

3.10 Pornography: Things to remember

Top 10 things to remember about pornography

1. It is ok to have sexual feelings and to enjoy your body when you masturbate.
2. You don't have to watch porn and you also don't have to watch it just because your friends are. You have a choice to switch off anything that you don't want to see.
3. Pornography is fantasy, and not realistic. Porn can show some extreme and uncommon sex acts. It does not show the kind of sex that most people enjoy in real life.
4. People who act in porn do not have realistic bodies.
5. Watching porn a lot can make real-world sex less enjoyable because it creates unrealistic expectations.
6. You can legally buy porn magazines and videos at 18. Porn websites try to prevent under 18s from accessing them.
7. There are certain types of porn that are illegal even for adults. These are called "extreme pornographic images". This includes porn where what people do threatens a person's life, or things they do that are likely to or will cause serious injury. This also includes degrading porn, violent porn (which includes rape and abuse) or anything involving young people under the age of 18.
8. Remember, it is illegal for a person under 18 to send explicit images or films of themselves, or of another young person. By sending an explicit image, a young person is producing and distributing child pornography images and risks being prosecuted, even if the picture is taken and shared with their permission.
9. It is illegal for an adult over 18 to show an under 18 pornography, or allow the under 18 to watch it.
10. Some porn can be upsetting. If you see something that upsets you, you can think about talking to an adult you trust.

There's more information and advice here from ChildLine: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-porn/>