



TEACHING HUMAN DIGNITY

# Formed by Our Senses

Formed by Our Senses: The Impact of Pornography  
on the Individual, Relationships, and Society



# READ

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LISTEN

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How did you experience the song when you *watched* the music video?



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How was your experience of the song impacted by the images in the video?





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## REFLECT

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What did the experiences of *reading*, *listening*, and *watching* have in common? What differences did you notice?

What generalizations can you make about the *role of the senses* in our experience of media (and the world around us)?

A gold-colored geometric graphic on the left side of the page, consisting of four overlapping diamond shapes that form a larger diamond-like pattern.

# “You are what you eat!”

*What do people mean by this? Do you agree with this statement?*



# “You are what you eat!”

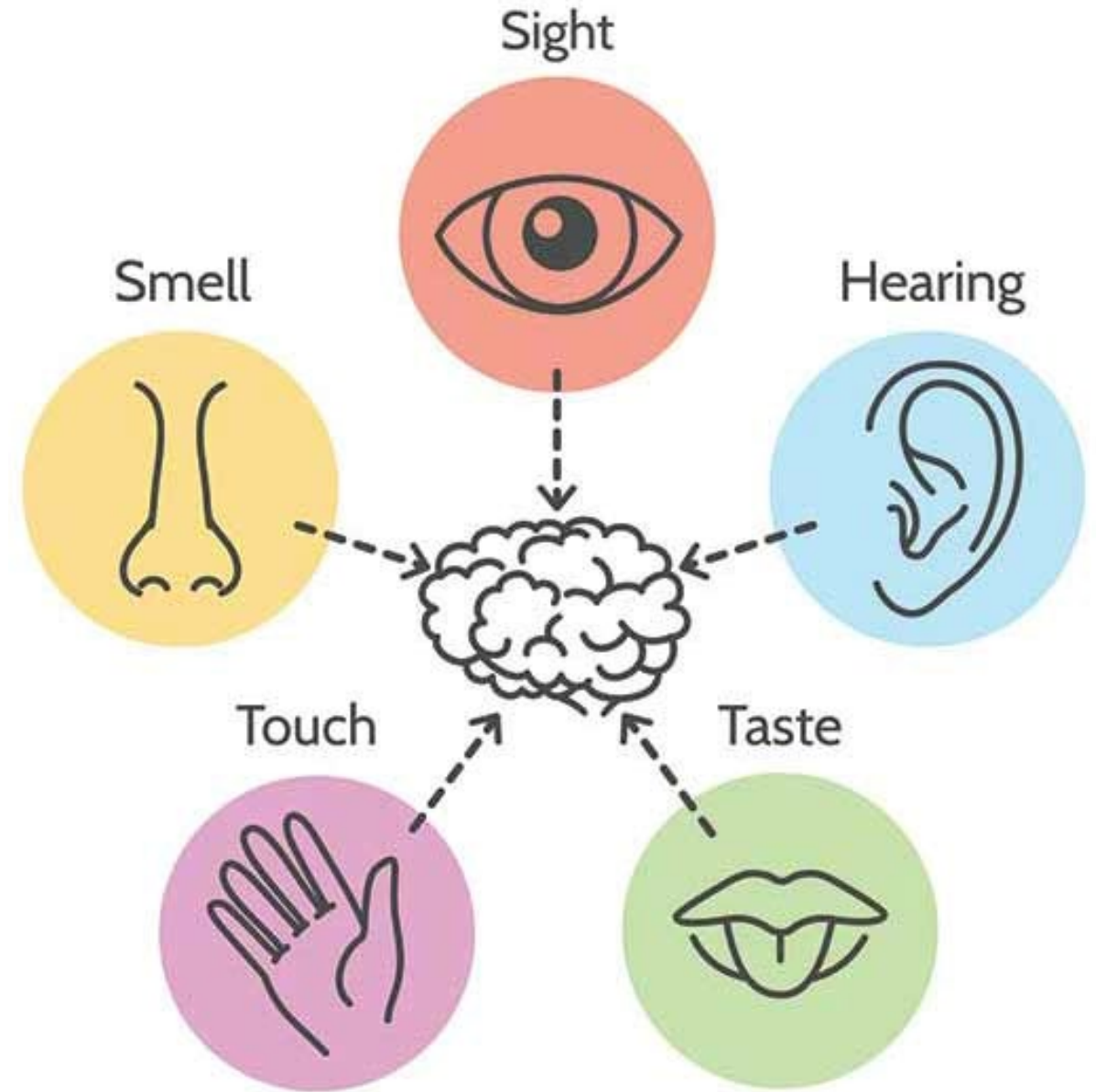
We know that what we consume can impact our energy level, ability to focus, risk of health complications, and even our relationships.





