



P*RN'S IMPACT ON MENTAL HEALTH



A GLOBAL MOVEMENT OF FIGHTERS
©FIGHT THE NEW DRUG



**MANY PORN CONSUMERS
USE PORN AS A COPING
MECHANISM FOR WHEN
THEY'RE FEELING LONELY,
STRESSED, SAD, BORED,
OR UPSET.**

But instead of providing a healthy outlet for negative emotions, research shows that porn can actually be detrimental to mental health in the long-run.

LET'S DISCUSS.

**RESEARCH HAS SHOWN
THAT THE MORE PORN
SOMEONE CONSUMES,
THE MORE LIKELY THEY
ARE TO EXPERIENCE
MENTAL HEALTH ISSUES
SUCH AS DEPRESSION,
ANXIETY, STRESS, AND
SOCIAL PROBLEMS.**

Levin, Lillis, & Hayes, 2012

Camilleri, Perry, & Sammut, 2021

RESEARCH HAS SHOWN THAT THOSE WHO USE PORN AS A SELF-SOOTHING TECHNIQUE TO AVOID UNCOMFORTABLE EMOTIONS END UP HAVING SOME OF THE LOWEST REPORTS OF EMOTIONAL AND MENTAL WELL-BEING.

**RESEARCH ALSO
SHOWS THAT PORN
CONSUMPTION IS
LINKED TO LOWER
SELF-ESTEEM—FOR
BOTH CONSUMERS
AND THEIR PARTNERS.**

Koletić, 2017

Stewart & Szymanski, 2012

**SIMILARLY, RESEARCH
SUGGESTS THAT BOTH
PORN CONSUMERS
AND THEIR PARTNERS
TEND TO HAVE POORER
BODY IMAGE, AS MANY
SEEM TO INTERNALIZE
THE UNREALISTIC
BODY IDEALS
DISPLAYED IN PORN.**

Tylka, 2015

Tylka & Kroon Van Diest, 2015

AN IMPORTANT PART OF MENTAL AND EMOTIONAL WELL-BEING IS HAVING HEALTHY CONNECTIONS WITH OTHERS, YET STUDIES ROUTINELY INDICATE THAT PORN IS ACTUALLY ASSOCIATED WITH:

LESS FULFILLING RELATIONSHIPS

INCREASED RELATIONSHIP CONFLICT

POORER ROMANTIC ATTACHMENT

2X THE LIKELIHOOD OF LATER EXPERIENCING A BREAKUP OR DIVORCE

Wright, Tokunaga, Kraus, & Klann, 2017

Carroll, Busby, Willoughby, & Brown, 2017

Szymanski, & Stewart-Richardson, 2014

Tylka, 2015

Kor, Zilcha-Mano, Fogel, Mikulincer, Reid, & Potenza, 2014

Perry, 2018

Perry & Davis, 2017

**WHILE MANY PORN
CONSUMERS TURN TO
PORN WHEN THEY'RE
FEELING LONELY,
RESEARCH SHOWS
THAT PORN CAN
ULTIMATELY FUEL
FEELINGS OF
LONELINESS,
FEEDING AN
UNHEALTHY
COPING CYCLE.**

When people turn to porn to make themselves feel better, it might actually be doing the opposite for their mental health. You deserve to be happy and healthy.

**You deserve better than porn. Invest in your mental health—
[quit porn for good.](#)**

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