

# Online life

Porn

# Ground rules

**Respect** - Give undivided attention to the person who has the floor and don't talk over others.  
**Confidentiality** - What we share in this group will remain in this group.

**Openness** - We will be as open and honest as possible without disclosing others' (family, neighbours, or friends) personal or private issues. It is okay to discuss situations, but we won't use names or other ID. For example, we won't say, "My older brother ..." Instead we will say, "I know someone who ..."

**Right to pass** - It is always okay to pass (meaning "I'd rather not" or "I don't want to answer").

**Non-judgmental approach** - We can disagree with another person's point of view without putting that person down.

It's OK to watch porn,  
everyone does it.

How true  
is this comment?

Task: Discuss the comment  
and hold a class/ group vote.



5 minutes

# Let's talk about... porn

25% of all internet searches are porn related which might not sound like a lot, but 25% actually means 68 million porn searches a day!

The stats don't lie, we can easily conclude that a lot of people are viewing porn online. Our aim is help you answer some of your students burning questions about online porn and how it all works. We want to give you facts, not opinions, and enable you to guide a sensible and much needed conversation.

## Key statistics relating to young people's viewing of pornography

- Over half (53%) of the 11-16 year olds surveyed by the NSPCC reported that they had been exposed to online pornography
- Viewing pornography appears to increase with age. Children first view it between 10 and 17 years old
- Accidentally seeing pornography is more common than deliberately looking for it
- Boys are more likely to access pornography than girls
- Boys generally view pornography more positively and say they access it mainly out of curiosity
- Girls have more negative attitudes about pornography and say it is distasteful
- Girls feel more uncomfortable than boys when viewing pornography

NSPCC, Children's Commissioner and Middlesex University, 2016<sup>17</sup>

What are young people's views on porn?





# Ryan. “What’s the big deal?”

Ryan says he started looking at pornography when he was 11. At what age do you think young people might first see a pornographic image or video? Is it usually accidentally or intentionally?

What kind of influence or impact could pornography have on a relationship?

Ryan says that pornography is everywhere and that everyone will see it at some point. How true do you think this statement is?

According to Ryan, he’s learnt everything he needs to know about sex from watching pornography. Do you agree with Ryan that we can learn about sex from pornography?

What are young people's views on porn?







# Beth

## “Is this what’s expected of me?”

How easy is it to avoid the pressure to see something that you don't want to see?

Is it ok to go ahead and share pornographic images with your friends?

Beth says that she looks nothing like the women in porn. Do you think that people in pornographic images represent a truthful image of real bodies?

Beth says that the other girls remain silent when porn is shown. Why would someone choose to remain silent and not speak up?

What are young people's views on porn?





# Sadie. “Let’s get real.”

Sadie says that, ‘Everyone goes along with it and watches pornography.’ Do you think this is true and if so, why?

Sadie’s not afraid to speak her mind but gets called ‘frigid’ as a result. Do you think it’s fair that she gets called this?

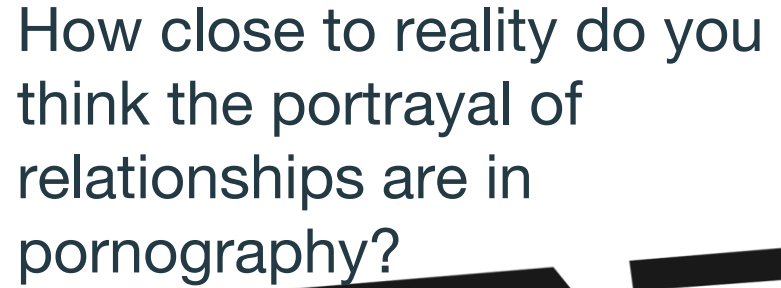
Sadie talks about her friend who is trying to figure out their sexuality and watches gay porn. Why might someone see pornography as the best place to explore sexuality?

Unlike Sadie, many people might be confused and think that pornography is real. What could be the impact of this belief?



