

# AN OVERVIEW OF THE RESEARCH ON PORN



©Fight the New Drug  
Get the Facts — [ftnd.org/gtf](http://ftnd.org/gtf)

**DECADES OF STUDIES FROM  
RESPECTED ACADEMIC INSTITUTIONS  
HAVE DEMONSTRATED SIGNIFICANT  
IMPACTS OF PORN CONSUMPTION  
FOR INDIVIDUALS, RELATIONSHIPS,  
AND SOCIETY.**

**HERE ARE A FEW THINGS YOU  
MAY NEED TO KNOW...**

# CAN CONSUMING PORN BECOME AN ESCALATING BEHAVIOR?

Because of desensitization, many porn consumers find that they have to consume more porn, consume more often, or consume more extreme forms of porn in order to get the same response they once did.

In fact, a 2016 study found that 46.9% of respondents reported that they began watching porn that had previously disinterested or even disgusted them.

- Banca, Morris, Mitchell, Harrison, Potenza, & Voon, 2016
- Wéry & Billieux, 2016

# WHY IS PORN SO DIFFICULT TO QUIT?

While the brain's reward center is largely responsible for "wanting" or "desire," it's our prefrontal cortex that is largely responsible for putting the brakes on those wants. But with compulsive porn consumption, the prefrontal cortex's "braking system" can start to wear out, impairing healthy decision-making and self-control.

- Kühn & Gallinat, 2014
- Negash, Sheppard, Lambert, & Fincham, 2016

# HOW DOES PORN AFFECT YOUR SEX LIFE?

While some people turn to porn to “spice up their sex life,” research indicates that in the long run, porn consumption is associated with sexual dysfunction and decreased sexual satisfaction.

- Bóthe, Tóth-Király, Griffiths, Potenza, Orosz, & Demetrovics, 2021
- Sun, Bridges, Johnson, & Ezzell, 2016
- Szymanski & Stewart-Richardson, 2014

# HOW DOES PORN IMPACT RELATIONSHIPS?

Research routinely finds that porn is fueling relationship problems. A study that tracked couples over six years, for example, found that porn consumption was the second strongest predictor that a marriage would suffer.

# DOES PORN PROMOTE SEXUAL VIOLENCE?

Research finds that at least 1 in 3 and as many as 9 in 10 porn videos show acts of physical aggression or violence. In fact, porn consumers are more likely to sexually objectify others, more likely to express an intent to rape, and more likely to commit actual acts of sexual violence.

- Fritz, Malic, Paul, & Zhou, 2020; Bridges, Wosnitzer, Scharrer, Sun, & Liberman, 2010
- Mikorski & Szymanski, 2017
- Foubert, Brosi, & Bannon, 2011
- Wright, Tokunaga, & Kraus, 2016

# HOW DOES PORN FUEL SEX TRAFFICKING?

Sex trafficking shares a variety of symbiotic connections to pornography—and sex trafficking in porn happens more often than most people think.

In fact, porn is the 3rd most common venue in which sex trafficking occurs, according to cases reported to the National Human Trafficking Hotline.

- Donevan, 2021
- Polaris, 2020



**SHARE THIS POST TO HELP OTHERS  
LEARN ABOUT THE RESEARCH  
ON PORN'S EFFECTS!**

**LEARN MORE FOR YOURSELF  
BY READING OUR GET THE  
FACTS ARTICLES!**

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





FOLLOW



TURN ON  
NOTIFICATIONS

## 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.

If you found this information helpful, please consider donating to help us make more content just like this!

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

LIKE, COMMENT & SHARE



SAVE

