



THINK P*RN CAN IMPROVE YOUR SEX LIFE?

**DISCOVER HOW IT IMPACTS
YOUR RELATIONSHIPS**

A GLOBAL MOVEMENT OF FIGHTERS
©FIGHT THE NEW DRUG



**PORN CAN NEGATIVELY
IMPACT LOVE AND INTIMACY.**

**IT CREATES UNREALISTIC
EXPECTATIONS AND CAN
LEAD TO DECREASED
SATISFACTION IN REAL-LIFE
RELATIONSHIPS. OVER TIME,
THIS MAKES GENUINE
CONNECTIONS HARDER TO
MAINTAIN AND INTIMACY
LESS FULFILLING.**

Wright, P. J., Tokunaga, R. S., Kraus, A., & Klann, E. (2017)

**CONSUMING PORN CAN
HURT YOUR PARTNER.**

**IT OFTEN LEADS TO
FEELINGS OF BETRAYAL,
DECREASED TRUST, AND
EMOTIONAL DISTANCE.**

**THIS EMOTIONAL RIFT CAN
DAMAGE THE FOUNDATION
OF YOUR RELATIONSHIP
AND CREATE
LONG-LASTING ISSUES.**

**PORN CONSUMPTION CAN
HARM SEX LIVES.**

**IT CAN CAUSE ERECTILE
DYSFUNCTION,
DECREASED SEXUAL
SATISFACTION, AND A
DISTORTED VIEW OF SEX.**

These issues make it challenging to enjoy
intimate moments with a partner,
affecting overall relationship satisfaction.

Park, B. Y., Wilson, G., Berger, J., Christman, M., Reina, B.,
Bishop, F., Klam, W. P., & Doan, A. P. (2016)

Bóthe, B., Tóth-Király, I., Griffiths, M. D., Potenza, M. N.,
Orosz, G., & Demetrovics, Z. (2021)

Sun, C., Bridges, A., Johnson, J. A., & Ezzell, M. B. (2016)

**REGULAR PORN USE
NORMALIZES SEXUAL
OBJECTIFICATION.**

**IT TEACHES VIEWERS TO
SEE PEOPLE AS OBJECTS
FOR PLEASURE RATHER
THAN AS INDIVIDUALS.
THIS MINDSET SHIFT
AFFECTS HOW THEY TREAT
OTHERS IN REAL LIFE,
POTENTIALLY LEADING TO
DISRESPECTFUL OR
HARMFUL BEHAVIORS.**

PORN CAN IMPACT MENTAL HEALTH AND FUEL LONELINESS.

It's linked to depression, anxiety, and isolation. This creates a cycle that's hard to break, leaving individuals feeling more disconnected and unhappy over time.

Harper, C., & Hodgins, D. C. (2016)

Wordecha, M., Wilk, M., Kowalewska, E., Skorko, M.,
Łapiński, A., & Gola, M. (2018)

Butler, M. H., Pereyra, S. A., Draper, T. W., Leonhardt, N. D.,
& Skinner, K. B. (2018)

Willoughby, B. J., Young-Petersen, B., & Leonhardt, N. D. (2018)

Koletic G. (2017)



**IN ORDER TO HAVE
BETTER, MORE
MEANINGFUL HUMAN
RELATIONSHIPS AND
CONNECTIONS, WE NEED
TO UNDERSTAND PORN'S
IMPACT ON
RELATIONSHIPS.**

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