# “You are what you consume!”

*We are impacted by more than what we eat.*





# SMELL

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## Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.<sup>1,2,3,4</sup>

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.<sup>1</sup>

There is no risk-free level of exposure to secondhand smoke.

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).<sup>1,4</sup>
- Smoking during pregnancy results in more than 1,000 infant deaths annually.<sup>4</sup>
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.<sup>1,4</sup>

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### On This Page

[Secondhand Smoke Causes Cardiovascular Disease](#)

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[Secondhand Smoke Causes Lung Cancer](#)

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[Secondhand Smoke Causes SIDS](#)

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[Secondhand Smoke Harms Children](#)

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[References](#)

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# TOUCH

SANFORD  
HEALTH

Doctors

Locations

Medical Services

Patients & Visitors

About

+ Virtual Care Visit

My Sanford

What can we help you find?

Coronavirus ▾

Flu

Community ▾

Podcasts

Newsletter Sign-Up

More Topics ▾

For Journalists

## The importance of skin-to-skin with baby after delivery

Discover why skin-to-skin contact benefits newborns





# TOUCH

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## For Baby

- Better able to absorb and digest nutrients
- Better body temperature maintenance
- Cries less often
- Demonstrate improved weight gain
- Experience more stable heartbeat and breathing
- Higher blood oxygen levels
- Improved brain development and parental attachment
- Stronger immune system
- Spend increased time in the very important deep sleep and quiet alert states

