

HOW P*RN CAN AFFECT YOUR SEX LIFE



A GLOBAL MOVEMENT OF FIGHTERS
©FIGHT THE NEW DRUG

**WE SOMETIMES HEAR
THE ARGUMENT THAT
WATCHING PORN IS A
GREAT WAY TO IMPROVE
YOUR RELATIONSHIP OR
HEAT UP YOUR SEX LIFE.**

**BUT DID YOU KNOW THAT
A LOT OF RESEARCH
ACTUALLY SHOWS
THE OPPOSITE?**

LET'S TAKE A LOOK.

SEXUAL DISSATISFACTION

While some people may assume that porn can improve your sex life, research actually consistently shows that frequent porn consumption is associated with sexual dissatisfaction.

(WRIGHT, BRIDGES, SUN, EZZELL , & JOHNSON, 2018)
(BROWN, CARROLL, YORGASON, BUSBY, WILLOUGHBY, & LARSON, 2017)
(MUUSSES, KERKHOF, & FINKENAUER, 2015)

**THERE IS SOME RESEARCH TO
SHOW THAT SOME COUPLES
MAY EXPERIENCE AN INITIAL
SPARK WHEN WATCHING
PORN TOGETHER, BUT
LONGITUDINAL RESEARCH
SHOWS THAT ANY INITIAL
BENEFITS TEND TO BREAK
DOWN OVER TIME.**

**IN FACT, ACCORDING TO
LONGITUDINAL RESEARCH,
PORN CONSUMPTION WAS
THE 2ND STRONGEST
PREDICTOR OF POOR
RELATIONSHIP QUALITY.**

(FREDERICK, LEVER, GILLESPIE, & GARCIA, 2017)

(PERRY, 2016)

NEGATIVE IMPACT

Porn can also negatively impact consumers' commitment levels in their relationships.

Research shows that porn is linked to decreased couple commitment and increased acceptance of infidelity.

(RASMUSSEN, 2016)

(LAMBERT, NEGASH, STILLMAN, OLMSTEAD, & FINCHAM, 2012)

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

(PERRY, 2018)

(PERRY & DAVIS, 2017)

(PERRY & SCHLEIFER, 2015)

BODY IMAGE

Consuming porn can also result in poorer body image —both for the consumers and for their partners.

(TYLKA, 2015)

(KOR, ZILCHA-MANO, FOGEL, MIKULINCER, REID, & POTENZA, 2014)

(TYLKA & KROON VAN DIEST, 2015)

(DESTIN N. STEWART , AND DAWN M. SZYMANSKI, 2012)

ADDITIONALLY, DOZENS OF STUDIES SHOW THAT PORN CAN:

- 1 Decrease relationship quality
- 2 Increase couple conflict
- 3 Decrease relationship satisfaction
- 4 Poorer romantic attachment

1. (STEWART & SZYMANSKI, 2012; PERRY, 2020)

2. (CARROLL, BUSBY, WILLOUGHBY, & BROWN, 2017;
SZYMANSKI, & STEWART-RICHARDSON)

3. (RASMUSSEN, 2016; MUUSSES, KERKHOF, & FINKENAUER, 2015;
PERRY, 2016; WILLOUGHBY, CARROLL, BUSBY, & BROWN, 2016)

4. (TYLKA, 2015; KOR, ZILCHA-MANO, FOGEL, MIKULINCER, REID,
& POTENZA, 2014; PAUL J. WRIGHT , ROBERT S. TOKUNAGA ,
ASHLEY KRAUS , AND ELYSSA KLANN, 2017; RASMUSSEN, 2016)

RELATIONSHIP QUALITY

And finally, research shows that those who never view pornography report higher relationship quality—on every measure—than those who view pornography alone.

(MADDOX, RHOADES, & MARKMAN, 2011)



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 effectively 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

