



8 GOOD REASONS to QUIT PORN

A Global Movement of Fighters
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HAVE A HEALTHIER UNDERSTANDING OF SEX

Pornography actively spreads harmful misinformation about sex.

In fact, one study suggests that **the more someone consumes porn, the more sexually illiterate they tend to become.**

So even though a lot of people think watching porn may help them learn more about sex, it may in fact be making you worse at sex.

STOP SUPPORTING AN ABUSIVE INDUSTRY

The porn industry has an extensive history of profiting from nonconsensual content and abuse.

The unfortunate truth is that, in the porn industry, there is virtually no way to guarantee that any piece of pornographic content is truly consensual, ethical, or even legal.

Quit porn, help stop the demand.

INVEST IN YOUR RELATIONSHIPS

As world-renowned relationship experts Drs. John and Julie Gottman wrote about porn,

"We are led to unconditionally conclude that for many reasons, pornography poses a serious threat to couple intimacy and relationship harmony."

Research routinely shows that porn can fuel relationship issues. Invest in your relationships by focusing on reality and ditching porn.

Gottman & Gottman, 2016

Perry, 2020

DEVELOP HEALTHIER BODY IMAGE

Research suggests that consuming porn can result in poorer body image—both for the consumers and for their partners.

Don't buy into the unrealistic, airbrushed fantasies of porn.

You deserve to feel confident in your skin rather than comparing yourself to impossible standards.

Tylka, 2015

Tylka & Kroon Van Diest, 2015

PREVENT SEXUAL DYSFUNCTION

Research routinely shows that compulsive pornography consumption is associated with sexual dysfunction for both men and women, difficulties with arousal and sexual performance, and decreased sexual satisfaction.

Not exactly "pro-sex," is it?

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

Sun, Bridges, Johnson, & Ezzell, 2016

Szymanski & Stewart-Richardson, 2014

STOP PERPETUATING INEQUALITY

Research shows that porn often promotes racist, sexist, and homophobic narratives.

Dehumanizing people and reducing them to degrading stereotypes is never okay.

Stop contributing to the demand by choosing to be porn-free.

Fritz, Malic, Paul, & Zhou, 2021

Hald, Malamuth, & Lange, 2013

Harvey, 2020

MAINTAIN MENTAL & EMOTIONAL HEALTH

Peer-reviewed research shows a link between porn consumption and mental health outcomes like depression, anxiety, loneliness, poorer self-esteem, and overall mental health.

Quitting porn can help interrupt the unhealthy cycle of escapism and mental health issues.

Harper & Hodgins, 2016

Wordecha, Wilk, Kowalewska, Skorko, Lapinski, & Gola, 2018

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

Koletic, 2017

FEEL MORE IN CONTROL OF YOUR LIFE

According to qualitative research involving individuals trying to quit porn, many reported feeling that they had "lost control over [their] own behavior."

Getting caught in an unhealthy cycle of watching porn can limit the feeling of control a consumer has over their life.

Even if it takes time, quitting porn can help you feel more in control and live a healthier life.

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