



# FACT CHECKING COMMON ARGUMENTS ABOUT PORN



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# "PORN ACTUALLY DECREASES SEXUAL VIOLENCE."

Some argue that porn provides a “healthy outlet” for people who might otherwise act out in sexually harmful ways, but actually,

**research consistently shows that porn consumption is associated with increased sexual violence.**

Wright, Tokunaga, & Kraus, 2016

Rostad, Gittins-Stone, Huntington, Rizzo, Pearlman, & Orchowski, 2019



# "PORN ISN'T ADDICTIVE" & "EVERYONE WHO WATCHES PORN IS ADDICTED."

Many experts and dozens of **neuroscientific studies agree that pornography addiction is very real.**

However, experts also note that the **majority of porn consumers are not addicted.** Even among those with compulsive pornography habits, many still do not qualify as addicts in a clinically diagnosable sense.

Love, Laier, Brand, Hatch, & Hajela, 2015

Stark & Klucken, 2017

Willoughby, Young-Petersen, & Leonhardt, 2018



# "PORN ACTUALLY IMPROVES YOUR SEX LIFE/ RELATIONSHIP."

While some research suggests that watching porn with a partner can provide an initial spark in a relationship, longitudinal studies show that these short-term effects tend to break down and turn negative. One study that tracked couples over time even found that porn consumption was the 2nd strongest predictor that a relationship would suffer. Plus, research consistently shows that **frequent porn consumption is associated with sexual dissatisfaction.**

Maddox, Rhoades, & Markman, 2011

Perry, 2017

Wright, Miezan, & Sun, 2019

Wright, Bridges, Sun, Ezzell , & Johnson, 2018



# "THE PROBLEM ISN'T PORN, IT'S SHAME/STIGMA."

Research shows that shame can absolutely play a role in fueling problematic porn habits, yet **research also indicates that shame is not a significant predictor of compulsive pornography use on its own.**

In other words, shame is not the main reason porn has negative effects.



**"PORN HAS BEEN  
AROUND FOREVER,  
IT'S NOT A  
'NEW DRUG.'"**

A still image centerfold magazines is nothing compared to the constant stream of hardcore, high-definition internet porn that anyone can stream anytime, anywhere, for free.

Today's internet porn is incomparably **more accessible, more affordable, more available, more anonymous, and more extreme** than anything available before the internet.



**"YEAH, MAINSTREAM PORN IS TOXIC, BUT THERE'S ALWAYS ETHICAL PORN."**

While the idea of “ethical porn” is well-intentioned, **it’s important to recognize that it’s still virtually impossible to guarantee that the porn you’re watching is truly ethical, consensual, or even legal.**

Even OnlyFans, for example, has been found to have serious issues with hosting nonconsensual content, abuse, and even child sexual abuse material.



**"IF MY PARTNER  
WON'T STOP  
WATCHING PORN,  
THEY MUST BE  
UNSATISFIED  
WITH ME."**

Your partner's porn habit is not a reflection of you or your desirability. **Most porn**

**consumers are exposed to porn before they meet their partner,** and those habits

can be difficult to break. An individual's porn habit is often reflective of deeper issues they may be experiencing, but their behaviors are never the fault or responsibility of their partner.

**You are enough, just the way you are.**



# "PORN IS SEX-POSITIVE, AND BEING AGAINST IT IS SEX-NEGATIVE."

As a sex-positive organization, we're here to tell you that **an industry that glorifies a lack of consent, fetishizes race, and ignores mutual pleasure is not sex-positive.**

Not to mention, **research consistently shows that porn consumption is associated with sexual dysfunction** (for both men and women) and decreased sexual satisfaction. That's about as sex-negative as you can get.

Learn more at [FTND.ORG](https://ftnd.org)



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# HELP SUPPORT OUR EFFORTS!



As a 501(c)(3) nonprofit organization, we rely on generous donations from our Fighters to help us create resources like this to help educate people on the harms of pornography.

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