



WELLNESS & WISDOM CLUB

Connection ❖ Healthy Relationship ❖ Meditation
Encouragement



First Friday, 3 PM, ET on Zoom



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Pornography Awareness

Pornography has grown exponentially with technology.
Pornography is driven by two processes: by the user and the producer.

The User: Disconnection, Isolation, Loneliness

The Producer: Desperate for money, Lacking Guidance, Feeling lost

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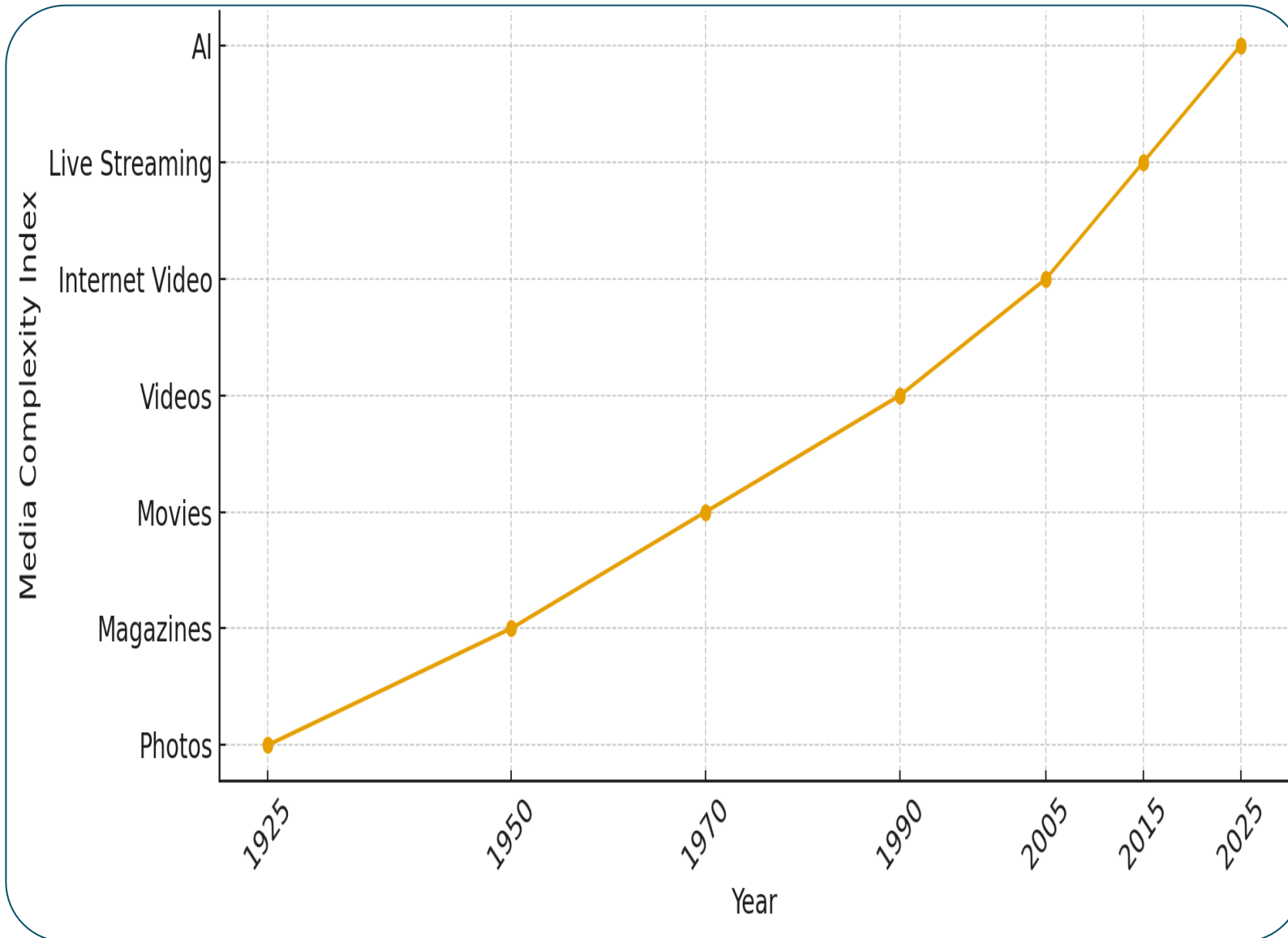
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Pornography Awareness: **Understanding, Not Judging**

- Over the past century, sexual imagery has transformed dramatically.
- What once existed only as still photographs has evolved through magazines, films, video, the internet, live streaming, and now AI-generated interactions.
- Each technological leap has made sexual content more accessible, more immersive, and more neurologically stimulating — especially to the vulnerable, the lonely, and the curious.