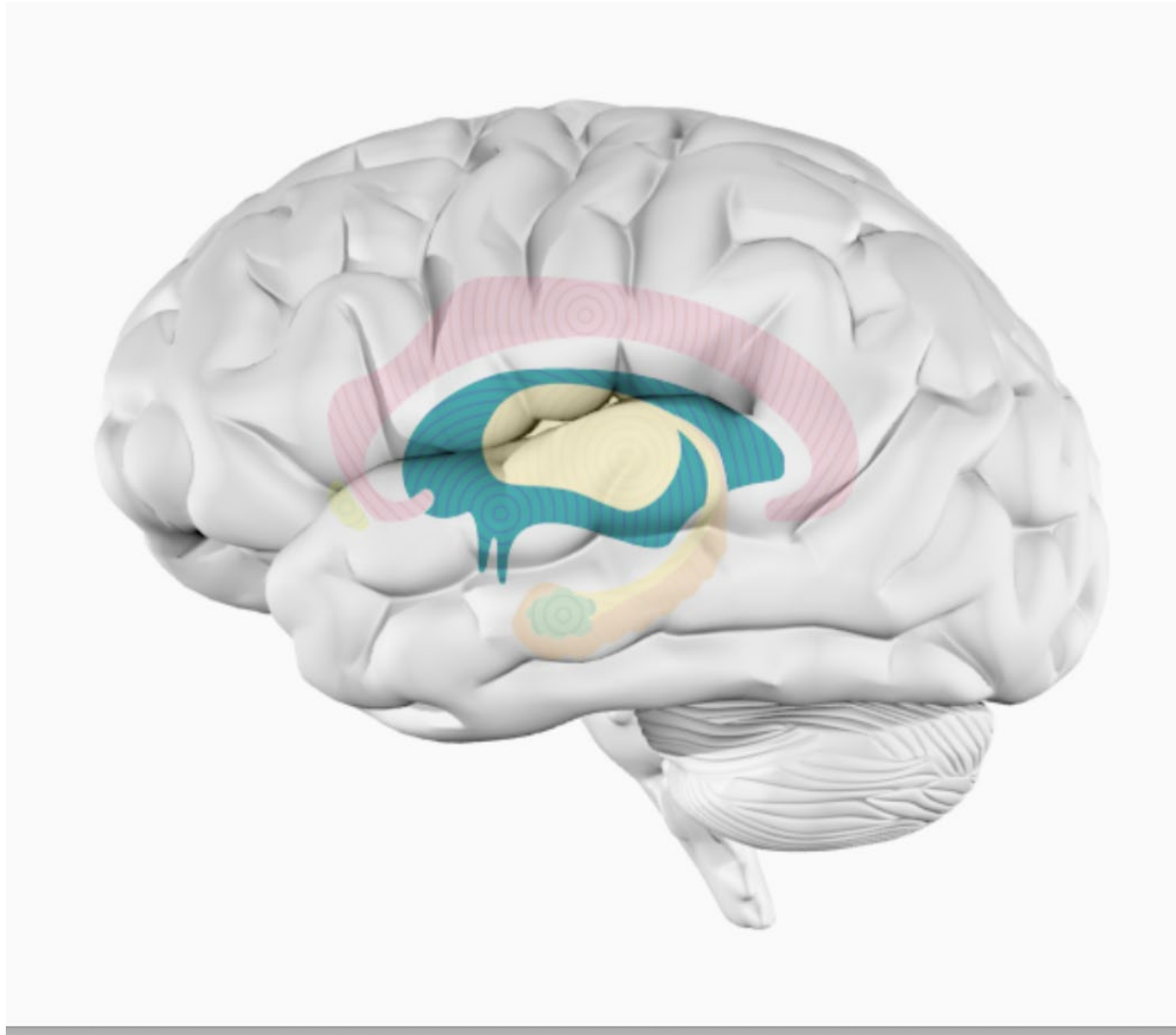
## For Mother

- Experience more positive breastfeeding
- Improved breast milk production
- Likely to have reduced postpartum bleeding and lower risk of postpartum depression





