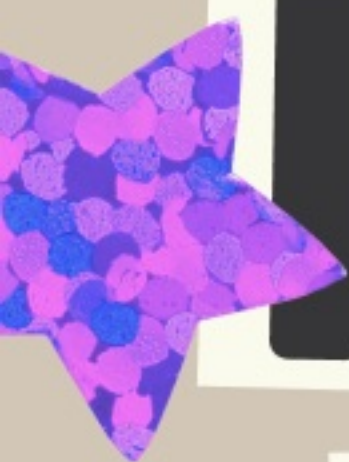


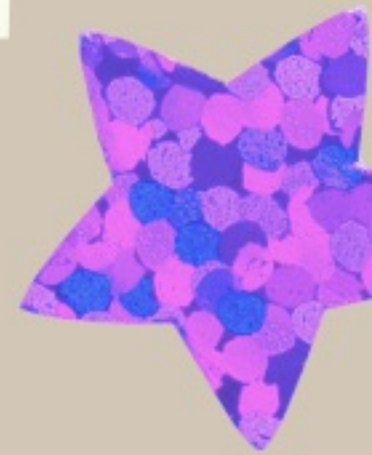


**HOW P\*RN**



**IMPACTS**

**WOMEN**



A GLOBAL MOVEMENT OF FIGHTERS  
©FIGHT THE NEW DRUG



**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%

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, "sex expectations," and even sexual functioning.

Brown, Durtschi, Carroll, & Willoughby, 2017

Koletić, 2017

Bóthe, Tóth-Király, 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.

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.

Donevan, 2021

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



# 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.

Donevan, 2021

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



# 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

Zhou, Liu, Yan, & Paul, 2021

Foubert, Brosi, & Bannon, 2011

Wright & Tokunaga, 2016

Wright, Tokunaga, & Kraus, 2016



↑  
FOLLOW

↑  
TURN ON  
NOTIFICATIONS



As a 501(c)(3) nonprofit organization,  
we rely on generous donations to help  
effectively educate people on the  
harms of pornography.

If you find these resources helpful, please  
consider donating to help us continue  
creating more resources like these.

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