



## The Reward Foundation - Love, Sex & the Internet

### The Reward Foundation - Love, Sex & the Internet

Title of programme: **Internet Pornography & Sexting**

Contact person: Mary Sharpe, CEO

Contact details: [info@rewardfoundation.org](mailto:info@rewardfoundation.org) | 07506 475 204

The Melting Pot, 15 Calton Road, Edinburgh, EH8 8DL

### About the programme

Internet Pornography & Sexting is a set of 7 lesson plans for secondary school pupils, adjusted for age. Research suggests easy access to online hardcore pornography by teenagers contributes to aggressive behaviour, unrealistic expectations about body type, consent and sex. Recent research in Scottish schools on sexting revealed that “efforts to reduce it or increase its safety should primarily seek to tackle young people’s ability to respond effectively to romantic pressure.” This programme does that.

The lessons consider the impact of internet pornography and sexting on the adolescent brain and behaviour. They teach critical thinking skills about these controversial subjects. No pornography is shown. They are suitable for all genders and sexual identities.

Internet Pornography & Sexting supports the following key messages when discussing these subjects:

- the risks and rewards of internet pornography use & sexting
- the impact on mental and physical health, relationships, attainment & sexual offending
- tools to reduce the pressure around sexting or pornography use
- Where to find help regarding problematic pornography use or sexting
- Links to further information: The free lessons are available here:

### Links to further information

<https://rewardfoundation.org/product/internet-pornography-and-sexting-bundle-scotland/>

Get in touch if you’d like more information about these topics:

[info@rewardfoundation.org](mailto:info@rewardfoundation.org) and [www.rewardfoundation.org](http://www.rewardfoundation.org)