  
PO Box 23632 Claremont  
7735 Cape Town  
South Africa  
Tel: 021-689 4481  
info@christianaction.org.za  
[www.christianaction.org.za](http://www.christianaction.org.za)



## DVD Resources available:



# FIGHT THE NEW DRUG

Your brain is the powerhouse of your body. We all have one but we use it at different capacities. It is one of the most valuable things we possess. Thankfully we have skulls to protect our brain, but some people have done some pretty dumb things to put themselves at risk of losing this precious gift!



Let me tell you about another risk to your brain - a new drug. Pornography is just as addictive as hard drugs such as heroin or cocaine. You might be thinking, "But how is it like a drug? You can't sniff it or smoke it!"

Scientists are just beginning to understand how exposure to pornography affects you. Pornographic images go into your brain through your eyes and trigger a release of chemicals such as dopamine, oxytocin and serotonin. Your brain becomes overloaded with chemicals. If you keep viewing porn, you build up a tolerance and you require more of it to create the same rush. Your brain then becomes dependent on the rush of chemicals and you begin to believe that you can't live without it.

## HOW IS PORN ADDICTIVE?

You hear about "pornography addiction" all the time, but people never tell you what makes it so addictive, or why it even matters. You rarely hear the fact that viewing pornography messes with your brain in the same way drugs do.

WHETHER YOU'RE TAKING DRUGS OR VIEWING PORNOGRAPHY, THE ADDICTION PROCESS IS THE SAME:

### CHEMICALS

You over-expose the brain with pleasure chemicals like dopamine, serotonin, oxytocin and adrenaline.

### REWIRING

Your brain rewires itself to accommodate the extra chemicals.

### DEPENDENCY

You build up a tolerance and a dependency to the chemicals. You go from "wanting" the pleasure chemicals in order to feel good, to "needing" them.

### FRONTAL LOBE

The area of your brain responsible for making decisions and logically thinking through situations and scenarios is the part of your brain most affected by addiction.

The frontal lobes are the decision making centre of your brain. Viewing pornography damages that part of the brain. Your life begins to revolve around getting a fix. All you can think of is satisfying your addiction. All this happens when you think you are still in control.

You may be thinking, I can view porn and stay in control! But why risk it? After your first exposure, your brain rewires itself. An ex-hard drug addict and porn addict says his porn addiction was harder to break than his drug addiction.

Nobody likes to talk about this topic. It's uncomfortable to talk about, but it's not a question of *if* you, or your children, will be exposed to it, but *when*. You need to know how pervasive this new drug is and how much of a threat it is to your family.

### Stages of Addiction

Anyone who considers pornography to be harmless 'entertainment', should consider the insidious 'slippery slope' of the continued viewing of pornography. Dr Victor Cline, a clinical psychologist at the University of Utah, USA, described the four-step process whereby a person becomes addicted to porn:

**Step 1: Addiction** to the material and repeated return to it for sexual excitement. Cline says this addiction is so powerful that his severely affected clients have to use medications such as Depo Provera to try reduce the sex drive and eliminate sex fantasies and may need to attend Sexaholics Anonymous for up to four nights a week to achieve sobriety and break the stranglehold of their addiction. Virtually no casual user/viewer of porn is exempt from the addictive effect of exposure to it. The accessibility and anonymity of porn on the Internet increases the danger.

**Step 2: Escalation** in the individual's need for more explicit, deviant and sexually shocking material to achieve the same level of sexual stimulation.

**Step 3: Desensitisation** towards initially gross and shocking material so that, in time, this material becomes acceptable and desirable to the viewer.

**Step 4:** Increased tendency to start '**acting out**' sexual activities seen in porn. Not everyone who views porn will rape, but the likelihood of committing rape goes up.

Don't you see how viewing porn can enslave you and possibly lead you to harm others – even those you love?

**OKAY IT'S ADDICTIVE, SO WHAT?**  
PORN CAN'T KILL YOU LIKE CHEMICAL DRUGS CAN, SO WHAT CAN IT DO?

**RUINS RELATIONSHIPS**

- Porn decreases your interest in a real relationship and increases your appetite for more porn.
- 300%** INFIDELITY: Pornography use increases the marital infidelity rate by more than 300%.
- 56%** OF DIVORCES: More than 56% of divorces involved at least one of the people having "an obsessive interest in pornographic websites".
- 40%** of addicts marriages end in divorce.
- 50%** More than 50% of people involved in cybersex eventually lose interest in sex with their spouse.

**ALTERS BEHAVIOR**

Pornography is directly related to NEGATIVE PERCEPTIONS, ATTITUDES, and AGGRESSION towards the opposite sex.

**WHY RISK IT? IT'S JUST NOT WORTH IT.**

**BECOME A FIGHTER!** FIGHT THE NEW DRUG

### Watching porn is viewing abused, drugged prostitutes

Research indicates that about 60–80% of women, who work in the sex industry were sexually abused as children. It is very rare to find 'porn stars' who started out of a freely chosen desire. Along with poverty, broken families and lack of education, childhood abuse is very common. Many 'porn star' actresses admit they experienced sexual abuse, physical abuse, and neglect by parents. Some were raped by relatives and molested by neighbours. Then some of them ended up as teenage runaways and were picked up by pimps. They were taught at a young age that sex makes them valuable. They only escape one circle of abuse by entering another; they can't run from the pain so they go towards it. Fast forward a few years and they find themselves drunk and drugged on a porn set, as they re-live the same abuse they experienced growing up. Ex-porn performer, Shelley Lubben, has documented how hundreds of 'porn performers' that she knows of, committed suicide.

### Free speech or sex slavery?

Former Senior Advisor on Trafficking for the Office for Democracy and Global Affairs US State Department, Laura J. Lederer, summarised the link between porn, prostitution and trafficking in the following four points:

1. Some types of pornography actually use trafficked victims, some of which were recruited via fake job advertisements.

2. Some traffickers film the acts that their victims are forced to perform.

3. Pornography is used in sex trafficking and the sex industry to train women and children what to do.

4. Pornography creates and provides rationalisations for exploiters as to how and why their sexually exploitive behaviors are acceptable.

**If you view or buy porn, you are helping to support and fund modern-day slavery (human trafficking)!**

### How to Block Porn on the Internet

Place a good filter on your computer that can prevent you, or your children, accessing, or stumbling on porn websites. South Africa's only family friendly Internet Service Provider that uses the best filtering software available is [www.virtuenet.co.za](http://www.virtuenet.co.za). Virtuenet recommends [www.k9webprotection.com](http://www.k9webprotection.com) as the best free web filter. Internet accountability services (which track the websites visited and send these to an accountability partner) can be downloaded from [www.covenanteyes.com](http://www.covenanteyes.com).

See [www.purehopeblog.net](http://www.purehopeblog.net) for excellent short articles on cultivating a pure lifestyle for and with your family.