**Facts About Today’s Pornography 2020**

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**Prevalence of Use**

1. 94% of men and 87% of women have seen pornography at some point in their lifetime (Herbenick et al., 2020).
2. Among users of Amazon.com, 92% of men and 60% of women viewed some form of pornography in the previous month. The three primary kinds of pornography consumed were written pornography, pictures, and videos. Videos were consumed most often, but women were much more likely to consume written pornography than men (Solano, et al., 2020).
3. About half of 8th graders have viewed pornography. Such viewing made early sexual debut, unsafe sex, and multiple sexual partners more likely (Lin, et al., 2020).
4. On average, boys see pornography first at the age of 13 and girls at the age of 17 (Herbenick et al., 2020).
5. Pornography use increased by 11% during the Covid pandemic (Mestre-Bach et al, 2020).
6. Data released by the world’s most popular Internet porn site, reveal that in 2019 alone, there were over 42 billion visits to its website (Pornhub, 2019).
7. If you watched all the new videos uploaded in just one year on the world’s most popular pornography site, it would take you 168 years to watch them all (McTavish, 2020).
8. Today, pornography is most often accessed through cell phones (Herbenick et al., 2020).

**Violence**

1. Both pornography and alcohol consumption are unique predictors of sexual assault victimization for college females; the combined effect of pornography and alcohol dramatically increases the odds of victimization. One reason for this is that pornography minimizes sexually aggressive acts (de Heer, et al., 2020).
2. Men are more likely than women to become aroused by pornographic images featuring rape. Men who equate sexuality with expression of aggression and power were more likely to prefer rape porn than other men (Carvalho & Rosa, 2020).
3. With increasingly high use of porn, it becomes more likely that men will be likely to rape, likely to commit sexual assault, be sexually entitled, and have hostility toward women (Goodson, et al., 2020).
4. Men who consume more pornography, particularly male-dominant pornography, are more likely to use sexual force in their own relationships (De Heer et al., 2020).
5. Violence against women in pornography is commonly seen. For example, 72% of men and 46% of women have seen pornography where a man ejaculated on a woman’s face (Herbenick et al., 2020).
6. Rape porn has been seen by 21% of men and 11% of women (Herbenick et al., 2020).
7. BDSM porn has been seen by 45% of men and 33% of women (Herbenick et al., 2020).
8. People often imitate what they have seen in pornography. For example, 20% of men and 12% of women have chocked someone during sex, 11% of men and 21% of women have been chocked during sex, and 48% of men have ejaculated on a woman’s face (Herbenick et al., 2020).
9. Men’s consumption of pornography, particularly violent pornography, is associated with more aggressive behavior toward female partners. This relationship is even stronger when the man is sexist, feels justified in committing violence, and views women as sexual objects (Rodriguez & Fernandez-Gonzales, 2019).
10. Women who use pornography are more likely to commit non-consensual sexual activity, particularly using emotional manipulation and deception of their male partners (Hughes et al., 2020).
11. Pornography, especially violent pornography, shows association with increases in sexual assault related attitudes and past history of assaultive behavior (Bridges, 2019).
12. The more pornography men use, the more they see women as objects, not as people (Seabrook et al., 2019).
13. 45% of scenes in online pornography include at least one act of physical aggression. Spanking, gagging, slapping, hair pulling, and choking are the five most common forms of physical aggression (Fritz et al, 2020).
14. In pornography with aggression, women are the target in 97% of the scenes, and their response to aggression was either neutral or positive and rarely negative. Men were the perpetrators of aggression against women in 76% of scenes (Fritz et al., 2020).
15. 29% of male 10th graders have seen violent pornography (Rostad et al., 2019).
16. 16% of female 10th graders have seen violent pornography (Rostad et al., 2019).
17. Boys who have seen violent pornography are over twice as likely to report committing sexual violence and physical violence against a dating partner (Rostad et al., 2019).
18. Girls who have seen violent pornography are more likely to experience sexual violence from a dating partner (Rostad et al., 2019).
19. Among those who have seen “rough sex” in pornography (behaviors including hair pulling, spanking, scratching, biting, bondage, fisting, and double penetration) 91% wanted to take part in such behaviors and 82% had taken part in at least one of the behaviors. This lends credence to the assertion that watching pornography can lead to behavior, including behavior involving violence (Vogels & O’Sullivan, 2019).
20. Rigorous laboratory studies find significant associations between watching pornography and inducing aggression supportive attitudes and behaviors (Bridges, 2019).
21. Among women imprisoned for making child pornography, 60% had a history of sexual abuse while 46% reported physical abuse (Bickart et al., 2019).

