

Teens Talk About How Porn Has Affected Them

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These three studies interviewed kids and teens about their experiences with porn.

Here's what they said:

(MARTELLOZZO, MONAGHAN, ADLER, DAVIDSON, LEYVA, & HORVATH, 2016)

(ROTHMAN, KACZMARSKY, BURKE, JANSEN, & BAUGHMAN, 2015)

(BBFC, 2020)



**"It was like a cigarette:
I did it once [aged 14] and I
was hooked. I usually
watch it once a day during
the week, and on the
weekend, who knows,
every hour if I'm bored?"**

Jay-18/Leicester



"I just thought [of sex] as if it was like a porn video, and I was like, okay, I can do what I want with this girl because whatever I do she is enjoying it."

Calum—18/Manchester



"My friend tried to choke his girlfriend once when they were having sex because he had seen it in a porno... it ended with the girlfriend slapping him and when he asked why she slapped him she said, 'Because you were choking me.'"

Nicholas—16/Glasgow



"You see what is happening in porn and you almost get worried about other people's relationships, and it puts me off having any future relationships as it is very male-dominated and not romantic or trusting —or promoting good relationships."

Female—13



"Some guys just open up the porn [site], and then they just start watchin' it. And then like the boys start like slapping girls' butts, grabbing their boobs and stuff. And actually one time this dude... kept reachin' for my boob, and then I smacked him. Like really hard. And then he hit me back, and I started punchin' him, and then I got expelled."

Female—17



"What shocked me is how those females can take anal sex. I tried it once. I seen how the woman and stuff is so—they look like they get an orgasm from it. But when I tried it, I was so stunned, like, I ended up getting ibuprofens and stuff because I was in so much pain."

Female—17

Porn is not harmless—

It actively affects the ways young people view sex and approach relationships, and that can have lasting and devastating effects.

It's time to change the conversation surrounding porn and consider before consuming.

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