

**Submission
No 75**

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

Name: Mrs Ewa Kluk
Date Received: 20 August 2024

Dear Members of the Inquiry Committee,

I am writing to express my deep concern regarding the detrimental effects of pornography on the mental, emotional, and physical health of children and young people. As a parent, I have witnessed firsthand the pervasive and damaging impact of explicit content on our youth.

Recent studies and anecdotal evidence indicate that exposure to pornography can lead to a range of negative outcomes, including distorted perceptions of sex and relationships, increased anxiety, and lowered self-esteem among adolescents. The unrealistic and often violent depictions in pornography can contribute to unhealthy attitudes towards consent and intimacy, further exacerbating issues of mental health and well-being.

Moreover, the accessibility of pornography through digital platforms has made it increasingly difficult for parents to shield their children from such content. This easy access amplifies the urgency for legislative and educational measures to address and mitigate these effects.

I urge the committee to consider implementing stricter regulations on online content and to support educational initiatives that promote healthy, respectful attitudes towards relationships and sexuality. By amplifying the voices of concerned parents and incorporating their insights into policy, we can better safeguard the well-being of our children and foster a healthier, more informed generation.

Thank you for your attention to this critical issue.

Sincerely,

Ewa Kluk