

21 - Working Together to Bring Hope, Help, and Healing to the Families of Utah

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The Utah Coalition Against Pornography (UCAP)

Who
What
When
Where



WHY???

Help against Pornography

Help against Pornography Industry



Hope

Help

Healing



The **average**
age of
exposure is
nine years old.



1 out of 4
porn users
are **women**



The Evolution of Addiction

CURIOSITY

EXPERIMENTATION

PATTERN

ADDICTION



You can become **ADDICTED** to internet pornography in shorter periods of time because it provides:

Accessibility
Affordability
Anonymity

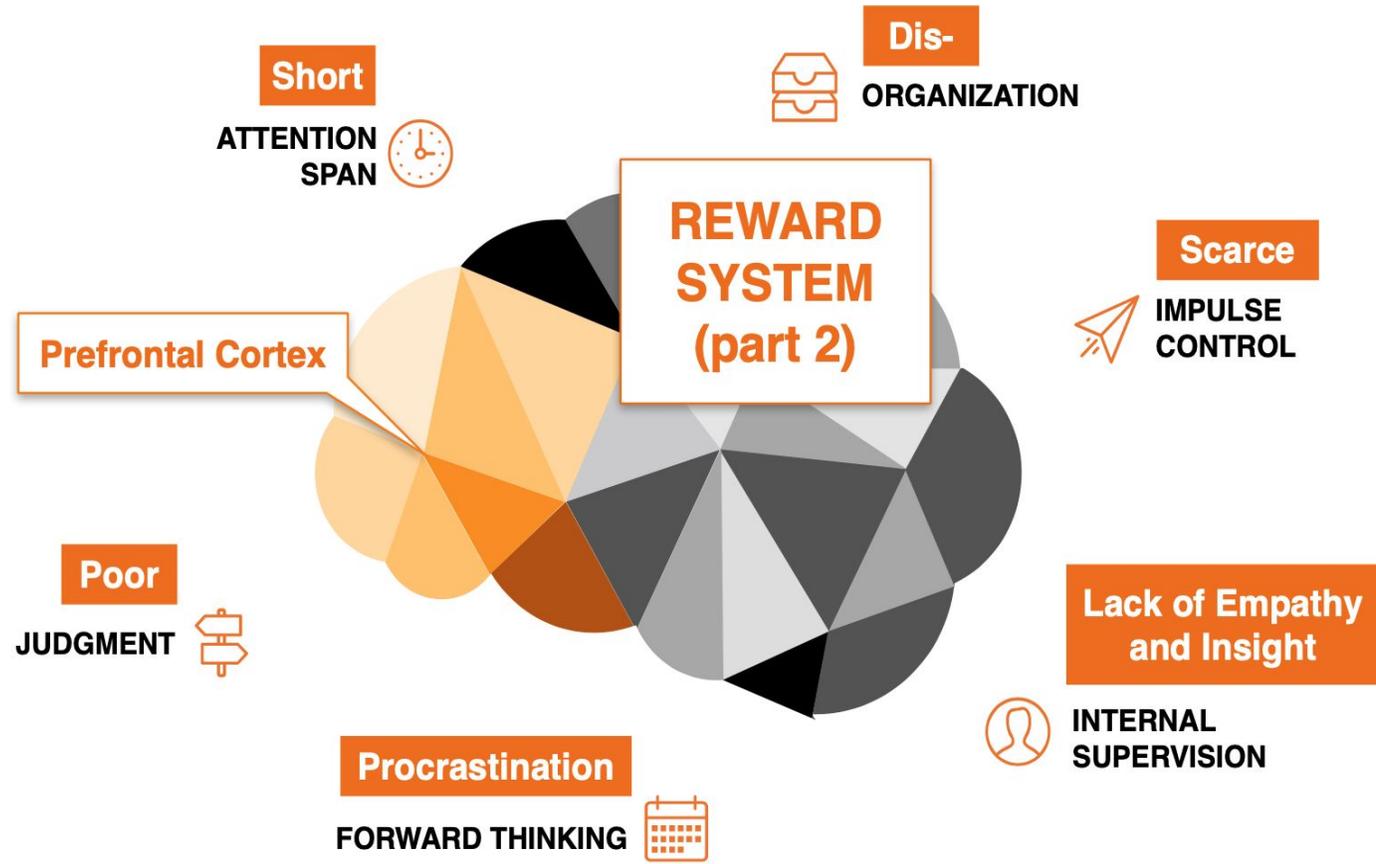


Seeking Escape - Psychological and Emotional



- B** Bored
- L** Lonely
- A** Angry
- S** Stressed
- T** Tired
- S** Shame

Prefrontal Cortex Functions and Problems



COUNTERFEIT

Pornography

Sexual Fantasies

Premature Sexual
