

A background image showing several hands of different skin tones reaching out towards the center, symbolizing unity and human connection.

Pornography – what's the big deal?

Psychological aspects
Dr Christopher Cheok

the HARM of PORNOGRAPHY

Dr Christopher Cheok

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Porn today

\$97 billion annual sales

13,000 porn videos produced annually

25% of daily search requests

Average age of 1st exposure is 11 years old

42% of internet users access pornography

1 in 3 users are female

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**impacts the BRAIN
when viewed
regularly**

**brain architecture
brain function
addiction**

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Three Core Concepts in Early Development

1 Experiences Build Brain Architecture

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

Center on the Developing Child  HARVARD UNIVERSITY

NEUROPLASTICITY

the brain changes
with life experience
throughout whole life

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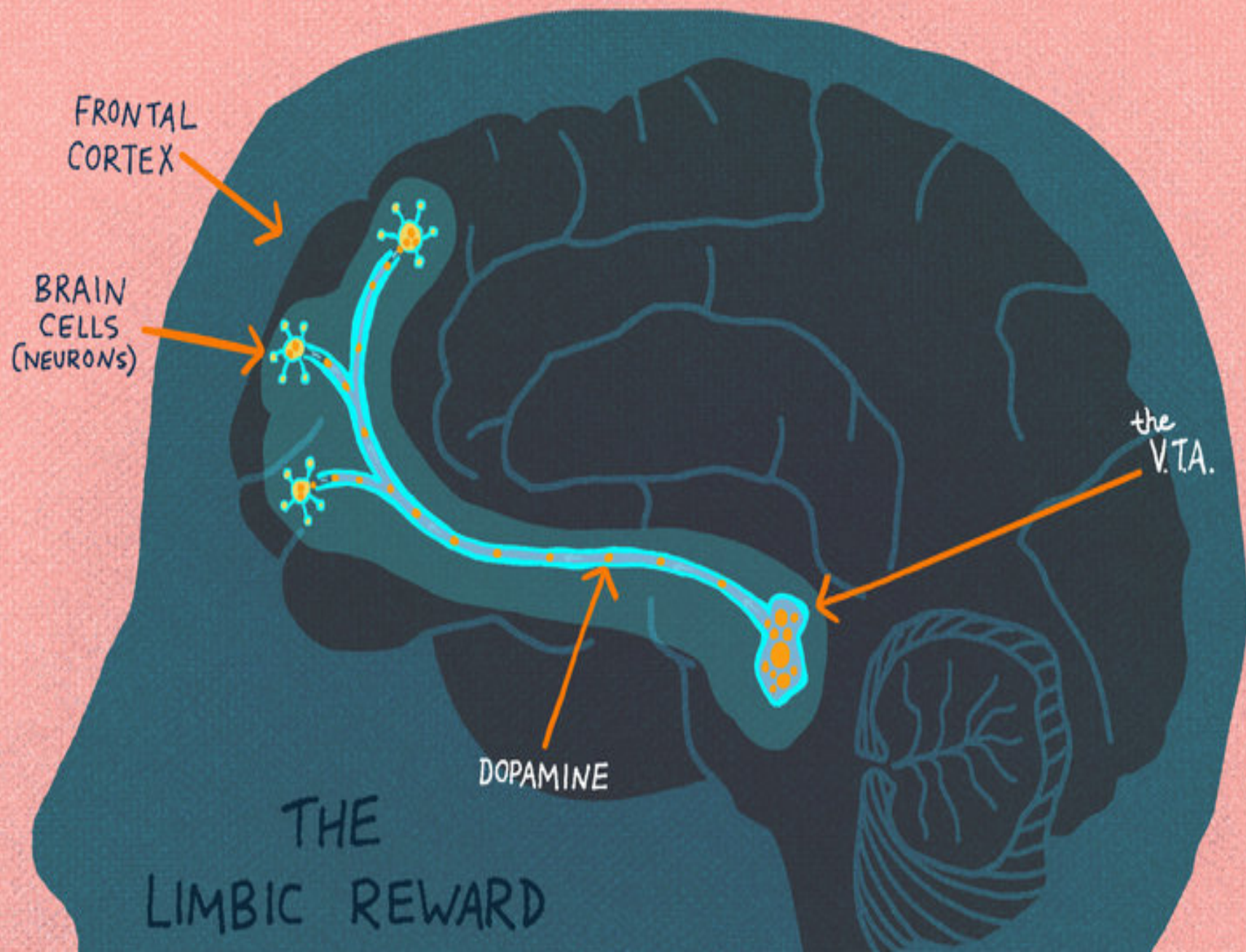
ADDICTION

