**Facts About Today’s Pornography**

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**How Much Use?**

1. 64% of adult men and 42% of adult women view pornography at least monthly[[1]](#endnote-1).
2. 63% of young men (18-30) view pornography once a week or more. 79% view it at least monthly[[2]](#endnote-2).
3. 19% of young women (18-30) view porn once a week or more; 34% view it at least monthly. [[3]](#endnote-3)
4. In the 1970s, 45% of young adult men viewed pornography. [[4]](#endnote-4)
5. In the 1990s, found that 61% of young adult men were viewing porn, just before the Internet boom.[[5]](#endnote-5)
6. In the 2000s, with the Internet, 86% of young adult men were viewing pornography.[[6]](#endnote-6) [[7]](#endnote-7)
7. In 2015, 92% of young adult men are viewing pornography[[8]](#endnote-8).
8. In the 1970s, 28% of young adult women had viewed pornography[[9]](#endnote-9).
9. In the 2000s, 36% of young adult women had viewed pornography. [[10]](#endnote-10)
10. In 2015, 50% of young adult women were viewing pornography. [[11]](#endnote-11)
11. Well over two-thirds of 15-17 year old adolescents have seen porn websites when they did not intend to access them.[[12]](#endnote-12)
12. Between 2008 and 2011, exposure to porn among boys under the age of 13 jumped from 14% to 49%. Boys’ daily use more than doubled[[13]](#endnote-13).
13. The average child sees Internet pornography for the first time at age 11[[14]](#endnote-14) [[15]](#endnote-15).

**Violence**

1. 88% of the scenes in today’s mainstream pornography include violence by a man toward a woman. [[16]](#endnote-16)
2. 95% of the time when a man hits a woman in pornography, she responds with pleasure or has no response at all. [[17]](#endnote-17)
3. 45% of the pornography clips on the Internet include at least one man ejaculating on a woman’s face[[18]](#endnote-18).
4. Brain scans of men watching pornography react to women as if they are objects, not people. [[19]](#endnote-19) This leads to more violence against women. [[20]](#endnote-20)
5. Porn use increases the likelihood a man will commit sexual violence, especially if he is impulsive and uses pornography frequently.[[21]](#endnote-21)
6. Over 100 studies show that pornography use is correlated with and is the cause of violence. [[22]](#endnote-22)
7. 22 recent studies from 7 countries found that whether you use correlational, cross-sectional, or longitudinal research designs, pornography and sexual violence are directly connected.[[23]](#endnote-23)
8. 500 studies of the connection between pornography and the broad category of “gender based violence” found that pornography use leads to gender-based violence.[[24]](#endnote-24)
9. Thousands of revenge porn websites allow men to upload naked or pornographic pictures of a former girlfriend or wife for everyone in the world to see.[[25]](#endnote-25)
10. Children are particularly susceptible to what they see in pornography. The more they view it, the more they perform the violent acts they see in porn.[[26]](#endnote-26)

Women in the pornography industry are three times as likely to have been sexually abused as children, 50% more likely to be living in poverty, and twice as likely as the average woman to have grown up in poverty. [[27]](#endnote-27) [[28]](#endnote-28)

**Brain Science**

1. Over time, pornography use re-routes the neural pathways in the brain to prefer sexual images over people.[[29]](#endnote-29)
2. The more people watch pornography, the more their brains shrink, particularly in the areas responsible for motivation and decision-making. [[30]](#endnote-30)
3. Viewing porn slows down short-term memory. [[31]](#endnote-31)
4. Continued, addictive use of pornography, stimulates brain chemicals to tell the body to seek more extreme porn.[[32]](#endnote-32)

**Porn Use = Bad Sex**

1. The more pornography men view, the less satisfied they are with their partner – both generally and with their sexual relationship.[[33]](#endnote-33)
2. The more pornography a man watches, the more he also watches porn on a mobile device *during* a sexual encounter. [[34]](#endnote-34)
3. The more time a man watches porn, the more likely he is to ask his partner to do things he saw in porn. [[35]](#endnote-35)
4. The more a man watches porn, the more he has to think about what he saw in porn to remain aroused. [[36]](#endnote-36)
5. The more a man watches porn, the more he is concerned with how he performs sexually. [[37]](#endnote-37)
6. The more men use porn, the less they enjoy sex and the worse they feel about how their body looks.[[38]](#endnote-38)
7. The most common behavior men ask female partners to do from what they learned is porn is to engage in anal sex. Females describe this as painful, risky, and coercive.[[39]](#endnote-39)

**Porn Causes Erectile Dysfunction**

1. 60% of men who are addicted to pornography have erectile dysfunction with a woman, but not when they use pornography[[40]](#endnote-40).
2. In the 1940s, less than 1% of men under 30 had erectile dysfunction. [[41]](#endnote-41)
3. In the 1990s, with more porn available, 7% of men under 30 had erectile dysfunction.[[42]](#endnote-42)
4. In the 2010’s, with Internet porn, 26% of male adolescents and 30% of men report ED.[[43]](#endnote-43) [[44]](#endnote-44)
5. In the U.S. military, 33% of men age 21-40 have ED. [[45]](#endnote-45)
6. From 2004 to 2013, ED more than doubled in the military. [[46]](#endnote-46)
7. Doctors report that in the 20th century, almost no men under 40 complained of ED. Today, one in four new ED patients are under the age of 40.[[47]](#endnote-47)
8. Men who consume porn more than once a week have ED levels twice as high as men who consume less than once a week.[[48]](#endnote-48)

**Religion**

1. The more men were motivated to be religious because it could help their social standing, the more they use pornography. [[49]](#endnote-49)
2. The more men and women are motivated to be religious for selfless reasons, with a desire to have ones beliefs and behavior match, the less they view pornography.[[50]](#endnote-50) [[51]](#endnote-51)
3. The more boys and girls are integrated into their religious group, school, family, and community, the less they consume pornography.[[52]](#endnote-52)

**Christian Colleges**

1. Among male students at Christian colleges, 14% viewed pornography monthly, an additional 20% viewed it at least weekly, and 5% more viewed it at least daily. Only 14% never saw pornography. [[53]](#endnote-53)
2. Only 3% of women on Christian college campuses view pornography monthly or more; 80% have never seen it. [[54]](#endnote-54)
3. The more that students at Christian colleges report their life is influenced by their religious beliefs, the less they view pornography. [[55]](#endnote-55)
4. The more that men at evangelical Christian colleges access Internet pornography, the more guilt they experience about their use. [[56]](#endnote-56)
5. Men attending evangelical Christian colleges who do not personally identify as evangelical, look at pornography more hours each week than evangelical men.[[57]](#endnote-57)

**Sexting**

1. One in five sext messages are pictures of children 15 years old or younger; almost all of girls, almost all taken with a webcam[[58]](#endnote-58)
2. Sexters are 4.5 times more likely to have had unprotected sex, four times more likely to view pornography, and about 2.5 times more likely to chat online with people they don’t know. [[59]](#endnote-59)

**Profits**

1. Worldwide pornography revenues were $100 billion annually (Ropelato, 2010). This is more than the combined revenues of Microsoft, Google, Amazon, eBay, Yahoo, Apple, and Netflix.[[60]](#endnote-60)
2. In the U.S., the porn industry makes $13 billion annually. That is more than the National Football League, Major League Baseball, and the National Basketball Association combined.[[61]](#endnote-61)
3. Child pornography accounts for 20% of the profits in the pornography industry[[62]](#endnote-62).
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