

An Open Letter to Russell Brand on the Detriments of Pornography

Dear Russell,

Last week, your Trews video titled *50 Shades – Has Porn Ruined My Chance of a Happy Marriage?* caught our attention. With over 2 million views and counting, we are clearly not alone.

In this video, you specifically mentioned our names and referenced our respective research. We must say it was the first time we have been quoted publicly from such an informal setting—and from a shirtless individual at that!

Research often gets stuck in academic and professional circles, but you have succeeded at making several important findings about pornography's destructive impact palatable and accessible to the very demographic that needs it. By leveraging your celebrity status and bringing attention to a critical public health and Internet safety issue, you have helped countless people.

For this, we wish to wholeheartedly thank you.

You brilliantly articulated research findings that have shown pornography to be associated with an exaggerated perception of sexual activity in society, diminished trust between intimate partners, the abandonment of sexual monogamy as a goal, and the belief that promiscuity is the natural state. Even soft-core pornography, as you well pointed out, contributes to voyeurism, objectification, trophyism, sex as masculinity validation and fear of true intimacy.

Too many people, and especially high-profile individuals, are ashamed to openly acknowledge how pornography has negatively

impacted them. Ironically, your spontaneous and authentic style may be the very antidote needed to help others honestly examine pornography's destructive influence in their lives and ultimately share that wisdom with others.

We urge you to continue your vital work utilizing your unique blend of current events, personal experience, research and comedy to help people understand the long-term effects of pornography use.

We are also delighted to report you have acquired a new fan base among those who are engaged in mental health work, research, activism and public education related to pornography.

Thank you again for bringing attention to how "icebergs of floating filth through every house on Wi-Fi" are affecting millions of youth, adults and relationships.

Your new fans,

Jill C. Manning, Ph.D. and Gary R. Brooks, Ph.D.

Along with:

Girls Against Porn & Human Trafficking – Girls Against Porn & Human Trafficking is an international action coalition for those against pornography/trafficking. They have led several successful efforts protecting families from obscenity. Follow them on [or](#) [.](#)

Fight the New Drug – Fight the New Drug exists to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using science, facts and personal accounts at [.](#)

Enough Is Enough – Enough Is Enough is a nonprofit organization that has been on the frontlines of the fight to make the Internet safer for children and families for over 20 years with a primary focus to prevent the Internet-initiated

sexual exploitation of children, found at .

National Center on Sexual Exploitation – The National Center on Sexual Exploitation is the leading national organization opposing pornography by highlighting the links to sex trafficking, violence against women, child abuse, addiction and more. NCSE works to expose the seamless connection between all forms of sexual exploitation at .