

Submission
No 59

**INQUIRY INTO IMPACTS OF HARMFUL PORNOGRAPHY
ON MENTAL, EMOTIONAL, AND PHYSICAL HEALTH**

Name: Name suppressed

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Partially
Confidential

I have used pornography since I was 12 years old (I am now 28). I am now an addict. Despite having tried to break my addiction for years, I have not been able to break it. Since using it, the type of pornography I use has changed. I now use pornography depicting violent and degrading acts, particularly against women. I hate that the fact that I feel the urge to use this, but I have become so accustomed to it, that I find myself virtually unable to stop. This has changed my relationship with women. Before I had learnt how to speak to women, I had already watched these videos. I wish that I had been prevented from stumbling across this online as a child. I was far too young to see these acts, and it has irreparably damaged me. I believe it is the authority, and duty, of the government to find ways to firmly prevent children from accessing pornography.