



IS YOUR PORN USE HEALTHY OR NOT?



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IS WATCHING PORN NORMAL?

Porn can be a normal part of your sexuality and it's okay to be curious. 80-100% of Australians aged 15-29 have seen porn.

Some of the reasons people viewed porn included:

- **curiosity**
- **masturbation**
- **education**
- **humor**
- **confidence**
- **sexual skills**
- **stress relief**
- **exploring sexual identity**
- **keeping up with peers**



*(Crabbe et al., 2024)



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IS PORN HARMFUL?

Watching porn itself is not directly linked with harm.

Porn can be harmful when people see it as a true reflection of sex in real life and internalise harmful messages seen in porn.



Porn can impact your view on consent, intimate relationships, expectations on sex and views on gender stereotypes.

People can also develop unhealthy patterns around watching porn.



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UNHEALTHY PORN USE

What is an unhealthy use of porn?

There is no one answer to this question. Instead, ask yourself, how is porn impacting my life? Is it getting in the way of my relationships with others, school, job or doing things I enjoy or are important to me?

These may be signs that your porn use is unhealthy:

- You're watching more and more porn to feel satisfied
- It interferes with your everyday life, like sleeping or studying
- You get stressed or agitated when unable to watch porn
- You put off other activities to watch porn

You need to watch more violent or extreme porn to get aroused



WHERE TO GO FOR HELP

- **Kids helpline - 1800 55 1800**

A phone counselling service for anyone under the age of 25, you can call for any reason at any time

- **QLife - 1800 184 527**

QLife is for LGBTIQ+ people and their loved ones wanting to talk about a range of issues including sexuality, gender, bodies, feelings, or relationships.

- **13 Yarn - 13 92 76**

Provides crisis support 24/7 to yarn with an Aboriginal or Torres Strait Islander person without judgement and provide a confidential, culturally safe space to yarn about your needs, worries or concerns.

- **Mens Line Australia - 1300 78 99 78**

free professional 24/7 telephone counselling support for men with concerns about mental health, relationships, anger management, family violence (using and experiencing), stress, and suicidal thoughts.

- **The Line - TheLine.org.au**

The Line is an award-winning campaign made up of hundreds of articles, quizzes, clips and interviews with and for young people around topics like porn, masculinity, relationships and more.



Check out the YEP Referral Resource to find a counselling service near you.



Read the caption for more



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Caption

Porn can be a normal part of exploration and finding your sexuality and there is no shame in viewing porn, almost every Australian has! Whatever your view on porn is it can be helpful to know when porn use is becoming unhealthy, as it could affect you or someone you know. Here are some signs to look out for:

- Porn use is interfering with your everyday life, you might watch porn instead of sleeping, studying or going out.
- You feel it is hard to resist or reduce how much porn you're watching, you might only be able to stop for a little while.
- You think porn might be causing problems in your sexual life, like wanting real life sex to match porn in unrealistic ways, or feeling pressure to perform a certain way in sex.
- It's hard to get turned on without porn.
- You become stressed, agitated or upset when you can't watch porn
- You start gravitating to more and more extreme, violent porn to feel satisfied.

If you believe porn use might be affecting you, it's important to reach out. Whether it's someone you trust like a friend, family member, teacher, youth worker, or counsellor. People in your life care about you and want you to get the support you need. Check out the YEP referral resource to help find a counselling service suitable for you.