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Frequent use of pornography, sexual experiences, health and lifestyles among male adolescents in Sweden



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Swedish adolescents and the Internet

- Allmost all adolescents have access to the Internet
- 2/3 have a computer, 96% have a cell phone
- Enables access to pornography



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Pornography

- " *Sexually explicit material*"
- Material – in text, pictures or audiovisually –
- Depicting sexual practices or behaviours, or exposure of genitals. Intention to create sexual arousal or lust

"Youth, pornography, and the Internet"
Thornburgh & Lin (red), 2002

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Aim

- Describe patterns of pornography use among boys, and to investigate the differences between frequent, average and non-frequent users of pornography with respect to: sexual experiences, self-rated health and lifestyles



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Hyptothesis

- Boys, categorised as non-frequent users and average users of pornography, reported less sexual experiences, a better self-rated health and a healthier lifestyle compared to frequent users of pornography



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Methods

- Cross sectional design
- Classroom survey
- 13 senior high schools, 53 classes
- Randomly selected schools
- 877 participants (477 boys and 400 girls)



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Instrument

- 64 multiple choice questions
- Pornography (Hägström-Nordin et al 2005)
- Sexual experiences (Hägström-Nordin et al 2005)
- Health (HBSC, ASRS, DSRS, SDQ)
- Lifestyles (SALVe)
- Gender equality (Study specific questions)



Results

- Average age 16 years
- 96% consumed pornography
- 10% frequent users (at least once a day)
- 63% average users (every week or few times a month)
- 27% non- frequent users (few times a year, more seldom or never)



Pornography consumption patterns

	Frequent users (%)	Average users (%)	Non frequent users (%)
More interested in pornography compared to peers	24	6	2
Fantasies several times every week	27	6	1
Tried sexual acts inspired by pornography	40	29	15

Sexual experiences

	Frequent users (%)	Average users (%)	Non frequent users (%)
Thinking about sex all the time	19	5	0
More interested in sex compared to peers	29	9	7
Sex with friend more than 10 times	13	10	2

Physical health and lifestyles

	Frequent users (%)	Average users (%)	Non frequent users (%)
Obesity	13	3	3
10 hours at the computer several times a week	32	5	8
Alcohol use last 12 months	77	70	52

Conclusion

Frequent users of pornography:

- More often tried sexual acts inspired by pornography
- Were more sexually experienced
- Spent more time at the computer
- Reported an unhealthier lifestyle
- No differences regarding health though obesity was twice as common





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Implications

- Pay attention to associations between pornography consumption and health/ lifestyles
- Communicate with adolescents
- Involve parents
- Maintain a constant discussion regarding pornographic exposure

.....are suggestions for a preventive strategy



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