

TEN REASONS TO STEER CLEAR OF PORN and stay in control



INSPIRED BY WENDY MALTZ - HEALTHYSEX.COM



1

KEEP YOUR BRAIN HEALTHY

Porn can mess with brain function ~ powerful stimulant ~ deregulates "feel good" chemicals ~ can cause changes in the reward center function ~ hijacks neurochemicals and the processes that help with learning and bonding ~ novelty-based ~ trains the brain to need constant stimulation.



2

DEVELOP YOUR OWN VIEW OF SEX

Porn can shape sex attitudes and interests in weird ways ~ distorts sexual fantasies ~ makes people crave things that don't fit with personal values ~ gives a distorted, gender power-imbalanced, inaccurate view of sex ~ promotes sex as a meaningless commodity ~ bad sex educator.



3

AVOID ADDICTION

People can get hooked on porn ~ behavioural addiction ~ drug-like habituation ~ dependency for masturbation ~ powerful conditioning ~ need more extreme content to get the same effect ~ difficult to quit ~ when addicted, consumers report that it can replace real life sex or relationships.



4

FEEL GOOD ABOUT YOURSELF

Porn can make a person feel bad about themselves ~ can lead to shame, loneliness, social isolation, depression & anxiety ~ can harm integrity due to lying, cheating and feelings of being controlled by it ~ it's a waste of time ~ can lead to problems at school or work ~ triggers poor body image.



5

INCREASE YOUR DESIRABILITY

Porn consumer habits can be unattractive to a partner ~ can lead to being untrustworthy and less emotionally available ~ partners can be turned off by pressure to have porn sex ~ promotes disrespect and mistreatment ~ can trigger relationship problems and stunted communication skills ~ can make a person unappealing as a future spouse or co-parent ~ big cause of break-ups.



6

MAINTAIN YOUR SEXUAL HEALTH

Porn disregards sexual health and responsible decision-making ~ promotes risky and unsafe sex that can lead to STIs ~ normalises having sex earlier ~ displays rough sex, unsafe sex practices, not using condoms, anal sex without precautions, sex with strangers, compulsive sex and multiple partners.



7

FUNCTION WELL AS A SEX PARTNER

Porn can cause sexual functioning problems ~ erectile problems in men ~ arousal disorders in women ~ consumers can become dependent on it as an outlet ~ teaches a sensually and emotionally blunted approach to sex ~ consumers can have difficulty climaxing and being satisfied by the real thing ~ can lead to false expectations and embarrassing, awkward sexual encounters ~ partners can be hurt or disappointed because they can't "perform" or "be a turn-on" like porn can.



8

PREVENT SEXUAL ABUSE

Porn can numb people to sexual abuse ~ promotes callous attitudes and self-centeredness ~ can lead to less empathy and being a passive bystander ~ numbs protector instincts ~ normalises mistreatment ~ promotes rape myths ~ portrays women, children, animals, and others as sex objects ~ triggers sexual aggression, exploitation and violence ~ pairs violence with sexual pleasure.



9

OUTSMART THE TRICKERY

Porn promotes an exploitative industry ~ profit-driven and adopts intrusive marketing ~ algorithms drive consumers to become dependent ~ promotes sexist messages ~ geared to getting people to pay ~ consumers often progress to illegal porn such as child sexual abuse material and other extreme depictions of violence or fetishes ~ industry lacks concern for welfare of actors and consumers.



10

DEVELOP YOUR SEXUALITY IN POSITIVE WAYS

A growing number of people choose positive options for learning about sex and being sexual ~ age-appropriate ~ love-based ~ mutuality and equality ~ respectful, open communication to discuss techniques and mutual pleasure ~ full body sensuality ~ focus on relationship skills and closeness ~ authentic ~ priority on becoming a good lover ~ using own imagination to inspire ~ sexual energy enhances self-esteem and attractiveness ~ encourages a sustainable and positive future.



iqprograms.com
AGENCY IQ (ages 12-16)
fortifying youth in
online & physical environments
IQ PROGRAMS are brought to you by Youth Wellbeing Project