# HEARING



## MUSIC CAN...



CHANGE YOUR ABILITY TO PERCEIVE TIME



TAP INTO PRIMAL FEAR



REDUCE SEIZURES



MAKE YOU A BETTER COMMUNICATOR



MAKE YOU STRONGER



BOOST YOUR IMMUNE SYSTEM



ASSIST IN REPAIRING BRAIN DAMAGE



MAKE YOU SMARTER



EVOKE MEMORIES



HELP PARKINSON'S PATIENTS



# SIGHT

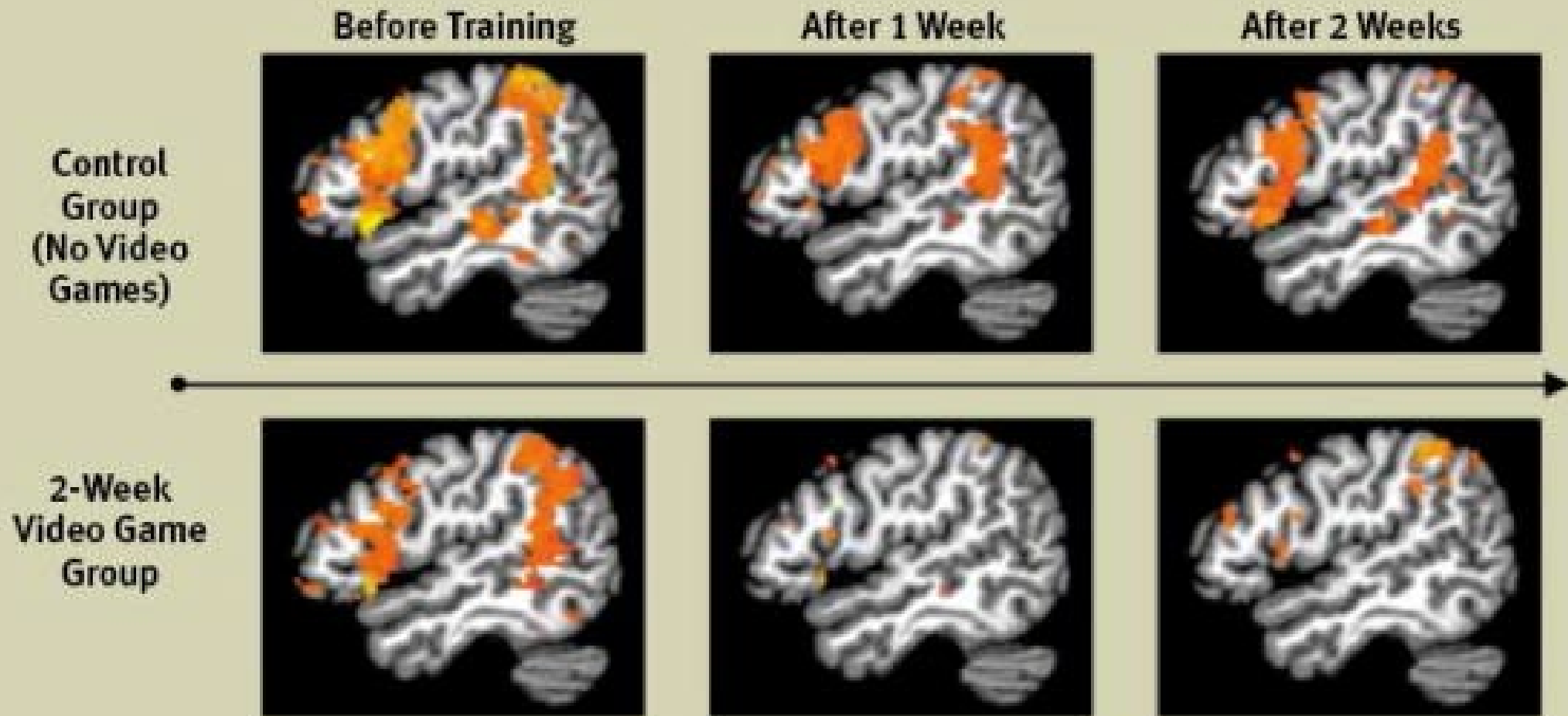
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## MSUTODAY

Oct. 11, 2005

**Violent video games lead to brain activity characteristic of aggression, MSU researcher shows**

# Your Brain on Games: Experimental Evidence



**LOSING TOUCH** Young adult males who played a violent video game extensively for 2 weeks had lower activity in

important brain areas while attempting to control behavior, compared to those who played no video games.



*Were you familiar with any of these studies already?  
What surprised you the most?*