pleasure forms

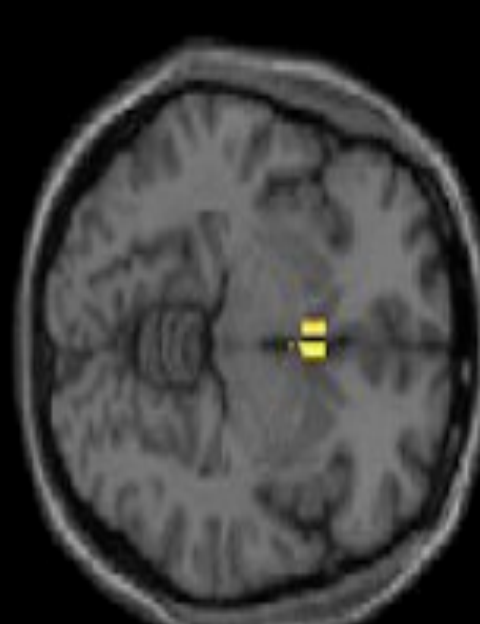
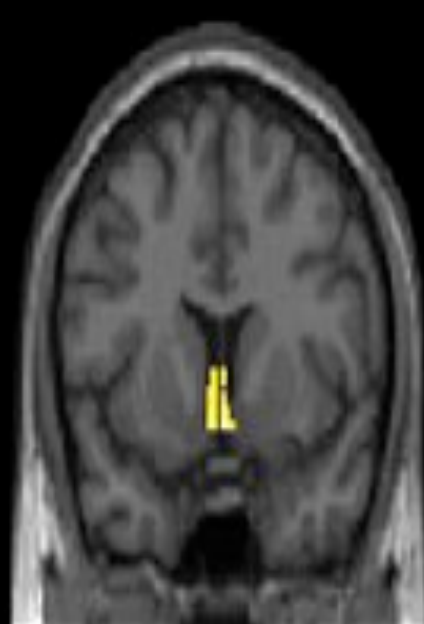
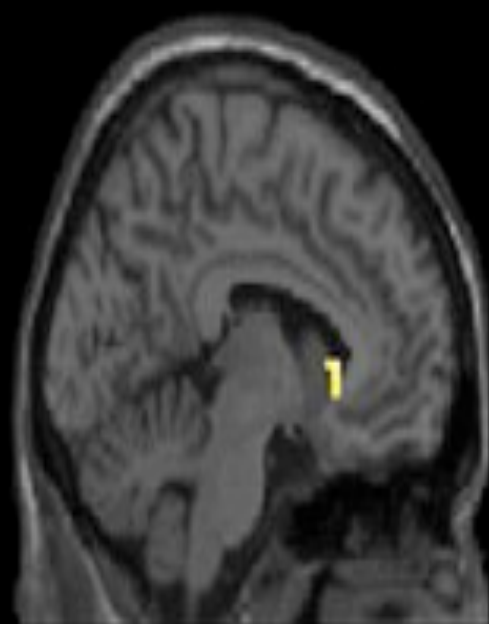
memory

