



So a lot of people think porn is just a guy thing... but did you know that **1 out of every 3 porn users are women?**¹

PORN & YOU

There are lots of reasons why girls are now into porn. *And it seems harmless enough, right?*



PORN HAS BECOME SEX EDUCATION IN THE MODERN WORLD. And that's a dangerous thing...

SO WHAT DOES PORN TEACH GIRLS?

1. If you want a relationship, you must **give** him whatever kind of sex he wants.
"If I can't please him someone (or something) else will."
2. **Your self-worth** is tied to your appearance and sexual performance.
"I only feel pretty when he wants me."
3. A **man** could never be fully committed to you mentally or physically.
"He's just going to do it. He can't control himself."
4. That **verbal "\$#?@!"** and **physical abuse** is normal and permissible in relationships.
"It doesn't really bother me. I know he still loves me."

Porn promotes **WARPED IDEAS** about sex. It shapes false ideals of beauty and creates distorted expectations for relationships.

PORN IS A SHAM, A HOAX, AND A LIE.

PORN & YOUR RELATIONSHIPS



88% of all porn involves some form of female degradation. In fact, physical violence, verbal abuse and unwanted sexual acts are more commonly reported in relationships where porn is viewed.²



Porn also affects the ability for couples to connect emotionally. When porn is in the mix, individuals report higher rates of anxiety and depression, a greater number of sexual partners, less satisfaction with their relationships and more frequent break-ups.³



PORN & YOUR WORLD

It is reported that half of all sex trafficked victims have been forced to make porn. Many researchers now speculate porn to be the leading cause of human trafficking in the United States. In other words, **consuming porn directly fuels the victimization of women and girls who are coerced into sex slavery.**⁴

Porn can teach you a lot of things, and most of it isn't true. KILL THE LIES. Give yourself a chance to experience real, meaningful love.

You are worth it!

SOURCES

- [1] "Current Pornography Statistics – A Brief Internet Review," http://www.familysafemedia.com/pornography_statistics.html
- [2] Bridges, A. J., Wosnitzer, R., Scharrer, E., Chyng, S., and Liberman, R. (2010). Aggression and Sexual Behavior in Best Selling Pornography Videos: A Content Analysis Update. *Violence Against Women* 16, 10: 1065–1085.
- [3] Kevin Skinner Ph.D, How Porn Affects Relationships (2014) <https://www.psychologytoday.com/blog/inside-porn-addiction/201408/how-porn-really-affects-relationships>
- [4] Farley, M. (2007). Renting an Organ for Ten Minutes: What Tricks Tell Us about Prostitution, Pornography, and Trafficking. In D. E. Guinn and J. DiCaro (Eds.) *Pornography: Driving the Demand in International Sex Trafficking* (p. 145). Bloomington, Ind.: Xlibris.