

Porn Harms

Shae Delancy

Sponsored by Dr. Kay Siebler
Honors Director: Dr. Teddi Deka

Introduction

Online pornography is harmful not necessarily because of religious or moral reasons that relate to all forms of sexuality, but because of the negative effects it has on both the people who watch it and the people who are in it.

I compiled a list of how porn harms the user's and the performer's lives from a variety of online articles. I have also included QR codes that are links to more information about these consequences. I have also included a few websites that are resources for those fighting a porn addiction.

Learn More



Fight the New Drug-

Scan this code to be taken to Fight the New Drug, which was created to spread the message of the harmful effects of pornography – which are similar to those of a drug – by using “science, facts, and personal accounts” to make an impact on users (Olsen).

People can download the Fight the New Drug app for quick access to helping friends and family who struggle with addiction. Users can also take a “no porn” pledge, watch informational videos, download shareable images, and help plan live presentations in their communities.



The User's Life



More Likely to Commit Sexual Harassment or Rape-

The majority of online porn depicts intercourse as sexual violence towards women, who appear to find the acts pleasurable. Although these aggressive feelings take time to develop, the forbidden nature of these harmful acts is what makes it arousing, and sex, anger, and power all become jumbled in the mind (Dines).

Addiction-

Watching pornography has the same addictive qualities as many drugs, such as interfering with aspects of one's daily life, having no clear path to stopping the behavior, and a sudden rush of dopamine to the brain. Besides just the addicting factor of the porn itself, people often link the feelings of pleasure from masturbation as too closely related to the porn itself. This means people aren't recognizing that there can be a disconnect from porn and masturbation, and can only get off with porn in front of them (Anonymous).

Sex Life-

Because of the intensity of porn, viewers sometimes come across issues with everyday sexual acts not helping them achieve such a "high," and they begin to prefer watching extreme situations on screens rather than engaging in sexual intercourse themselves. There is also the common "performance anxiety" issue, where people become uncomfortable with their own bodies and skills as compared to trained actors (Brown).

Your Partner-

When a porn watcher's partner is aware of his or her habits, especially among college-aged women dating college-aged men, he or she is more likely to have low self-esteem, view the quality of their relationship as low, and report lower sexual satisfaction. Partners simply are uncomfortable with these habits and feel like they are not good enough (Brown).

The Performer's Life

Verbally and Sexually Harassed-

While porn directors may claim to only script fake pain, the harassment that performers face on sets is completely real. These performers, especially women, are downgraded to props and expected to go along with all requests, no questions asked. If someone questions a director or becomes uncomfortable in the middle of a scene, she or he is often forced to continue (Dworkin).

Victim's of Non-Consensual Hate-Porn-

Some performers do not even know that they are performers. There has been a recent trend in "hate-porn," which are any recorded sexual acts that are either consensual (in which both parties agree to make a tape for their own personal - not public - enjoyment) or non-consensual (in which one party hid a camera and did not inform the other party that they were being recorded). After the recording is made, it is uploaded online for anyone to see, which can destroy someone's self and public image (Hale).

STI's-

Because of the large amounts of partners and situations that performers' managers expose them to, the risk for sexual transmitted infections skyrockets. They are also not treated or allowed to rest, which worsens their symptoms and the likelihood that they will pass their infections on to others (Dines).

Dismissed Easily-

Because performers' professions revolve around sexual acts, complaints of misconduct on set are dismissed because people think they're lying or exaggerating for attention, because "they're paid to have sex, so they must like every part of it." This means that people are rejecting the performer's claims because they are nothing more than a sexual prop in their minds, not humans with valid emotions (Gray).



Solutions

Thank you for taking the time to explore the issues related to online pornography. The solution to the effects of porn are to simply stop watching it. Here are some resources to help you if you would like to stop watching porn:

Sexual Control-

Read about common failures in trying to quit a porn addiction and ways to overcome these obstacles:



No Porn-

Chat with others who have porn addictions in support and accountability forums:



References

- Anonymous Commentary. "National Review: Getting Serious On Pornography." *NPR*. NPR, 31 Mar. 2010. Web. 13 Oct. 2016.
- Brown, Elizabeth Nolan. "Is Porn Ruining Men's Sex Lives?" *Newsweek*. Newsweek, 24 Mar. 2016. Web. 13 Oct. 2016.
- Dines, Gale. "Is Porn Immoral? That Doesn't Matter: It's a Public Health Crisis." *The Washington Post*. The Washington Post, 8 Apr. 2016. Web. 13 Oct. 2016.
- Dworkin, Andrea. *Pornography: Men Possessing Women*. New York: Perigee, 1981. Print.
- Gray, Susan H. "Exposure to Pornography and Aggression toward Women: The Case of the Angry Male." *Social Problems*. 4th ed. Vol. 29. N.p.: Oxford UP, 1982. 387-98. JSTOR. Web. 13 Oct. 2016.
- Hale, Mike. "Review: 'Hot Girls Wanted,' About the Choices Actresses in Pornography Make." *The New York Times*. The New York Times, 27 May 2015. Web. 13 Oct. 2016.
- Olsen, Clay. "About: Our Mission." *Fight the New Drug*. Fight the New Drug, 1 Jan. 2015. Web. 13 Oct. 2016.