Activity

# Myth or Reality?



How close to reality do you think the portrayal of relationships are in pornography?

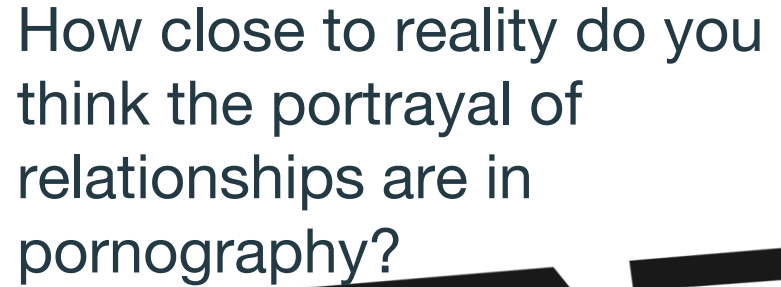


Task: Sort the statements on the next slide into whether they are a myth or reality.



Activity

# Myth or Reality?



How close to reality do you think the portrayal of relationships are in pornography?

There is no expectation that you will have seen pornography, nor do you have to share this. Instead, this activity asks you to consider the perceptions young people have about pornography.

This is more of a discussion task, than 100% right or wrong answers.

Watching pornography is a good way to learn about sex and relationships

Only weirdos watch pornography

More males watch pornography than females

The bodies shown in pornography are what you can expect from future partners

Pornography uses actors

Pornography uses real people and real stories

Women are 'always up for it' just like in pornography

Sex in pornography is the same as sex in real life

Pornography only shows men as dominant

Pornography degrades women as it shows them as sex objects

Watching pornography when you are young will affect your future relationships

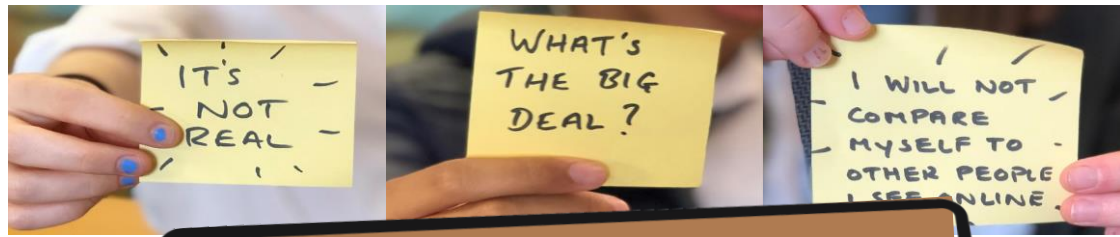
Women like to be treated as they are in pornography

Watching pornography is bad for you

Watching pornography is just a bit of fun and helps boost your body image and self esteem

You will only feel confident about your body if it looks similar to people in pornography

# #RealityCheck



It's OK to watch porn, everyone does it.

Write your own response to the statement above thinking about:

- Do you agree?

- How would you challenge the comment?

What advice would you give or questions would you ask?

Where can I go for advice, help and support?

## Helplines for young people

Services for young people to talk to someone anonymously without judgement via chat, or via phone, on whatever issue they would like.

**childline**

0800 11 11 - A service for under 18s

**THE MIX**

0808 808 4994 – A service for 13-25s



A sexual health and well-being charity for under 25s which offers information, support and guidance for young people on anything from sex and relationships to gender and sexuality [www.brook.org.uk](http://www.brook.org.uk).



A sexual health charity who give straight forward information and support on sexual health, sex and relationships to everyone in the UK [www.fpa.org.uk](http://www.fpa.org.uk).

**YOUNGMINDS**

A youth charity focused on mental health and well-being which offers information, advice and guidance for young people on anything which may impact on your wellbeing [www.youngminds.org.uk](http://www.youngminds.org.uk).



An LGBT charity who offer support to anyone on issues like gender, equality and sexuality [www.stonewall.org.uk](http://www.stonewall.org.uk).