Growth of Sex Media Over 100 Years



This chart shows the technological evolution across seven stages:

1. 1925 – Photos
2. 1950 – Magazines
3. 1970 – Movies
4. 1990 – Videos (VHS/DVD)
5. 2005 – Internet Video (Tube Sites)
6. 2015 – Live Streaming & Webcam
7. 2025 – AI-Generated Sexual Content

This growth is **not just technological** — it reflects deeper **social and emotional changes**:

- rising loneliness
- economic pressures
- technological immersion
- collapse of community
- decline of relationship education
- increases in stress, trauma, and disconnection

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Pornography Awareness: Understanding, Not Judging

This session is not about blame, shame, or morality.

It is about **awareness**, **health**, and **wisdom**.

Pornography today is shaped by two human forces:

1. The User's Experience

Often rooted in

**disconnection, isolation, stress,
emptiness, or emotional hunger.**

Many people turn to sexual media not for pleasure alone, but for relief, escape, or a momentary sense of connection.

2. The Producer's Experience

On the other side, many creators — especially young people — are drawn into the industry because of **financial desperation, a lack of guidance, trauma histories, or the search for belonging.**

When we understand these emotional drivers,
we can replace judgment with compassion
— and replace helplessness with healthy choices.

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The goal of this session is to:

- Strengthen **self-compassion**
- Foster **healthy relationships**
- Support **self-worth and boundaries**
- Provide **gentle encouragement**
- Create a space where everyone can grow in **awareness and Wellness**

Pornography is not just an industry.

It is a mirror reflecting unmet needs in our culture
— and an opportunity for healing.

**TIMELINE:
100 YEARS OF SEX MEDIA
EVOLUTION**



TIMELINE: 100 YEARS OF SEX MEDIA EVOLUTION

A COMPASSIONATE, EDUCATIONAL OVERVIEW



What the Timeline Shows

- Sexual media evolved **with each major technology shift**.
- Accessibility went from *rare and hidden* → *instant, free, and hyper-personalized*.
- Complexity, interactivity, and neurological impact increased dramatically.
- Underneath every stage are **human needs** that society has not fully supported for **quality education, career guidance and development, sustainable work, healthy relationship skills, and healthy communities**.



TIMELINE: 100 YEARS OF SEX MEDIA EVOLUTION

A COMPASSIONATE, EDUCATIONAL OVERVIEW

1. 1920s–40s — Photographs (The Beginning)

Early sexual imagery existed mainly as **black-and-white photos**, often hidden, taboo, and difficult to access.

Technology: Film cameras

Drivers: Curiosity, novelty, forbiddenness

2. 1950s–60s — Magazines (Commercialization)

Sexual content became **mainstream for the first time** through magazines.

Technology: Mass printing

Drivers: Post-war culture, male identity, commercial advertising



TIMELINE: 100 YEARS OF SEX MEDIA EVOLUTION

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3. 🎬 1970s — Movies (The Theatre Era)

Adult films entered cinemas. This created the first **shared but anonymous** sexual media experience.

Technology: Motion picture film

Drivers: Sexual revolution, new freedom, curiosity

4. 📺 1980s–1990s — Home Videos (Privacy Arrives)

VHS and DVD allowed people to consume sexual material **privately at home** — a major shift.

Technology: Home video systems

Drivers: Privacy, convenience, reduced stigma



TIMELINE: 100 YEARS OF SEX MEDIA EVOLUTION

A COMPASSIONATE, EDUCATIONAL OVERVIEW

5. 2000s — Internet Video (Unlimited Access)

The explosion of internet “tube sites” created **instant, free, unlimited** sexual content.

Technology: Broadband internet

Drivers: Ease, anonymity, dopamine-driven scrolling

6. 2010s — Live Streaming & Webcam (Interactive Era)

Sexual media became **interactive**, blending gaming, chat, and real-time engagement.

Technology: Smartphones, webcams, live platforms

Drivers: Loneliness, parasocial relationships, economic precarity



TIMELINE: 100 YEARS OF SEX MEDIA EVOLUTION

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7. 🤖 2020s–30s — AI Companions & Synthetic Content (Hyperpersonalization)

AI now creates **customized sexual content**, virtual partners, roleplay chatbots, and realistic images/videos.

Technology: Generative AI, deepfakes

Drivers: Isolation, emotional hunger, escapism, identity exploration



TIMELINE: 100 YEARS OF SEX MEDIA EVOLUTION

A COMPASSIONATE, EDUCATIONAL OVERVIEW

Human Needs

Underneath sexual media use and production are

human needs

that society has not fully supported for

quality education

career guidance and development

sustainable work

healthy relationship skills

healthy communities



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