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# PORNOGRAPHY

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## EFFECTS OF PORNOGRAPHY ON THE BRAIN,BEHAVIOR AND HEALTH OF TEENAGERS

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## 1 Introduction

How does pornography affect the brain, behavior and health of teenagers?

This article will discuss this matter to inform people about the dangers of this type of addiction. Ever since pornography become more widespread, this problem has come up countless times, ranging from government officials to the parents of these teenagers. Pornography affects the brain, behaviors and health of teenagers in a negative way and could get worse with prolonged practice and if they become addicted to it. This will all be explained using other scholarly sources and my own observations to help me come to a conclusion and consequences on the matter.

## 2 Pornography and the brain

Because the human brain is the biological anchor of our psychological experience, it is helpful to understand how it operates. Knowing how it is wired together and where it is sensitive can help us understand why pornography affects people the way it does.

Sexually explicit material triggers mirror neurons in the male brain. These neurons, which are involved with the process for how to mimic a behavior, contain a motor system that correlates to the planning out of a behavior. In the case of pornography, this mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. This leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on.

In men, there are five primary chemicals involved in sexual arousal and response. The one that likely plays the most significant role in pornography addiction is dopamine. Dopamine plays a major role in the brain system that is responsible for reward-driven learning.

## 3 Pornography and behavior

Porn viewers find it unable to stop using porn or stop engaging in the behaviors associated with porn, despite repeated attempts to do so.

They experience cravings to view porn and become angry, hostile, or irritable when asked to stop using porn and may deny their porn viewing or be upset when loved ones request that they stop.

Porn addicts keep all or part of ones porn use secret from loved ones. A person with a porn addiction may feel guilty or ashamed and work hard to hide his or her porn viewing from others.

They usually continue to view porn despite negative consequences, such as broken relationships or a job loss.

Porn addicts may spend much of the day viewing pornography. This can lead to porn becoming a priority, with everything else set aside in favor of viewing porn.

## 4 Pornography and health

Porn Can Change and Rewire Your Brain in that it makes the brain less connected, less active, and even smaller in some areas. Thanks to modern science, now we know that the brain goes on changing throughout life, constantly rewiring itself and laying down new nerve connections, and that this is particularly true in teenagers.

Study after study has shown that porn is directly related to problems with arousal, attraction, and sexual performance. Porn leads to less sex and to less sexual satisfaction within a relationship. Researchers have shown a strong connection between porn use and low sex drive, erectile dysfunction, and trouble reaching orgasm. Many frequent porn users reach a point where they have an easier time getting aroused by Internet porn than by having actual sex with a real partner.

Teenagers who have seen a significant amount of porn are more likely to start having sex sooner and with more partners, to engage in riskier kinds of sex that put them at greater risk of getting sexually transmitted infections, and to have actually contracted an STI.

## 5 Conclusion

So, how does pornography affect the brain, behavior and health of teenagers?

Based upon the evidence, pornography negatively affects teenagers. It triggers mirror neurons in the male brain which are involved with the process for how to mimic a behavior and cause arousal, which leads to sexual tension. Pornography makes its addicts angry, hostile, or irritable when asked to stop using porn and teenagers who have seen a significant amount of porn are more likely to start having sex sooner and with more partners, to engage in riskier kinds of sex that put them at greater of contracting sexually transmitted diseases. Parents should definitely step in and try to help their teenage children resolve this problem so the situation does not get worse.

## 6 References

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