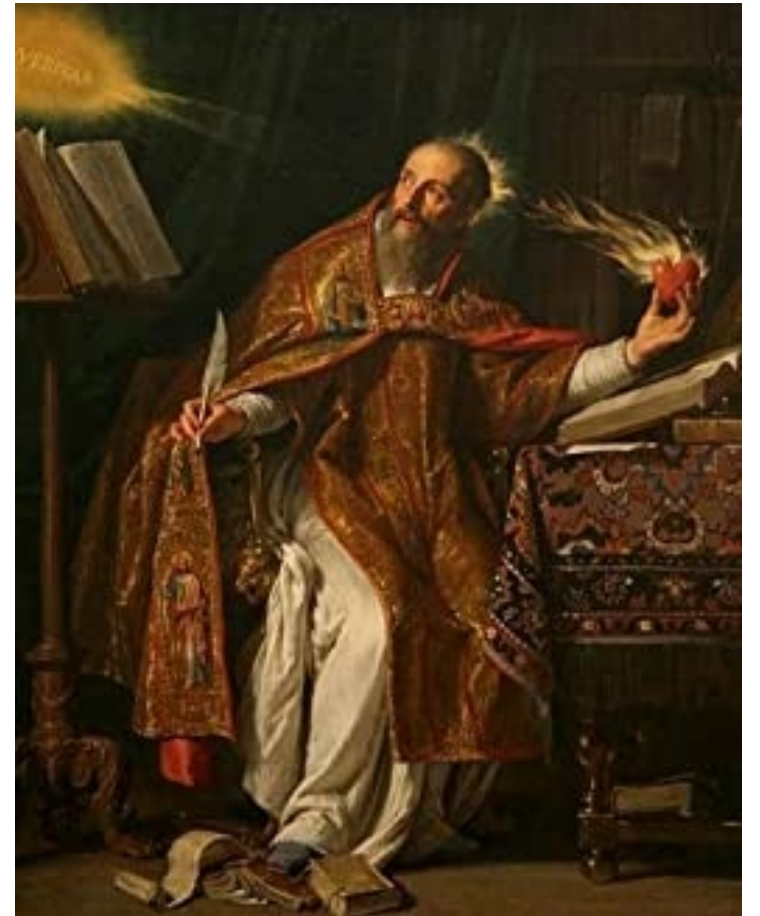


# TASTE

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“Behold who you are,  
become what you receive!”

- St. Augustine, sermon on the Eucharist



# EUCHARIST

*You are what you eat*

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“Reception of the Eucharist...is also about allowing ourselves to enter into **communion with Christ**, and through him with the whole of the Trinity, **so as to become what we receive** and to live in communion with the Church.”

- Pope Benedict XVI, “The Eucharist Is Not a Meal Among Friends”



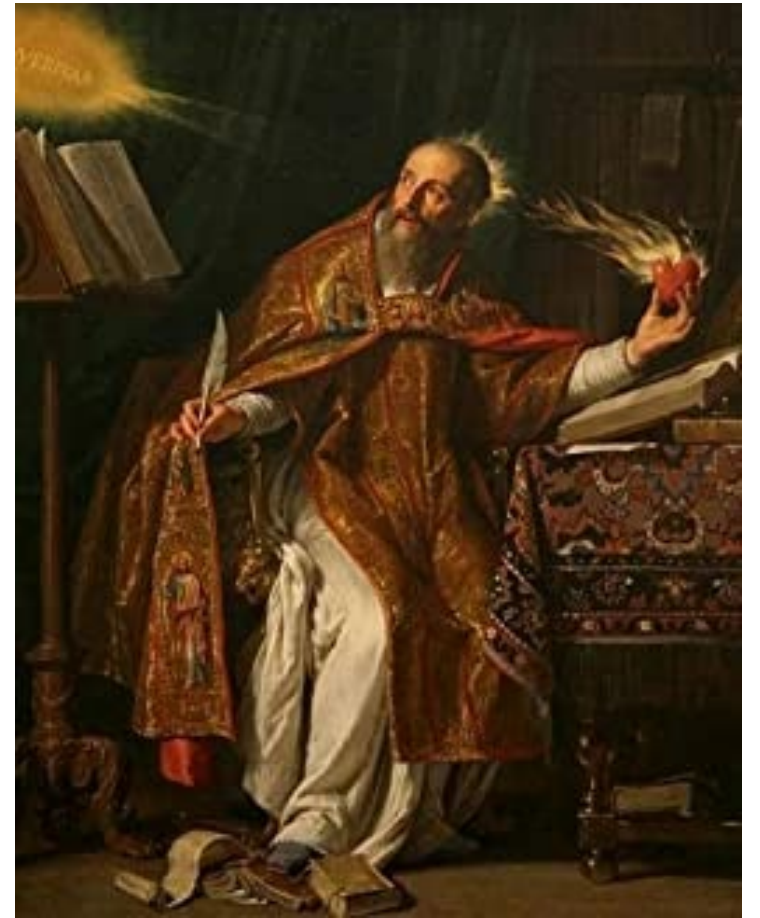
# EUCCHARIST

*You are what you eat*

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“I am the bread for the strong, eat me! But you will not transform me and make me part of you; rather, **I will transform you and make you part of me.**”

- Jesus to St. Augustine, *Confessions*





# In Conclusion

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- We are impacted physically and spiritually by what we take in through our senses.
- *Remember the “Evaluating Song Lyrics” Activity?*
  - What we listen to affects how we think about relationships and how we relate to others.
- *Remember the “Read, Listen, Watch” Activity?*
  - When more than one of our senses are engaged, the impact of the media we’re consuming is more powerful.
- In the next lesson, we will take a closer look at the impact pornography can have on its viewers.