

# HOW P\*RN CAN IMPACT YOUR HEALTH

A GLOBAL MOVEMENT OF FIGHTERS  
©FIGHT THE NEW DRUG



**WE SOMETIMES HEAR  
PEOPLE CLAIM THAT  
PORN IS A HARMLESS  
PERSONAL HABIT, A  
GREAT SELF-CARE  
TECHNIQUE, OR EVEN A  
WAY TO STRENGTHEN  
RELATIONSHIPS.**

**HOWEVER, RESEARCH  
TENDS TO SHOW  
THE OPPOSITE.**



## MENTAL HEALTH

**SOME PEOPLE TURN TO PORN TO COPE WITH NEGATIVE EMOTIONS LIKE LONELINESS OR GRIEF, BUT RESEARCH ACTUALLY SHOWS THAT PORN IS ASSOCIATED WITH MORE LONELINESS, LOWER SELF-ESTEEM, AND POORER MENTAL HEALTH.**

BUTLER, PEREYRA, DRAPER, LEONHARDT, & SKINNER, 2018  
NOOR, ROSSER, & ERICKSON, 2014  
KOLETIC, 2017



## **MENTAL HEALTH**

**RESEARCH INDICATES  
THAT THOSE WHO  
CONSUME PORN TO  
AVOID UNCOMFORTABLE  
EMOTIONS TEND TO  
HAVE SOME OF THE  
LOWEST REPORTS OF  
EMOTIONAL AND  
MENTAL WELLBEING.**

**BROWN, DURTSCHI, CARROLL, & WILLOUGHBY, 2017**



# **SEXUAL HEALTH**

**WHILE SOME PEOPLE  
TURN TO PORN TO  
ENHANCE THEIR SEXUAL  
EXPERIENCES, RESEARCH  
CONSISTENTLY INDICATES  
THAT FREQUENT PORN  
CONSUMPTION IS  
ASSOCIATED WITH  
MORE SEXUAL  
DISSATISFACTION.**

**WRIGHT, BRIDGES, SUN, EZZELL, & JOHNSON, 2018**

**BROWN, CARROLL, YORGASON, BUSBY, WILLOUGHBY, & LARSON, 2017**



## **SEXUAL HEALTH**

**PORN CONSUMPTION IS NOT ONLY LINKED TO DECREASED SEXUAL SATISFACTION, BUT ALSO SEXUAL DYSFUNCTION FOR BOTH MEN AND WOMEN, DIFFICULTY REACHING ORGASM, AND PROBLEMS WITH AROUSAL AND SEXUAL PERFORMANCE.**

**PARK, ET AL., 2016  
BOTHE, TOTH-KIRALY, GRIFFITHS, POTENZA, OROSZ,  
& DEMETROVICS, 2021**



# REALTIONSHPIS

**RESEARCH SUGGESTS THAT PORN PLAYS A MAJOR ROLE IN FUELING UNHEALTHY RELATIONSHIP DYNAMICS.**

**FOR EXAMPLE, PORN CONSUMPTION IS ASSOCIATED WITH:**

**DECREASED RELATIONSHIP QUALITY**

BROWN, DURTSCHI, CARROLL, & WILLOUGHBY, 2017

**INCREASED COUPLE CONFLICT**

CARROLL, BUSBY, WILLOUGHBY, & BROWN, 2017

**POORER ROMANTIC ATTACHMENT**

WRIGHT, TOKUNAGA, KRAUS, & KLANN, 2017

**INCREASED ACCEPTANCE OF CHEATING**

RASMUSSEN. 2016



## **REALTIONSHPIS**

**RESEARCH CONSISTENTLY  
SHOWS THAT PORN  
CONSUMERS ARE 2X AS  
LIKELY TO LATER REPORT  
EXPERIENCING A DIVORCE  
OR BREAKUP—EVEN  
AFTER TAKING MARITAL  
HAPPINESS, SEXUAL  
SATISFACTION, AND  
OTHER RELEVANT  
FACTORS INTO ACCOUNT.**

**PERRY, 2018**

**PERRY & DAVIS, 2017**

**PERRY & SCHLEIFER, 2018**



**YOUR MENTAL  
HEALTH MATTERS.**

**YOUR SEXUAL  
HEALTH MATTERS.**

**YOUR RELATIONSHIPS  
MATTER.**

Countless studies show that porn is not conducive to a healthy and fulfilling lifestyle. You deserve better. Invest in your health, and quit porn for good.

If you're looking for help to quit porn, check out our affiliates at Fortify, which is a free, science based recovery tool.

**[FTND.ORG/FORTIFY](https://ftnd.org/fortify)**



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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)

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