

March 3, 2017

Joseph Deschambault

Re: Motion M-47

Dear House of Commons Standing Committee on Health,

My name is Joseph Deschambault and I am 14 years old. I live in a small town in southern Manitoba. Growing up I was a kind, thoughtful, happy kid, but that changed. I was introduced to pornography when a popup appeared while I was playing on an online gaming site. So me, a naïve 8 year old kid, went on to the computer and looked up what some of these pop ups were. I was awestruck by what I saw. I didn't know what to say, so before long I was looking up more and more words and phrases, but didn't know what I was doing or getting into.

Just like that I was hooked. At first I thought I was just curiously searching for what I had seen, but I now know that it was really a craving that was drawing me to the pornography. From my experience, it doesn't take much to get addicted. One second I was just going out to hang around with my friends, and the next, I was getting more and more addicted to pornography. At that time, I didn't really even know what an addiction was.

Suddenly I was rude, obnoxious, and had a hard time saying anything to a woman with respect, even if it was just a simple comment. I was hitting and bullying my sisters and treating my mother like dirt. I would be doing just fine one moment and the next moment I was screaming at my mom for no reason at all. (*Please see link of one of my minor tantrums at age nine as well as the brief write up explaining what was happening at the end of this document.*)

It was also at that time that I was having terrible night terrors and my mom couldn't shake me awake. I was seeing women as sexual objects instead of human beings. I felt like something had taken control over me and there was nothing that I could do about it. I was totally out of control in most areas of my life.

It didn't take long for my mom to realize that this was a little bit more than just some bad behavioural issues. Something else was going on here and she was determined to find out what it was. After about a year of this horrible lack of honor for women, my mom was looking at the history on her computer and found what she thought was French- a language spoken by my father and my oldest sister. When she asked them what they searched up on my mom's computer in French, my sister said, "Mom, that's not French. That's English, just spelled really bad".

It was right then that my mom realized it was me searching for pornography on her computer. (I was searching for pornography in broad daylight, in the common area. It wasn't like my mom ever let me take my computer to my room or let me on when no one else was around. I just became really good at hiding it or turning my screen enough that she could not see and could quickly switch screens before she could see what I was doing.) So my parents came into my room and gently asked me, "Jo, is there something that you need to tell us?" Right away I just started crying and told them what had been happening. They put filter after filter on the computer, but I managed to get by them and soon felt unstoppable. Finally, my parents took the final step by taking away all access to the internet and eventually took away all access from technology that had any internet capabilities such as computers and gaming systems.

After months and months of recovery, I was finally starting to make headway and was slowly starting to become my average self. The thing that took the longest for me to overcome was my anger issues. I would still have little outbursts here and there, but nothing as bad as when I was viewing the pornography. The recovery process is long and hard with multiple steps back. Though I was only consistently viewing pornography for about 2 years, I have been recovering for over 4 years.

The recovery process is much harder than I thought it would be. I figured it would be quite simple to recover from the pornography addiction, but it is still a struggle for me to this day. It is hard because you would have been able to tie me in a box and I would still be able to feed the addiction with my imagination of what I saw and that would be the same to me as looking at the pornography. So, it seems like the pornography literally marked my brain and there are times that it feels like there is nothing I can do about it. As a recovering pornography addict, I wish I would have had the privilege of having an online opt-in filter on my computer or an effective age verification system such as using your credit card. I also believe that there should be sanctions for the pornography sites that use search tags that children frequently use, such as Dora, Disney...etc. Education, rehumanizing and deobjectification of women, and restricted access of the internet is what has helped me to become an overcomer. I know that it is not just me that has a story like this and I believe that we can all do our part in protecting the youth in Canada. I will continue to do my part in this fight by sharing my story, and my hope is that this current government will do theirs by creating and enacting good laws.

Sincerely,

14 year Old
Joseph Deschambault
Founder of Save My Generation
www.savemygeneration.ca

Video

Google Drive Link

<https://drive.google.com/file/d/0BwS3cSjGj2nSZG5Dc001c2FuNkE/view?usp=sharing>

Background Information:

(Joseph Deschambault at 9 years of age with his mother in the kitchen of their home.)

I was told to do my chores, but I decided to not listen and grabbed the laundry instead. So my mom put me in a time out until I was willing to my chores as I was told. A typical time out for me was for me to sit quietly on my "timeout chair" for a few minutes until I was calm. My mom would restart the clock if I started speaking. This could go on for hours and was a daily thing. I was unaware to the fact that I was being filmed at the time.

Minutes 0-1

Quote Joseph- I can't believe that I have been accepting all the lies you have been shoving down my throat.

My mom quietly put me back on my timeout chair.

Quote Joseph- If you were respectful you would look at me while I was talking at the least. But of course you are not respectful.

Minutes 1-2

I continued to yell at my mom and called her a hypocrite. I step off my chair and tell her I am having a terrible day. My mom then tells me that my time is going to restart.

Minutes 2-3

Quote Joseph- Why do I have to listen to you of all people you?

My mom had to put me on the chair again while I screamed at her and told her that she was wasting my time so I was going to waste hers.

Minutes 3-4

Quote Joseph- You're not kind, of course not, you're not smart either. You're the complete opposite of it. It's called stupid.

I then attacked her faith.

Quote Joseph- You ruined my life.

I then screamed that I was going to have a terrible day and threw down my chair. And told her that my grief was all because of her.

Minutes 4-5

My mom tells me to sit back down and I said that I had nothing to sit on since I threw my chair.

Quote Joseph- You want it picked up, why don't you come and pick it up yourself?

Quote Joseph- Oh look I am standing, isn't that a big shocker?

Quote Joseph- You don't deserve to have me.

Video Ends**Debrief:**

The emotional stress that I was going through while cursing out my mother, was filled with burning anger for next to no reason. I felt like my stomach was eating me from the inside out and my head was pounding. I felt like my mom was a "big dummy" that did not care about me though deep down I knew that wasn't true. There were some tantrums where I would physically attack family members in the house to get revenge for something they did not do. This caused me to break relationship with almost everyone that I had relationship with. Today I have mended most of the relationships that I tore when I was younger, but still struggle with making new ones.