



5 GOOD REASONS TO AVOID PORNOGRAPHY (SEXUAL ABUSE IMAGERY)

1. MAINTAIN A HEALTHY BRAIN

Scientific research shows that watching pornography affects your brain function! It triggers the brain to release feel-good chemicals, and forms new nerve pathways in the brain. Not good! Studies show that your brain can become less connected, less active and even physically smaller. Scary thought!

2. ENJOY HEALTHY, SAFE SEX IN A RELATIONSHIP BASED ON REAL LOVE

Do you want to have a great sex life with your future husband/wife? Porn messes up your sexual performance, because you are training your brain to respond sexually to virtual images instead of a real person. For men, this can lead to erectile dysfunction, and for women, arousal disorders. To ensure that you can enjoy true intimacy with your future spouse, you would be wise to avoid porn from today!

3. STAY IN CONTROL

It is extremely easy to get hooked on porn and become dependent on it. Studies show that it is the same as a drug addiction. Those who are addicted need to seek out more and more extreme content every time to get the same level of satisfaction from it. Just watching one film or looking at one picture could get you hooked. Steer clear from the trap!

4. HAVE A POSITIVE SELF-IMAGE

Porn is like a secret sin; it eats you up from the inside. Porn viewers often feel ashamed, lonely, depressed and inferior. No wonder most people watch porn alone!

You are special, you have value and a purpose. Don't allow porn to redefine who you are.

5. STOP SUPPORTING HUMAN TRAFFICKING

Watching porn can desensitize you to sexual abuse, making you vulnerable and at risk to be exploited yourself, or even cause you to become a perpetrator by abusing someone else. The vast majority of "actors" in these films have been abused, deceived or coerced into appearing in porn. This is known as human trafficking. By watching porn, you are supporting human trafficking.

If you are under 18 and have been forced or tricked into appearing in nude photos or films, then you might be a victim of child sex trafficking. We are here to support you! You can be set free from the guilt and shame.

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