



Title: Pornography Consumption in Adolescence: A New Challenge for Sexuality Education

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Abstract:

Pornography consumption at a young age poses a significant threat to sexual health and gender equality, particularly due to the frequent presence of aggression, domination, and the degradation of women in mainstream pornographic content. Exposure to such material during adolescence—when sexual identity and attitudes are still developing—can distort perceptions of intimacy, consent, and mutual respect in relationships. Several empirical studies have demonstrated correlations between early pornography use and a range of concerning behaviors, including substance abuse, difficulties in establishing healthy social relationships, and an increased tolerance for, or even engagement in, sexual aggression towards women.

In this context, comprehensive sexuality education emerges as a crucial tool to mitigate the harmful effects of misinformation and the normalization of gender inequality in sexual interactions. Well-designed educational programmes can provide young people with critical thinking skills, emotional literacy, and a nuanced understanding of sexual ethics, consent, and pleasure grounded in equality and respect. Nevertheless, few existing sexuality education initiatives explicitly address the prevention of gender-based violence or the specific impact of pornography on children, adolescents, and young adults.

This gap highlights the urgent need to integrate media literacy and gender perspective into sexuality education curricula. Addressing pornography critically within these frameworks not only supports healthier sexual development but also contributes to broader efforts to prevent violence against women and to promote equitable, respectful relationships from an early age.

Biography:

Dr. Berta Aznar Martínez is the Director of the Chair of the Catalan Institute for Women on Gender-Based Violence and Equality Policies and serves as a Professor and Researcher at Universitat Ramon Llull. She also holds the position of Coordinator of the PhD Program in Psychology, where she

contributes to advancing academic excellence and research in gender studies, psychology, and equality policies.