more pleasure = less
pleasure

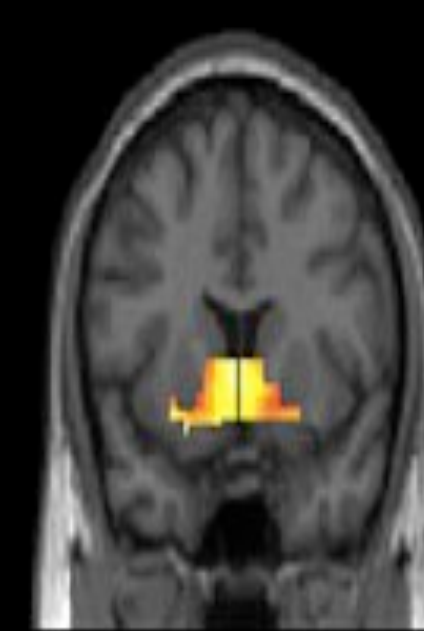
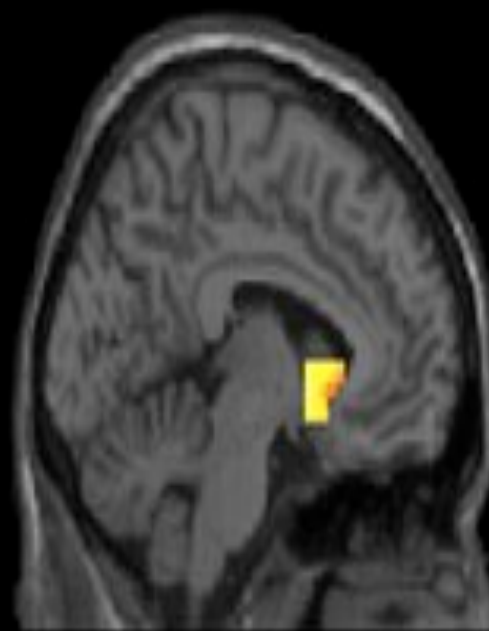
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Healthy
volunteers



Compulsive
Pornography
Users



CONSEQUENCES

Change of Personal Values

Change in Sexual behavior

Relationships

Compulsive sex

Sex Related Crime

Major Depression

- Man jailed for taking upskirt videos of multiple women at 5 ...
 - Aug 5, 2019 - SINGAPORE: A 25-year-old man was jailed nine weeks on Monday (Aug 5) for taking upskirt videos of multiple women over a few months. Low Zhi Ying, who was then a customer relationship officer with Hitachi Home Appliances Asia, took the clips of at least five women between March and ...
- Man who filmed upskirt videos of 23 women gets jail - CNA
 - May 6, 2019 - SINGAPORE: A 22-year-old man who filmed upskirt videos of at least 23 women was sentenced to 12 weeks in jail on Monday (May 6). Kelmen Wong Yew Hui, 22, pleaded guilty to five charges of insulting a woman's modesty and another of possessing obscene films. ... In some cases, he walked ...
- Man jailed nine months for taking over 140 upskirt ... - Tnp.sg
 - Jun 25, 2019 - In just 15 minutes, he followed six women up escalators at White Sands Shopping Centre and took upskirt videos of them with his phone. Lee Zhen Hao, 26, had gone on an upskirting spree at the shopping mall and at Pasir Ris MRT station between March and May 2017.
- Ex-company V-P jailed over upskirt images, Courts & Crime ...
 - Feb 22, 2019 - Man reporting for national service caught with upskirt photos of 14 women in phone; gets 8 weeks' jail ... SINGAPORE COURTS · CRIME.
- Teen pleads guilty to recording upskirt videos of teachers by ...
 - May 8, 2019 - SINGAPORE - A student recorded upskirt videos of at least two teachers in his school after the women came to his desk when he asked for their ...
- Caught in the Act: Pervert Tries to Take Upskirt Shots of Female Friend ... Taxi Driver Snaps 200 Upskirt Pictures of Women in a Day, Including Rear Seat ...
- Customer relationship officer jailed 9 weeks for taking upskirt ...
 - Aug 4, 2019 - SINGAPORE — A 25-year-old man who filmed up the skirts of least five women at different MRT stations was sentenced to nine weeks' jail on ...
- Teen took upskirt videos of his teachers, filmed sister's friend ...

Summary

Porn viewing changes brain and MIND

Porn harms YOU

**Your Mind, Values,
Relationships**

Mental Health, Crime

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