



# **7 WAYS PORN IS PROBLEMATIC**

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# Porn can mess with relationships

Countless studies consistently show that porn consumers tend to struggle in their relationships.

From poorer relationship quality to an increased likelihood of cheating, research suggests that porn plays a major role in fueling unhealthy relationship dynamics.

Perry, 2020

Rasmussen, 2016

# The porn industry is rife with abuse and even sex trafficking

The porn industry has an extensive history of profiting from nonconsensual content and abuse, even ignoring victims' pleas to remove abusive content.

Even in the production of mainstream porn, sex trafficking still occurs—and it happens more often than most people think.

Kristof, 2021

Donevan, 2021

# Porn can hurt your mental health

While some porn consumers think porn might help them feel less lonely, depressed, or stressed, research actually suggests that porn often fuels mental health issues and loneliness.

Koletic, 2017

Butler, Pereyra, Draper, Leonhardt, & Skinner, 2018

# Porn can distort your "sex expectations"

1 in 4 young adults in a 2021 study believed that porn was the #1 most helpful source to learn about sex.

However, another 2021 study found that the more porn someone watches, the more sexually illiterate they tend to be, suggesting that porn actively spreads toxic misinformation about sex.

# Porn can be addictive

As many experts agree, pornography consumption is a behavior that can absolutely qualify as an addiction in serious cases.

But regardless of whether a porn habit is clinically diagnosable as an addiction, many people find themselves unable to quit despite it having serious negative effects in their lives.

# Porn can mess with your sexual functioning

Research indicates that compulsive pornography consumption is directly related to sexual dysfunction for both men and women, difficulty reaching orgasm, problems with arousal and sexual performance, and decreased sexual satisfaction.

Bothe, Toth-Kiraly, Griffiths, Potenza, Orosz, & Demetrovics, 2021

Sun, Bridges, Johnson, & Ezzell, 2016

Szymanski & Stewart-Richardson, 2014

# Porn promotes objectification and sexual violence

Porn commonly glorifies objectification and sexual violence.

So it's unsurprising that research also finds that porn consumers are more likely to sexually objectify and dehumanize others, and more likely to commit actual acts of sexual violence.

Fritz, Malic, Paul, & Zhou, 2020

Zhou, Liu, Yan, & Paul, 2021

Wright, Tokunaga, & Kraus, 2016



It's virtually impossible to guarantee that the porn you're watching is truly consensual. And even if you could, you still can't guarantee it won't harm your relationships, mess with your sex expectations, your mental health, or your sexual function.

There's simply no guarantee with porn.

Is it worth it?



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