Activity



High Risk Factors

Depression
Anxiety
ADHD
OCD
Alexithymia
Trauma



Loneliness
Withdrawal
Isolation
Detachment



Be Aware of the Signs

- Extremes - Highs and Lows
- Poor Performance in School/Work
- Fatigue - Less Sleep
- Irritability
- Sadness/Depression/Shame
- Decreased Interest in Former Interests
- High Anxiety
- Extreme/Obsessive obedience/judgement of others
- Excessive Gaming
- Obsession with Electronics



Misconceptions

“Sexual thoughts and feelings are bad, sinful, and wrong. . .”



Misconceptions

“ . . . save them for someone you love.”



Where can we find hopeful direction to teach our children, families, and communities?

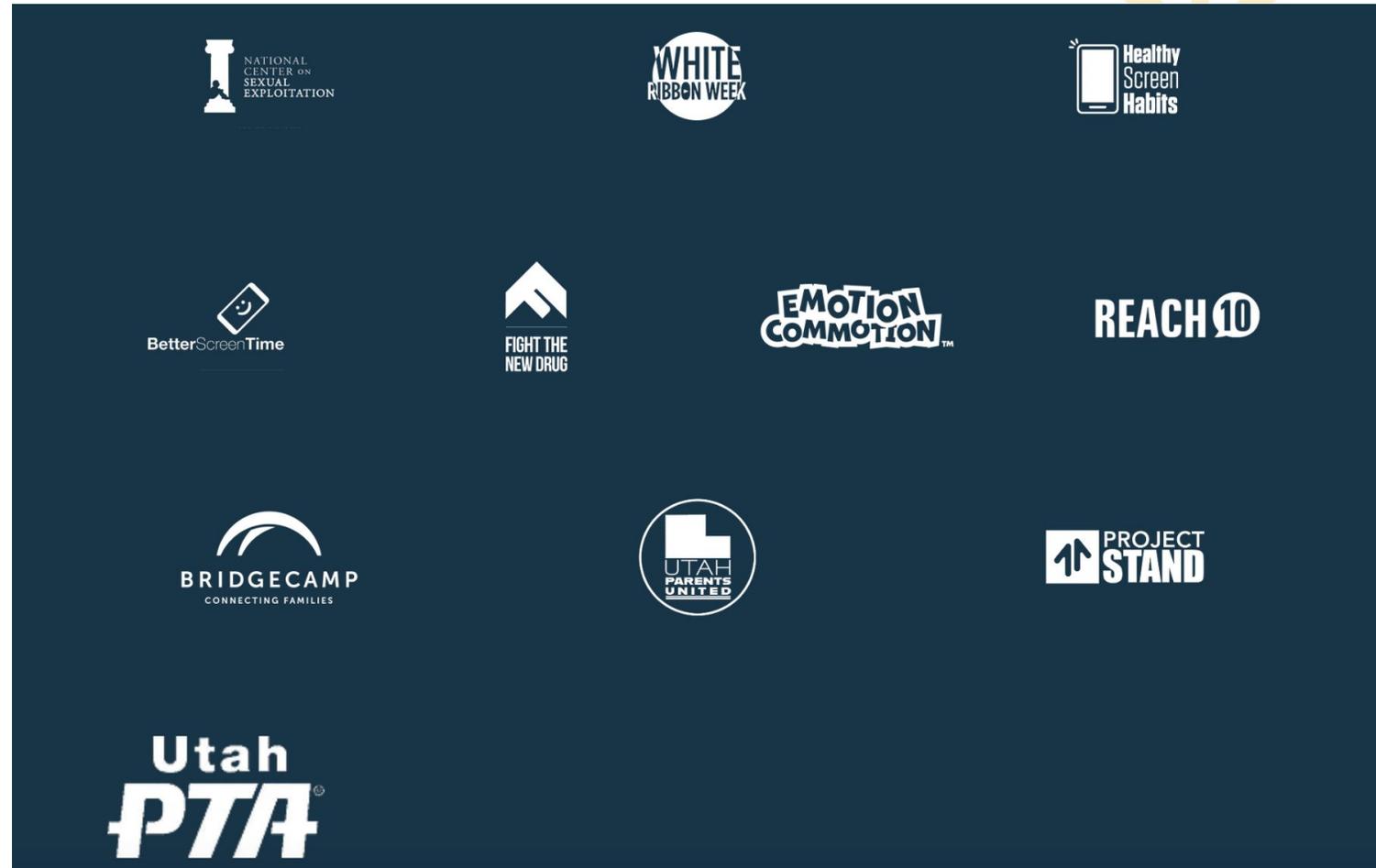
If we're open and comfortable and give good information to our children, they're actually less likely to engage in risky sexual behavior and more likely to adopt the family's values.

