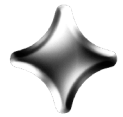


What the research actually says



A resource for church leaders, from Own the Moment

Most leaders we talk to aren't unwilling to address this. They're unsure it's worth the pulpit time, and unsure what to do next if they raise it.

1 Start with what's solid: your congregation's kids

73% of US 13–17-year-olds have seen online pornography. 54% had first seen it by 13. 15% by age 10 or younger. About half describe it as accidental: links, ads, search results, social feeds. (Common Sense Media, nationally representative, 2023)

In England, 70% had encountered it before 18, up from 64% two years earlier. Average age of first exposure: 13. 27% by age 11. 59% accidental, against 35% who sought it deliberately. Social and networking platforms were eight of the ten leading sources. (Children's Commissioner for England, 2025)

The old model, a child deliberately visiting an adult website, is obsolete. Most of this arrives uninvited, through the same apps everything else arrives through.

FOR THE SERMON · TEACHING EARLY

Deuteronomy 6:6–7 · "...you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up."

Proverbs 27:20 · "Sheol and Abaddon are never satisfied; and a man's eyes are never satisfied."

Psalms 119:37 · "Turn my eyes away from looking at worthless things. Revive me in your ways."

2 The content is not what most adults picture

Before turning 18, in the same English research: 58% had seen pornography depicting strangulation. 44% had seen sexual activity involving a sleeping person. 36% had seen someone refusing or not consenting. Few had gone looking for it. (Children's Commissioner for England, 2025)

82% of young people said they believed pornography affected their expectations around sex. That's self-report, not proof of cause, but they're describing themselves.

FOR THE SERMON · DIGNITY AND CONSENT

Genesis 1:27 · "God created man in his own image. In God's image he created him; male and female he created them."

Song of Songs 2:7 (and 8:4) · "...that you not stir up, nor awaken love, until it so desires."

1 Thessalonians 4:3-6 · "For this is the will of God: your sanctification, that you abstain from sexual immorality... that no one should take advantage of and wrong a brother or sister in this matter..."

3 Most porn use is not a disorder, and that matters

This is the part the category usually gets wrong, and we'd rather be accurate than alarming.

Across 82,243 adults in 42 countries, between 3.2% and 16.6% screened at risk for problematic pornography use, the range depends entirely on which instrument is used, and a positive screen is not a diagnosis. Roughly 3% is the conservative benchmark. Men screened at 6.3%, women at 0.7%. (Böthe et al., Addiction, 2024)

And this matters pastorally: a man who feels terrible about something he does occasionally, but who can stop when he decides to, does not have a disorder, he has a conscience. Telling him otherwise gives him harm. The men who need real help are the ones who keep deciding to stop and keep failing.

FOR THE SERMON · CONSCIENCE AND COMPULSION

Psalms 51:17 · "The sacrifices of God are a broken spirit. A broken and contrite heart, O God, you will not despise."

Romans 7:15 · "For I don't know what I am doing. For I don't practice what I desire to do; but what I hate, that I do."

2 Corinthians 7:10 · "For godly sorrow produces repentance to salvation, which brings no regret. But the sorrow of the world produces death."

4 What helps

Psychotherapy outperformed control conditions on problematic pornography use and sexual compulsivity in a 2025 systematic review and meta-analysis. Approaches with clinical support include cognitive behavioural therapy, acceptance and commitment therapy, motivational interviewing, urge-management, and treating what sits underneath: depression, anxiety, trauma, loneliness.

Nothing about this is hopeless, and nothing about it is solved by an app alone.

FOR THE SERMON · SEEKING HELP

Proverbs 15:22 · "Where there is no counsel, plans fail; but in a multitude of counselors they are established."

Exodus 18:18 · "...the thing is too heavy for you. You are not able to perform it yourself alone."

FOR THE SERMON · HOPE

Micah 7:8 · "When I fall, I will arise. When I sit in darkness, [the LORD] will be a light to me."

Isaiah 1:18 · "Though your sins be as scarlet, they shall be as white as snow..."

1 Corinthians 6:11 · "Such were some of you, but you were washed. But you were sanctified..."

What Moment is

An app for men caught in compulsive pornography use, built for one narrow job: giving a man something to do in the sixty to ninety seconds when the urge hits.

Almost everything in this category arrives before the urge: when he's calm and making promises, or after, when he's already ashamed.

Very little exists for during. The clinical literature makes the same point: the decisive window sits between the cue and the behaviour, not after it, and an intervention there "can introduce a moment of choice without pretending that software alone is clinical treatment." That sentence is the whole product.

FOR THE SERMON · THE MOMENT ITSELF

Genesis 4:7 · "...sin crouches at the door. Its desire is for you, but you are to rule over it."

Genesis 39:12 · "He left his garment in her hand, and ran outside."

James 1:14-15 · "...each one is tempted when he is drawn away by his own lust, and enticed. Then the lust, when it has conceived, bears sin; and the sin, when it is full grown, produces death."

What we're offering you

- A printable one-page flyer, free, for a resource folder, a table, or your website.
 - A separate handout for parents on children and exposure: practical, no product pitch.
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The part that matters most

You will not be able to see who used it. No names. We won't report individuals to you and we won't build a way for you to ask. A man who suspects his pastor can see his usage will not open the app, the privacy isn't a feature we're selling you, it's why the thing works.

FOR THE SERMON · CONFESSION AND CONFIDENCE

Psalms 32:3-5 · "When I kept silence, my bones wasted away... I acknowledged my sin to you. I didn't hide my iniquity... and you forgave the iniquity of my sin."

Proverbs 11:13 · "One who brings gossip betrays a confidence, but one who is of a trustworthy spirit is one who keeps a secret."

James 5:16 · "Confess your offenses to one another, and pray for one another, that you may be healed."

One thing we have to be straight about

We're asking whether you'd put a resource on a folder. That's the whole ask, and no is a fine answer.

But since your church receives free materials from us, that counts as a relationship under advertising rules. If you ever say something promotional about us publicly, from the platform, in a bulletin, online, you'd need to mention that we gave you these things. Not because your opinion isn't your own, but because the rules don't care whether it is.

What we'd ask in return

One email in a few weeks with the truth:

- Did you hand them out, did anyone say anything, would you do it again?
- Did anyone have feedback on the app itself? Is there anything we can do to serve your communities better through our product?

We'd rather know it didn't work than not know.

Not therapy, not medical advice, not a substitute for professional treatment. This resource doesn't diagnose, treat, or promise any outcome. If what you're carrying is heavier than an app, talk to a counselor, a doctor, or your pastor. If you're in immediate danger or need urgent help, contact your local emergency services. Crisis Text Line: text HOME to 741741.

Not for minors. The app isn't built or reviewed for under-18s and we're not equipped for youth ministry. The parent handout is our honest answer to that need. Own the Moment is an independent company, not affiliated with or endorsed by any church or denomination.

Sources: Common Sense Media, *Teens and Pornography* (2023) · Children's Commissioner for England, *Young People and Pornography* (2023) · Böthe et al., *Addiction* (2024) · 2025 systematic review and meta-analysis of psychotherapy for problematic pornography use. Full citations on request.

Scripture quotations are verbatim from the World English Bible (public domain); a bracketed word marks an editorial substitution.

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