

## The Real Deal About Pornography

1. Pornography violates the dignity of the human body by treating people as sex objects. It takes something beautiful and makes it dirty. It puts images in your mind that you may not be able to forget, even if you want to.
2. Pornography is addictive. It brings short-term pleasure but then starts to run your life. For males, the use of pornography is also usually accompanied by masturbation. These two habits then reinforce each other, making it harder to break either one.
3. It will lower your self-respect.
4. Later on, the habit of pornography can cause serious problems in your marriage. Wives whose husbands are involved with pornography often feel demeaned, betrayed, and isolated from their husbands—victims of a kind of spiritual adultery.

—Tom and Judy Lickona, *Sex, Love & You: Making the Right Decision*  
([www.Amazon.com](http://www.Amazon.com))