

## FAST FACTS - PORNOGRAPHY IS PERVASIVE

**It's Every Where:** Young children are now exposed to hardcore (mainstream) pornography at an alarming rate, with 27% of older millennials (age 25-30) reporting that they first viewed pornography before puberty.[i] 64% of people 13–24 actively seek out pornography weekly or more often.[ii]

**Both Male and Female Users:** While hardcore pornography users are typically male, female use is increasing. Teenage girls and young women are significantly more likely to actively seek out porn than women over age 25.[iii]

**Unmanageable at the Individual Level:** The pervasive depictions of softcore and hardcore pornography in popular culture, and their easy accessibility via streaming and mobile devices, produce problems and significant risks outside the ability of individuals and families to manage on their own.

**Like the Tobacco Industry, the Pornography Industry is Creating a Public Health Crisis.** Despite tobacco's former widespread use and acceptance in American culture, once its harms became apparent, society took action and adopted dramatic new policies to limit the harmful effects of smoking. Similarly, we believe that people need to be protected from pornography exposure and be made aware of the risks associated with pornography use. Additionally, pornography should not be socially endorsed, normalized, or presented as cool.

## IMPACT ON SEXUAL VIOLENCE

**Pornography Teaches that Women Enjoy Sexual Violence:** Analysis of the 50 most popular pornographic videos (those bought and rented most often) found that 88% of scenes contained physical violence, and 49% contained verbal aggression.[iv] 87% of aggressive acts were perpetrated against women, and 95% of their responses were either neutral or expressions of pleasure.[v]

**Pornography Is Linked to Increased Sexual Violence:** A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike.[vi]

**Pornography Is Linked to Increased Female Sexual Victimization:** A study of 14-19 year-olds found that females who watched pornographic videos were at significantly greater likelihood of being victims of sexual harassment or sexual assault.[vii]

## IMPACT ON THE BRAIN

**The Research Is In:** Since 2009, there have been 30 major studies that have revealed porn has negative and detrimental impacts on the brain. [viii]

**Pornography Use Shrinks Brain:** A 2014 study found that increased pornography use is linked to decreased brain matter in the areas of motivation and decision-making, impaired impulse control, and desensitization to sexual reward. [ix]

**Pornography is Like Cocaine:** Pornography hijacks the brain's reward systems the same way that cocaine does. [x]

**The Addiction Gets Worse:** A 2015 study from Cambridge found that pornography use can drive novelty-seeking, so users need more and more extreme content over time in order to achieve the same level of arousal. [xi]

## IMPACT ON SEXUALLY TRANSMITTED INFECTIONS (STI)

**Pornography and STIs:** Pornography use among adult males in America is associated with increased engagement in sexual behaviors that increase the risk of STIs. In multiple studies, internet pornography consumption was positively associated with having sex with multiple partners, engaging in paid sex, and having had extramarital sex. [xii]

**Increased STIs Among Adolescent Minority Females:** Exposure to X-rated movies among black females 14 to 18 years old was associated with being more likely to have negative attitudes toward using condoms, to have multiple sex partners, to have sex more frequently, to have not used contraception during the last intercourse, to have not used contraception in the past 6 months, to have a strong desire to conceive, and to test positive for chlamydia. [xiii]

## IMPACT ON FEMALES

**Negative Body Image and Pressure to Perform Pornographic Acts:** As a result of viewing pornography women reported lowered body image, criticism from their partners regarding their bodies, increased pressure to perform acts seen in pornographic films, and less actual sex, while men reported being more critical of their partners' body and less interested in actual sex. [xiv]

**Increased Marital Rape:** Males who use pornography and go to strip clubs were found to engage in more sexual abuse, stalking, and marital rape than abusers who do not use pornography and go to strip clubs. [xv]

## IMPACT ON MALES

**Leads to Pornography-Induced Erectile Dysfunction (PIED):** A 2015 study on pornography users found that 20.3% said "one motive for their porn use was to maintain arousal with their partner." It also found that pornography use was linked to higher sexual desire, but lower overall sexual satisfaction, and lower erectile function. [xvi]

**Young Men and PIED:** Young men are experiencing increasing rates of PIED. In the early 2000s, the PIED rate among European men was approximately 13%. In 2011 young Europeans (18-40) had ED rates of 14-28%. The dramatic increase in ED rates among young men coincides with the sharp increase in the availability and pervasiveness of Internet pornography. [xvii]

**Negative Body Image:** A 2015 study found that men's frequency of pornography use is positively linked to body image insecurity regarding muscularity and body fat, and to increased anxiety in romantic relationships. [xviii]

## IMPACT ON RELATIONSHIPS

**Dissatisfaction with Partners:** Research has demonstrated that the more pornography a man watches, the more likely he is to deliberately conjure images of pornography during sex to maintain arousal, and to experience decreased enjoyment of intimate behaviors with a partner. [xix]

**Extramarital Affairs:** A study found that persons ever having an extramarital affair were more than 3 times more apt to have used Internet pornography than ones who had lacked affairs. Other research affirms that pornography consumption is associated with more positive attitudes towards extramarital affairs. [xx]

**RESOURCE:** National Center on Sexual Exploitation

**CIRCULATED BY:** Eagle Forum of Alabama - [www.AlabamaEagle.org](http://www.AlabamaEagle.org)

**FOOT NOTES:** [https://endsexualexploitation.org/publichealth/#\\_edn1](https://endsexualexploitation.org/publichealth/#_edn1)