

sex talk.

answers to your questions about sex and relationships

wildfact

Children are exposed to porn for the first time, on average, at 11.5 years of age.

Q Does porn decrease sexual enjoyment with my partner?

A. It really depends on several factors and we have some questions for you to consider:

Do you view porn by yourself or with your partner? If you and your partner both enjoy watching porn together, it may enhance your relationship. If you always watch alone and masturbate while viewing actors on a screen, it may make a “real-life” encounter seem less enjoyable (at best) or downright disappointing (at worst). Your partner may seem inadequate when compared to the performers in carefully-scripted and rehearsed scenes. Sometimes porn sets unrealistic expectations (for performance, appearance, interactions, etc.) that are impossible for regular humans to achieve.

How frequently do you view porn? If you aren't as interested in sex with your partner because you spend hours watching porn, it may harm your relationship. Consider spending more time with your partner,

and less time watching porn. Some people view porn without any negative effects; others become compulsive porn consumers who have difficulty enjoying sex with their partners.

What type of images do you watch? There are hundreds of porn genres (fetishes, racial categories, sexual orientations, sex acts, etc.). Porn is often sensational, demeaning, and frequently depicts power imbalances between partners. Is the porn you watch helping, or harming, your relationship with your partner?

How can you increase your sexual enjoyment? Porn can be instructive and may enhance sex with a partner. Search for sex-positive flicks that depict erotic or “passionate” love. Choose film producers who portray respect, affection, consent, and equality. Again, if you feel that your porn use is negatively affecting your relationships, it may be time to take a look inside yourself and make some adjustments.



**CAMPUS
HEALTH**

Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, MA, CHES, David Salafsky, MPH, and Carrie Johnson, MEd, CHES, health educators at The UA Campus Health Service.



www.health.arizona.edu