

AN OVERVIEW OF THE RESEARCH ON PORN



Get the Facts
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**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



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ON PORN'S HARMFUL
EFFECTS.**

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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.

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