



# THINK WATCHING P\*RN IS HARMLESS?

DISCOVER HOW IT IMPACTS  
YOUR BRAIN AND BEHAVIOR

A GLOBAL MOVEMENT OF FIGHTERS  
©FIGHT THE NEW DRUG







**WATCHING PORN MIGHT  
SEEM LIKE A STRESS  
RELIEVER, BUT IT CAN  
INCREASE STRESS AND  
ANXIETY OVER TIME.**

**THIS CREATES A  
HARMFUL CYCLE THAT'S  
HARD TO BREAK,  
LEAVING YOU FEELING  
MORE STRESSED IN  
THE LONG RUN.**

Koob G. F. (2013)



**OVER TIME, PORN  
CONSUMPTION CAN  
ESCALATE. WHAT BEGINS  
AS CASUAL VIEWING  
OFTEN LEADS TO  
SEEKING MORE EXTREME  
CONTENT TO ACHIEVE  
THE SAME LEVEL OF  
SATISFACTION.**

This escalation can have serious  
impacts on your mental health  
and relationships.

Bóthe, B., Tóth-Király, I., Zsila, Á., Griffiths, M. D.,  
Demetrovics, Z., & Orosz, G. (2017)

Downing, M. J., Schrimshaw, E. W., Scheinmann, R.,  
Antebi-Gruszka, N., & Hirshfield, S. (2016)



**PORN AFFECTS THE BRAIN  
SIMILARLY TO DRUGS.**

**IT OVERSTIMULATES  
THE BRAIN'S REWARD  
CENTER, CAUSING  
ADDICTION-LIKE  
SYMPTOMS AND ALTERING  
BRAIN CHEMISTRY.**

**THIS CAN LEAD TO A  
DEPENDENCY THAT IS  
HARD TO OVERCOME.**

Brand, M., Snagowski, J., Laier, C., & Maderwald, S. (2016).

De Sousa, A., & Lodha, P. (2017).



**QUITTING PORN IS  
TOUGH DUE TO ITS  
ADDICTIVE NATURE.**

**IT REWIRES THE BRAIN,  
MAKING IT CHALLENGING  
TO STOP WITHOUT  
SIGNIFICANT EFFORT  
AND SUPPORT.**

**MANY STRUGGLE WITH  
WITHDRAWAL SYMPTOMS  
AND CRAVINGS.**

Love, T., Laier, C., Brand, M., Hatch, L., & Hajela, R. (2015)

Stark R., Klucken T. (2017)

De Sousa, A., & Lodha, P. (2017)



**REGULAR PORN  
CONSUMPTION CHANGES  
THE BRAIN'S STRUCTURE.**

**IT FORMS STRONG NEURAL  
PATHWAYS, MAKING REAL-  
LIFE INTIMACY LESS  
FULFILLING AND HARDER  
TO ENJOY. THESE  
CHANGES CAN IMPACT  
YOUR RELATIONSHIPS AND  
OVERALL WELL-BEING.**

Voon, V., et al. (2014)





# UNDERSTANDING PORN'S IMPACT ON OUR BRAIN IS CRUCIAL.

For in-depth insights check out  
our Get the Facts articles at  
**FTND.ORG/GTF**

