

CTRL + ALT DECEIT

The Effects of Pornography

THE EFFECTS OF PORN ON YOUR BRAIN + BODY



Early exposure can shape unhealthy beliefs about sex and relationships.

The average age of first exposure to pornography is between 8 and 12 years old.¹ More than 75% of boys and 70% of girls aged 13-17 have viewed pornography.² Exposure during adolescent brain development can alter emotional and sexual processing.

Pornography impacts physical and mental health.

Research shows that chronic pornography use may contribute to:

- Sexual dysfunction, such as delayed orgasm or erectile dysfunction³
- Decreased sexual satisfaction⁴
- Lower desire for real-life intimacy⁵



WHEN PORN ENTERS THE RELATIONSHIP

Pornography influences expectations + behavior.

A majority of pornography includes content that is degrading or violent—88% features verbal or physical aggression toward a partner.⁶ Pornography erodes emotional intimacy, increases anxiety and depression, and increases the risk of infidelity and breakups.⁷

Pornography promotes distorted beliefs, such as:

- Sex is a requirement for love or affection
- Appearance and sexual performance determine self-worth
- Abuse and coercion are normal parts of intimacy

PORN, EXPLOITATION, + HUMAN TRAFFICKING



Pornography, sexual exploitation, + human trafficking fuel each other.

Pornography is frequently used as a tool for grooming and desensitizing victims, particularly minors. Over 20% of trafficking victims are under 18, with many being forced into pornographic content at an average age of 12.8 years.⁷ In one study, 49% of trafficking survivors reported being coerced into making pornography while being trafficked.⁸



REVERSING THE EFFECTS OF PORN ON THE BRAIN

Pornography can rewire the brain, but the brain can heal.

Chronic pornography use alters our brains' neural pathways, creating associations between pornography content and emotional bonding.⁹ The chemical changes that occur are similar to those with drug addiction, creating the need for more extreme porn content to get the same "high."

STEPS TOWARD RECOVERY

REMOVE ACCESS

Use content filters, parental controls, and ad blockers to eliminate exposure.

REBOOT THE BRAIN

Avoid masturbation for 6-12 months to allow healing and brain recovery.

BUILD ACCOUNTABILITY

Stay motivated. Talk to a trusted person, counselor, or support group.

You are not alone.

Visit the QR code for the full list of resource citations!

