



Title: Pornography

Level: THIRD

Code: 3.10

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. HWB3-46b	<ul style="list-style-type: none"> Identifies and explains influence/impact of media, including social media and pornography on self-esteem and decision making.

About this activity

It is estimated that at least one-third of young people starting secondary school will have viewed pornography, by the end of S2 over 95% will have. It is often difficult for adults to understand just how accessible this material is to children and young people. This activity allows young people to reflect on what pornography they may have seen, to develop their own views on pornography and learn approaches to manage their exposure to images/films they see (and often do not want to see).

A lot of young people say that they first saw porn by accident, perhaps through pop ups or watching ‘reaction videos’ on YouTube, that is watching other people react to watching particularly graphic pornography. Children’s (especially boys) earliest exposure to pornography and collective experiences of viewing pornography together may be through the lens of humour rather than eroticism. They may have been sent pornographic images or film by others. It is important to adopt a pragmatic approach and listen to what young people may report viewing without judgement. As with all RSHP discussion, questions should not be personal/about the individual, rather they should be general, about what ‘young people’ use/look at. It is worth remembering that with the ubiquitous nature of pornography young men in particular can conceptualise their first time watching pornography as a ‘rite of passage’.

Across the RSHP resource there are many opportunities to learn about gender and interpersonal relationships, these other activities will also stress key messages about respect, non-violence and protection. At SENIOR Level there are further learning activities which explore pornography in more detail. Information is provided as part of the activity about pornography and the law.

Resources to support this activity

- Slides
- Cards: Statements about pornography and response cards
- Handout: Key learning points and links to further information, support and advice about pornography

Activity

1. Introduce the learning activity along these lines: Today the class will be talking about pornography. When we are discussing pornography, it is not because there is an assumption that you are watching it. In fact, some of you may have seen a lot of pornography, some of you may not have seen any, and many of you will have seen some things maybe by accident or because someone has shown you something on their phone. The point of talking and learning together today is about trying to think about pornography, what messages it can portray and how you understand it. We are going to talk openly and honestly about pornography. It is important that we don't judge or make fun of anybody. It is ok to disagree with other people's opinions, but we will be using respectful language at all times. If there is anything that you do not want to ask in front of others, or would like more information about, you can talk to me at another time.

2. **What is pornography?** Share the slide.

Pornography is sometimes called 'porn'. Pornography is a photograph, image, film or words that are about something sexual and is made or shared to make another person sexually excited. Porn can show people's sexual body parts or show people having sex. Some porn can be upsetting because it shows a person being hurt or abused.

3. **Small group and class discussion.** Explain that (use slide): Porn and sex are the most searched words on the internet. Porn is easily accessible, especially on the internet. Acknowledge young people may have seen porn even if they were not searching for it. Ask the young people to work in small groups for some discussion, there will be a series of statements about pornography, sort the statements in to those you **agree** with, **disagree** with or maybe feel the answer is '**depends**'. Emphasise that there are no right or wrong answers – if they disagree that's okay.

- a) Watching porn is harmless fun
- b) Porn is only for men and boys
- c) You can watch too much porn
- d) Porn is used for pleasure and masturbation
- e) Watching porn can affect relationships
- f) It is normal for young people to watch porn
- g) You can learn how to have sex by watching porn

4. Bring the class's attention back to wider group discussion. Share the statements on the slide and work through each encouraging feedback and discussion. As/after young people share their views there are some opinions and facts you can share in terms of some of the statements:

- Watching porn is harmless fun – *Some people are of the view that porn encourages men to see women just as sexual objects and not as equal human beings so this is bad for men and women's relationships. A lot of porn does show people being hurt or abused, this is not okay and it's not normal or fun.*
- Porn is only for men and boys – *Its true that most porn is watched by men and boys but girls and women do watch it too. This is only a problem if the person is being made to watch it when they'd rather not.*

