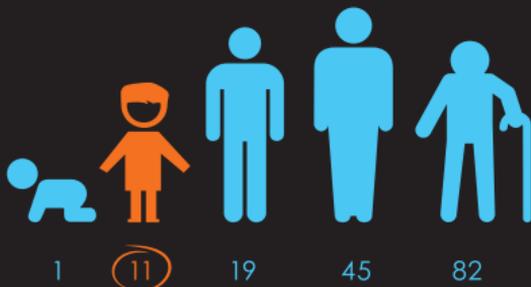


PORNOGRAPHIC

The average age the American male is first exposed to porn is **11 years old**,¹ making porn the

first and (if continued) overwhelmingly predominant form of education about human sexuality he will ever receive.



PORN + YOUR BRAIN

When teen boys masturbate to porn, the arousal/reward response is triggered within their brain,

AROUSAL



REWARD



releasing dopamine (the pleasure hormone). Achieving orgasm while viewing porn conditionally trains the male brain that this experience is in fact sex.²

The ideas men have about sexuality are primarily formed by what they are exposed to EARLY and most OFTEN in adolescence. The earlier the exposure to porn, the greater risk of sexual extremism. The more often the exposure, the more concrete those perspectives become.³



PORN + YOUR RELATIONSHIPS



The earlier a boy is exposed to digital porn and the more frequently he masturbates to it, creates the framework for his sexual expectations and behavior.⁴



PORN TEACHES BOYS THAT:

1. Sex should be accessible at **any** time.
2. A **woman** is to be dominated and used.
3. The goal of sex is for **him** to orgasm.
4. When he is no longer fulfilled, he should **find someone/something new** that excites him.⁵

Research reveals that many women experience trauma when they discover their partner's porn use and that these men often demonstrate compulsive behaviors and other mental health concerns like depression and anxiety. These real-life challenges have made intimate bonding and long-term relational satisfaction increasingly difficult for couples, **resulting in more frequent divorces, separations, and break-ups.**⁶



PORN + YOUR PERFORMANCE



1 OUT OF 3

New studies are reporting that **1 out of every 3 men ages 18 to 25** are now experiencing some form of Erectile Dysfunction, due to porn consumption.⁷ Some of these young men can no longer orgasm during sex without the assistance of porn, and may even lose interest in real life sexual relationships all together.

The amount of time needed for full return of sexual performance in men under the age of 30 is highly variable, but can take up to 6 months or more. *And that is only if the man abstains from all forms of pornography and masturbation.*⁸



SOURCES

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