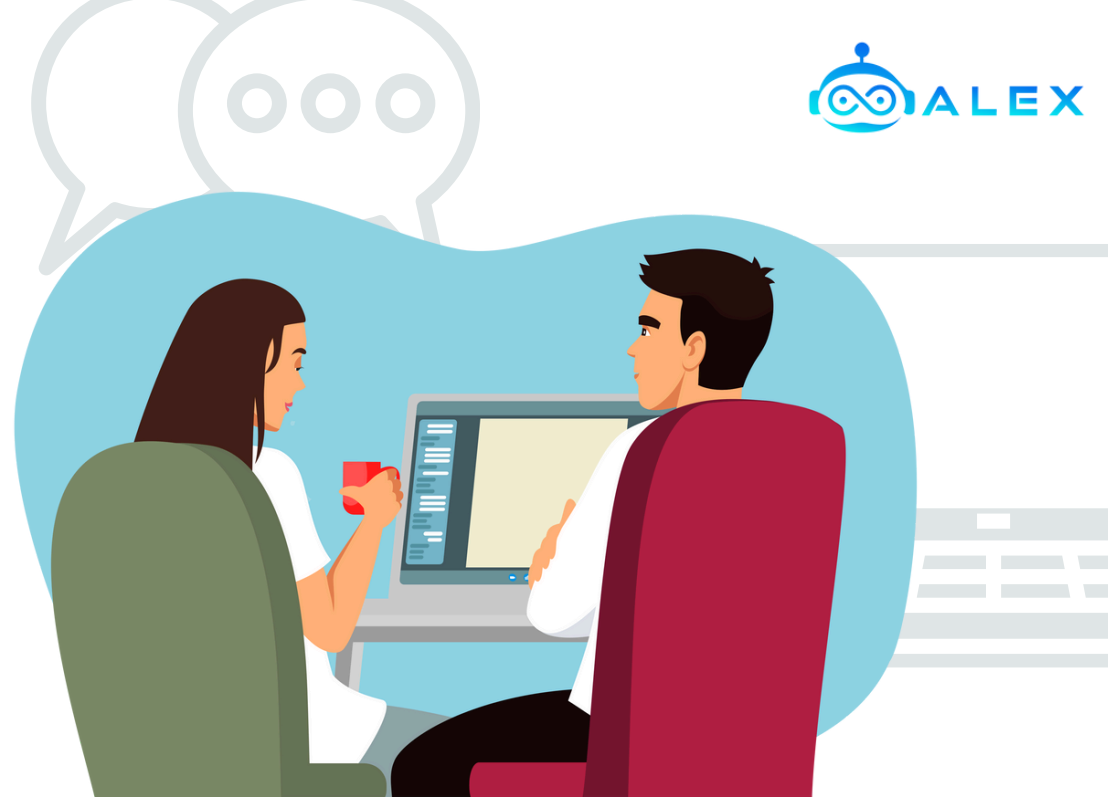


## THE INTERNET AND SEXUAL HEALTH

# Should I watch pornography to learn about sex?

KEY WORDS

pornography | online content | sex | consent



When it comes to learning about sex, it's important to approach it in a way that's **healthy and respectful**. Let's discuss whether pornography can offer a realistic and respectful view of sex.

Some people, whether young men or women, might turn to pornography out of **curiosity**. Perhaps they heard of a sex act and would like to know more about it. Perhaps they believe pornography can be a helpful way to **visualise concepts** that may seem abstract to them such as the body parts of the opposite gender or how sexual pleasure looks between two people. They may even see this is a form of **sexual health learning** in a visual format, which can help them make sense of their questions about sexual performance.



On the other hand, it's essential to keep in mind the nature of what is presented in pornography: the sexual acts and partnerships **do not always reflect real-life relationships and often show unrealistic scenarios**. Because of this, watching pornography to learn about sex has a lot of downsides:

- Pornography can **impose unrealistic expectations** about body image, performance, and expectations in relationships. The actors in pornographic films often, if not always, take supplements to enhance their sexual performance and the scenes are created with many cuts and edits.
- Pornography neglects to show **the importance of consent, communication, and emotional connection in sexual relationships**, which are crucial elements for a healthy and fulfilling sex life. Unfortunately, some performers in these films have not freely chosen this profession and may be taken advantage of, which is not a good example of consent for sexual acts.
- Excessive consumption of pornography, especially at a young age, comes with a risk of **addiction**. Consuming pornography when your brain is still developing can interfere with daily life, relationships, communication with others, and overall mental well-being.
- Regular consumption of pornography can also lead to various **sexual disorders**, such as erectile problems or the inability to achieve sexual satisfaction. This is because pornography is packed with strong stimuli (showing intense sexual acts) that make it difficult or impossible to lead a normal sexual life without relying on pornographic materials or requesting similar acts from partners.



Pornography is not the right channel to get information about sexual health and well-being. What you see in pornography is fiction, just like when you watch violent movies or video games! **They are not real or healthy relationships.**

Here's a suggestion: instead of turning to general pornographic websites, consider looking for reliable **sources that provide accurate and accessible information about sexual health and relationships**, such as social media content produced by sex educators and special applications for sexual and reproductive health. These sources provide a more balanced view of sex as an activity that relies on consent, communication and mutual satisfaction to be pleasurable for both people, which is much more realistic than the picture portrayed by pornography.



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