



# How Porn Impacts Women

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Porn can impact women in a variety of ways.

Whether consumers, porn performers, or partners of consumers, countless women report being negatively affected by porn's influence in their lives.

Here are just a few of the ways porn can harm women.

60.2%  
60.2%  
60.2%

A 2020 study found that an estimated 60.2% of women report consuming porn in the past month. With a majority of women consuming porn, research indicates that they experience many of the same negative effects as male porn consumers.

For example, research shows that consuming porn can negatively impact women's mental health, self-esteem, "sexexpectations," and even sexual functioning.

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Brown, Durtschi, Carroll, & Willoughby, 2017

Koletić, 2017

Bóthe, Toth-Kiraly, Griffiths, Potenza, Orosz, & Demetrovics, 2021

**But women can still be negatively affected by porn, even if they're not consuming it themselves.**

Female partners of male porn consumers, for example, also report negative effects, such as lower self-esteem, worse relationship quality, and less sexual satisfaction.

Research also shows that women whose partners consume porn experience more psychological distress, feel more objectified, have poorer body image, and are even more likely to develop eating disorder symptoms.

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Szymanski, Feltman, & Dunn, 2015

Wright & Tokunaga, 2018

Tylka & Kroon Van Diest, 2015

## Women can also be harmed in the making of porn.

Mistreatment and abuse of performers in the porn industry are unfortunately common, with many performers reporting that they have been exploited, dehumanized, or even trafficked in the industry.

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Donevan, 2021

See also "How Porn Can Fuel Sex Trafficking" on [ftnd.org](https://ftnd.org)

1/3  
97%  
97%

Researchers analyzing the content of pornography videos have found that at least 1 in 3 and as many as 9 in 10 porn videos show violence or aggression—and that women are the targets about 97% of the time.

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Fritz, Malic, Paul, & Zhou, 2020

Bridges, Wosnitzer, Scharrer, Sun, & Liberman, 2010



**It's no secret that porn plays a role in normalizing violence against women. In fact, research shows that porn consumers are:**

- ✦ more likely to sexually objectify and dehumanize women**
- ✦ more likely to express an intent to rape**
- ✦ less likely to intervene during a sexual assault**
- ✦ more likely to support violence against women**
- ✦ more likely to commit actual acts of sexual violence**

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Zhou, Liu, Yan, & Paul, 2021

Foubert, Brosi, & Bannon, 2011

Wright & Tokunaga, 2016

Wright, Tokunaga, & Kraus, 2016

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