

# 7 WAYS P\*RN IS A PROBLEM

A GLOBAL MOVEMENT OF FIGHTERS  
©FIGHT THE NEW DRUG

# **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 & 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.

ROTHMAN, BECKMEYER, HERBENICK, FU,  
DODGE, & FORTENBERRY, 2021  
WRIGHT, TOKUNAGA, HERBENICK, & PAUL, 2021



# **PORN CAN BE ADDICTIVE**

As many experts agree, porn 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 porn 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 expectations, your mental health, or your sexual function.

There's simply no guarantee with porn.

Is it worth it?



↑  
FOLLOW

↑  
TURN ON  
NOTIFICATIONS



**THANKS FOR READING  
ALL THE WAY THROUGH!**

You can help more people learn  
about the negative impacts of porn  
by supporting our educational  
resources at

[ftnd.org/donate](https://ftnd.org/donate)

LIKE, COMMENT & SHARE

SAVE

