



Connected
practice
Relationships for change

East Sussex
County Council



PUZZLED ABOUT PORN?

An educational guide for young people aged 13-18

Developed by ESCC Specialist Family Services

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HASTINGS
OPPORTUNITY
AREA

 **swift**
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What's the attraction?

Pornography can be fun to watch on your own or in a relationship

It may help you learn about different sexual practices and positions

It may increase your confidence within relationships

It could help you explore your body and what you like and don't like about sex

However...

Buff bods and busty babes

The actors in pornography probably don't look like you

They are chosen for how they look and may have muscly bodies and large breasts

They may have had surgery to make their penis or breasts bigger or removed their body hair

If someone cares about you, they won't care what you look like

Expectation vs reality

Pornography can make you think that some sexual practices, such as anal sex and ejaculating on someone is very common but not everyone likes this

Being confident and knowing what you like and don't like in sexual relationships takes time

For most people, sex is something that happens in private between two people

Pornography may show that orgasms only happen to men or that sex is over once the man has ejaculated whereas sex should be an enjoyable experience for all involved



It's an act!

Porn stars are actors

Porn scenes are often exaggerated

Some of it is fake

It is edited together to show the 'best bits' and leave out the awkward bits!

The risky bit - did you know?

Young people who keep watching pornography report less negative feelings about it the more they watch it and addiction to pornography can be like addiction to alcohol and drugs

Research has shown that addiction to pornography or watching it a lot may lead to problems with getting or keeping an erection

Viewing pornography has been found to affect children and young people's understanding of risk and danger and may lead them to make poor decisions about sexual behaviour and relationships

Research has shown that if boys are regularly viewing pornography, they may be more likely to pressure someone to carry out intimate and sexual acts

Watching pornography a lot may be associated with feelings of guilt, shame and mental health difficulties, like anxiety, sleep problems, loneliness and depression.



Consent

This means asking permission to do something!

It is very important and pornography does not always show this

It can be confusing because there isn't always an exchange of words such as 'yes' and 'no'

If you do not get consent, you are breaking the law

Condoms

These can be a rare sight in pornography

Condoms are very important for protection against pregnancy and STI's

Porn actors have very regular check ups for STI's

Gender myths and attitudes

Pornography can sometimes be negative about women.

Sometimes pornography can show women not taking part in sex and that sex acts are done to them, not with them.

Some pornography can show men being rough which should not happen in real life unless the other person says this is ok.

Help is on hand...

Some of the worries that young people may have about pornography are:

- I am worried about what I am seeing on pornography
- I am feeling guilty or ashamed about watching pornography
- I'm watching it too often and it is taking over other daily activities
- It is interfering with my school work
- It is interfering with my social life and friendships
- I do not feel confident in my sexual relationships because of watching pornography
- Other people are showing me pornography and I don't like it
- I'm worried about my sexual thoughts and behaviour after watching pornography

If you have any of these worries, you should talk to a trusted adult, whether this is a parent/ carer, a neighbour or someone in school

Sometimes it can be easier to write down your worries

There are websites that you can look at for more information about pornography and staying safe online and within relationships

These include:

www.bishuk.com

www.thinkuknow.co.uk

<https://rewardfoundation.org/>

www.disrespectnobody.co.uk/

Keeping safe and savvy - the legal stuff

Pornography is legal in the UK if it does not include under 18's, sex with animals, rape, torture or serious violence

You have to be 18 to buy porn magazines and videos

Most porn sites try to stop people under the age of 18 accessing them

It is illegal to watch porn with someone under the age of 18, even if you are both under 18

Although it can be fun to take sexy pictures or videos when you're having sex or in a relationship, it is illegal to make a sexy picture, have it on your phone, post it on the internet or send it to anyone if the person in the picture or video is under the age of 18