

Everybody's **NOT** doing it.

Join the **real** majority.

Discussion/Self-Reflection Questions

Vignette Title: Kicking the Habit

- Have you ever encountered pornography online when you did not expect to? What did you do? How did seeing those images make you feel? Were you tempted to view them again?
- How much time do you spend online? Have you ever stopped to think about whether you are “addicted” to spending time online and text messaging? What are some things you can do to make sure you don’t spend too much time on-line?
- Can you understand how Joshua Kloyda became addicted to online pornography?
- How did Joshua say his constant viewing of online porn affected his relationships with women? Can you understand how some of those visual images stayed in his mind? Are real life relationships the same as those portrayed in pornography?
- Clinical psychologist Paul Schenk talked about the way the brain works – and that the brain literally develops neurological pathways that create addictive behaviors. Why might it be particularly unhealthy for teens to view porn?
- Joshua says his religion and caring adults have helped him overcome his addiction to online porn. If you had a friend who was addicted to pornography, how would you support them to get help?