**Race Differences**

1. In the category of “Asian Women” pornography, over two thirds of aggressive acts were committed by men; 88% of the targets of aggressive acts were women (Yanyah & Bryant, 2016).
2. In a study of mainstream pornography and aggression, black women were more often the target of aggression than white women (Fritz et al, 2020).
3. Black men are more often portrayed as the perpetrators of aggression against women and are depicted as significantly less intimate with their partners compared to white men (Fritz et al., 2020).
4. The most aggression in porn scenes occurs between black couples (Fritz et al., 2020).

**Problematic Pornography Use (PPU)**

1. Many reasons are cited for relapse among non-religious people who are problematic pornography users. Frequently, emotional and relationship factors, in particular, overlap just prior to relapse. For example, emotional factors include feeling stressed about school, work, or relationships; feeling depressed partially due to lack of social interaction; feeling hopeless due to lack of success with romantic relationships; feeling frustrated with specific relationships; and/or with the actual struggle to stop using pornography. Relational factors can include frustrations with a romantic partner or with others as well (Rackham, 2020).
2. Veterans are at a greater risk than men in the general population for developing problematic pornography use. Factors associated with veteran’s problematic pornography use include being younger, less educated, having depression, anxiety, PTSD, insomnia, and impulsivity. Problematic pornography use was characterized by distress about using pornography, excessive use, difficulty controlling use, and using it to avoid negative emotions (Shirk, et al., 2021).
3. Two risk factors for problematic pornography use are having a substance use disorder and having a history of childhood abuse (Mauer-Vakil & Anees, 2020).
4. Men who have problematic pornography use report that it gave them unrealistic expectations when it came to sex and sexuality, affected the way they viewed women, and led to diminished sexual function (Sniewski & Farvid, 2020).
5. Frequent pornography use is associated with sexual dissatisfaction, greater preference for porn‐like sex, and relationship dissatisfaction (Miller et al., 2019).
6. Problematic pornography use is associated with sexual functioning problems for both men and women (Bothe et al, 2021).

**Relationships**

1. The more people use pornography, the more likely they are to experience a romantic break-up (Perry & Davis, 2017).
2. Married people who view pornography are more likely to believe that their marriage is in trouble, more likely to discuss ending the marriage, and more likely to repeatedly break up compared to those who do not view pornography (Perry, 2020).
3. Married people who view pornography are less likely to view their relationship as good or strong, less likely to feel like a team with their spouse, less likely to think their relationship makes them happy, and less likely to believe their relationship is nearly perfect than people who abstain (Perry, 2020).
4. Married people who use pornography more frequently are less satisfied with their marriage (Perry, 2020).
5. Consent is rarely depicted in pornographic media nor is an expression of affection (Bridges, 2019).
6. The primary reason men don’t talk about their pornography use is the guilt and shame associated with it (Sniewski & Farvid, 2020).

**Revenge Porn**

1. 1 in 12 U.S. adults report that they have been a victim of “revenge porn.” 1 in 20 report perpetration of revenge porn (Ruvalcaba & Eaton, 2020).
2. Women are more likely to be victims of revenge porn than men. Women who experience revenge porn report higher rates of psychological problems (Ruvalcaba & Eaton, 2020).
3. 92% of victims of revenge porn are women (Uhl et al, 2018).