Dr .Chelom Leavitt, Salt Lake UCAP 2025



Our Avengers - Coalition Component

- Digital Resources
- Therapy/Counseling
- Support Groups
- Other Resources



Find Your Hope, Help, and Healing

Hope

There is HOPE for preventing the plague of pornography through age appropriate education and awareness.



Help

There is HELP for those struggling with pornography addiction and support for their family members.



Healing

There is HEALING for individuals, families and communities as we share our stories, lift one another, and lend our voices to the fight against pornography.



HOPE

You are NOT alone

Learn about Family Resources:

There are tools for every age.

Discuss Sexuality Naturally and Age-Appropriately:

Normalize Open Communication.

Lead with Love, Avoiding Shame:

The person is always more important than the problem.

Prioritize Behaviors that Foster Connection:

Strong connections facilitate healing.



HELP

You Can Prevent This Plague

Come out of Hiding:

Reach out for Support, don't go at it alone

Educate Yourself:

Learn about the recovery process and your personal issues

Find Resources:

Join a 12-Step group and start therapy with a specialized professional

Commit to the Process:

Recovery requires hard work, humility, patience, and persistence

Support Others Wisely:

Remember, you're not responsible for your loved one's addiction; your own healing is an important part of your support role.



HEALING

You Can Be the Change

You are NOT Your Addiction:
Don't label yourself that way.

Acknowledge Your Courage:
Celebrate your strengths.

Seek to Understand:
Listen to others before seeking to be understood.

Ask, Listen, and Confirm:
Avoid lecturing and discuss solutions together.



Stories of Hope, Help, and Healing



More UCAP Resources



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Legislation

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Against Pornography

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Pornography





UTAH COALITION AGAINST
PORNOGRAPHY

When I realized that the only thing important to me was helping other people and having love in my life, it drove me to find the love that I couldn't find in pornography...the love that I needed here with my family and my friends.

- *Smith Alley, Salt Lake UCAP 2021*



Connect with us on social media



FACEBOOK

- Utah PTA
- Utah PTA Advocacy
- Utah PTA Super Secondary
- Utah PTA Excellent Elementary
- Utah PTA Treasurers
- Utah PTA Reflections
- Utah School Community Councils
- Utah PTA Teachers
- Utah PTA Battle of the Bands



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