



DO YOU KNOW THE DIFFERENCE?

PORN-RELATED SEX	HEALTHY SEX
Sex is using someone	Sex is caring for someone
Sex is "doing to" someone	Sex is sharing with a partner
Sex is a performance for others	Sex is a private experience
Sex is compulsive	Sex is a natural drive
Sex is a public commodity	Sex is a personal treasure
Sex is watching others	Sex is about genuine connection
Sex is separate from love	Sex is an expression of love
Sex can be hurtful	Sex is nurturing
Sex is emotionally distant	Sex is emotionally close
Sex can happen anytime	Sex requires certain conditions
Sex is unsafe	Sex is safe
Sex can be degrading	Sex is always respectful
Sex can be irresponsible	Sex is approached responsibly
Sex is devoid of morality	Sex requires morals and values
Sex lacks healthy communication	Sex requires healthy communication
Sex involves deception	Sex requires honesty
Sex is based on visual imagery	Sex involves all the senses
Sex has no ethical limits	Sex has ethical boundaries
Sex requires a double life	Sex enhances who you really are
Sex compromises your values	Sex reflects your values
Sex feels shameful	Sex enhances self-esteem
Sex is impulse gratification	Sex is lasting satisfaction