**Erectile Dysfunction**

1. The more pornography men view the more likely they are to experience erectile dysfunction (Begovic, 2019).
2. Men who end up having erectile dysfunction from porn tend to start using pornography during adolescence, begin using it daily to a point where only extreme content produces arousal. Men then reach a stage where they can only be aroused by extreme, fast paced pornography which leaves real sexual intercourse seeming undesirable. This lack of desirability leads to erectile dysfunction. Some men then give up pornography to “re-boot” and regain their ability to obtain and maintain an erection (Begovic, 2019).
3. Men who use pornography almost daily have erectile dysfunction rates of 44% while those who use pornography less often have ED rates at 22% (Berger et al, 2019).
4. Among adolescent boys 27% report having experienced erectile dysfunction (O’Sullivan et al., 2014).
5. Among young adult men, 30% report erectile dysfunction (Mialon et al., 2012).
6. Until recently, rates of ED among men under 40 were low. In 1999, rates were around 5%. This was before the Internet as we know it made pornography so easily accessible. Recent studies on ED show a rate of ED in men under 40 of 28-33% (Park et al., 2016).

**Brain Science**

1. Studies of the brain show that if someone is addicted to pornography they tend to have problems at work and with carrying out matters of daily living (DeSousa & Lodha, 2017).
2. Brian science has shown that people addicted to pornography have their past maps for normal sexuality rewired and reinforced by pornography to prefer more explicit, graphic images in order to maintain arousal (DeSousa & Lodha, 2017).
3. Brian science has found that the more hours per week someone uses pornography, the less gray matter volume they have in their brain. In addition, connected tissues that are associated with healthy brain functioning begin to deteriorate with increasing hours of use (DeSousa & Lodha, 2017).
4. Empirical evidence shows that the psychological and neurobiological aspects of addictive disorders also happen with pornography use (Brand, 2019).
5. In a sample of older men, researchers found that ¼ go through withdrawal when they can’t access pornography (Calvo et al, 2019).
6. Among adolescents age 12-16, pornography addiction impairs recent verbal memory (Prawiroharijo et al, 2019).

**Religion**

1. The more pornography that parents, particularly fathers, consume the less time they spend talking or reading about religion with their children. Thus, pornography may threaten the transmission of religious heritage from parents to children (Perry, 2015).
2. Porn use is increasing among adults in general, including among those who identify as Evangelical Christians. However, porn use has remained constant for the last 30 years for those Evangelicals who are most theologically conservative and faithful to their religious beliefs (Perry & Schleifer, 2018).

**Effects on Sexual Practices**

1. When adolescents are exposed to pornography, they are less likely to condoms if they engage in sexual intercourse. However, if these adolescents had conversations with their parents about the importance of wearing condoms, the “pornography effect” went away (Wright et al., 2020).
2. Men who view pornography more frequently are less likely to use condoms during partnered sex (Wright et al, 2019).
3. Adolescents who use pornography are more likely to be having sex than their abstaining counterparts (Wright & Vangeel, 2019).
4. Pornography use leads to sexual dissatisfaction, being more critical of one’s body or that of one’s partner, increased pressure to perform, and less partnered sex (de Alarcon et al, 2019).
5. Sexting is increasingly common among people age 18-29. In that age group, 38% of sent sext messages and 42% have received them. 15% of people have had their sext messages forwarded without their permission (Mori et al., 2020).
6. Men with low self esteem are especially likely to use pornography as a way to over-conform to male norms like having emotional control and being self-reliant (Borgogna et al., 2020).

**Video Games**

1. Online video games often objectify women and represent them in a stereotypically sexual way. Playing such games is associated with a greater likelihood of committing sexual violence (Burnay, et al., 2019).
2. Men who play sexual video games are more likely to support rape myths and are more likely to say that they would rape under certain circumstances (Guggisberg, 2020).
3. Sexually explicit video games have been shown to lead to sexual violence through imitation (Ivory, et al., 2017).

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