- You can watch too much porn – *New scientific research says that watching a lot of porn changes how your brain works so that you need to watch more and more to feel sexually excited, you can also lose touch with what real sex and relationships are actually like.*
 - Porn is used for pleasure and masturbation – *Yes, and it’s okay to explore your body and masturbation for boys and girls is normal.*
 - Watching porn can affect relationships – *As said earlier it’s a worry that pornography can make boys or men think badly of women. Research says that if you watch too much porn then you might have less enjoyment from real sex with a partner.*
 - It is normal for young people to watch porn - *At least one-third of 11/12 year olds have viewed pornography, by the age of 14 over 95% will have. This does mean that porn is really easy to find and see but it doesn’t mean you have to like it or watch it.*
 - You can learn how to have sex by watching porn – *Real sex and porn sex are different, we’ll think more about this now.*
5. Round up discussion by emphasising that there are lots of different opinions about pornography, it is ok to have sexual feelings and to enjoy your body by masturbating. At this point re-emphasise/make a general statement that a young person doesn’t have to watch porn and you don’t have to watch it just because your friends are.
6. **Pornography is not real sex.** Introduce this along these lines: The last statement in our discussion said ‘you can learn how to have sex by watching porn’. (Perhaps) Some people agreed, some didn’t. (Share the slide with the Fast & Furious, Halo video game, Harry Potter images). Ask young people as a class to identify the stills from the films/ video games. Ask the group: If you have watched Fast & Furious, does it mean that you can drive and race fast cars in real life? If you have played Halo, does this mean you can use weapons and join an elite army in real life? If you have watched Harry Potter, does this mean you can go out and do magic spells in real life? Does it matter how many times you watch these films/play Halo? Are you more able to do these things the more you watch them? What do these films and game all have in common? Message: *They are fantasy and do not translate to real life.*
7. **Real life sex vs porn sex:** Re-emphasise that although the pornography a young person might see looks real because it has people in it doing sexual things, it is made up, it is a story, in this sense it is not real. Share the slides on this theme comparing real sex and porn sex. As you work though take any comments or questions. Ask, why the difference? Look for points where there is piqued interest in the class/group – for example that no one in porn has body hair. The end statement is about consent, there is content at this Level about consent, if this has not been covered have some discussion about consent meaning giving permission for sexual contact, if it has been covered refresh that discussion.

Real sex	Porn sex
People don’t always want to have sex.	Everyone is always up for sex.

Real sex	Porn sex
You can get pregnant or get an STI if you don’t use condoms and contraception.	Don’t use condoms and no consequences.

Real sex	Porn sex
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Bodies, vulvas, breasts and penises can be all shapes and sizes. People have body hair.	Men have extra-large penises. Women have extra-large breasts and small vulvas. No-one has any body hair.
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Real sex	Porn sex
People can be quiet, or loud and make different sorts of noises when having sex.	Sex is loud, people scream as soon as they start having sex.

Real sex	Porn sex
Men ejaculate/orgasm after a few minutes.	Men's erections last for a long time without ejaculating.

Real sex	Porn sex
Usually involves 2 people.	Often involves lots of different people.

Real sex	Porn sex
Sex can be fun, gentle and show love for each other.	Sex is rough and can be violent, without feelings or emotions.

Real sex	Porn sex
Always have to get consent.	Never discussed, men just assume, or don't care.

8. **Some things to remember about porn.** Share the handout designed for this learning activity. As you read though check understanding and clarify any questions. If there is time give young people more time to review it and chat amongst themselves, then take any further comments or questions.

9. **To end share the ChildLine pages about online porn on the smartboard** and scan down to show what's available: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-porn/>

Connecting with home

The text below could be used to communicate with home about this activity.

This term we are using one of our lessons in our Relationships, Sexual Health and Parenthood learning to talk about pornography. It is estimated that at least one-third of young people starting secondary school have viewed pornography, by the age of S2 over 95% will have. This activity allows young people to reflect on what pornography they may have seen, to develop their own views on pornography and learn approaches to manage their exposure to images/films they do not want to see.

There is good online information for parents and carers here:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-porn/>

There is also online information and advice for young people from ChildLine here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-porn/>

Practitioner Notes

