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IS BIGGER ALWAYS BETTER?

PORN VS REAL LIFE SEX

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PORN

Most porn shows people with the same looking bodies. Big dicks, big boobs, big butts, small waists, big muscles, hairless, small labia ...

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REAL SEX

In reality, everyone has different bodies and that is perfectly okay. It is normal for them to be hairy, crooked, different sizes and uneven.

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Caption

Do you see your body represented in porn?

Often, porn caters to what cisgender, heterosexual men want to look at (as they are usually the ones holding positions of power in the porn industry). Body & beauty standards in porn are often rooted in the understanding that "bigger is better." Big boobs, big dicks, big butts, big ejaculations. Other beauty standards portrayed in porn include lack of pubic hair and small labia. People are often cast based on their physical characteristics that align with these standards. This can also lead to people altering their physical appearance with cosmetic surgery to increase their likelihood of getting cast.

So what's the issue?

Porn can make us think that only particular bodies are desirable in sex. It has the ability to influence what we view as beautiful or normal. When we do not meet those beauty standards, it can negatively affect our own self esteem and sense of worth. Not only that, it has the ability to influence our sexual partners' expectations of our bodies. All of this pressure can make us become too caught up in the way our body looks during sex to enjoy the act itself or even too scared to have sex in the first place for fear of our bodies being judged, scrutinised and compared to the "perfect" bodies we see in porn. A recent survey from Women's Health Vic has shown that almost one quarter of women aged 18-24 feel anxious, embarrassed or unhappy about the appearance of their labia and of those respondents, 62% said they avoided sex because of this shame.

Porn is a place where many people learn about sex. It can be a place for people with diverse bodies to go to seek representation and information about how they can have sex. However, knowing that porn is created to entertain us like a movie or TV show does, can make us realise that what we see in porn is not always representative of real life bodies or sex.

So what's the bottom line?

Everybody and every BODY deserves to have safe, pleasurable sex lives. Everyone's body is diverse and beautiful in their own way and it is normal for our bodies to look different from what we see in porn. No one should ever pressure you into changing your body or make you feel bad for not looking a certain way and if they do, maybe question if that's the type of person you want to be having sex with in the first place.

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