

NSPCC Talk relationships Ages 14-16

Lesson 4 - Resource 1: Teacher support sheet

- Though porn shows actors (or amateurs) having real sex, they are not shown as real people with real personalities and feelings.
- Porn only focuses on the body bit of sex, not the feelings bit, which for most people is the most important aspect.
- Sex in porn is often different to how people have sex in real life.
- Porn focuses on the performative aspects of sex so things can be exaggerated.
- Real breasts and real penises are often smaller than those depicted in most porn.
- Most men don't have penises that can stay erect for long periods.
- Porn actors may do things which aren't what most people would agree to do when having sex with their partner. It is important to remind young people that porn actors are usually being paid to do what they do in front of the camera, but porn actors can also still experience exploitation and coercion to take part in things they do not want to.
- In good sex, each person's feelings and arousal should be equally important, but sex in porn is often about giving men pleasure and women doing things to instantly turn men on. Some sex acts in pornography can also display inaccurate representations of intimacy and are often designed for the sexual arousal of men, even when men are not involved in the act in question.
- Most people take some time to be aroused and don't want sex all the time, whereas porn tends to depict the opposite.
- Porn is often violent, especially towards women and often shows women enjoying this. However, for most people, being hurt, threatened, or humiliated is a really bad experience.

See the PSHE Association's [research briefing on the impact of pornography on young people](#) for further guidance on how pornography can affect young people and their perceptions of themselves, others and relationships.

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Lesson 4 - Resource 2: Why does it matter?

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<p>When people watch lots of porn it often makes them enjoy real sex less, and feel they have to watch more porn. People can be less happy and satisfied in their own relationships.</p>	<p>Porn almost never shows negotiated condom use, which can make people think that having unsafe sex and not discussing contraception is the norm.</p>	<p>Porn can lead people to think about sex a lot more of the time. This can make it harder to enjoy things like spending time with friends and having other interests.</p>
<p>Porn can lead to people seeing others, especially women, as 'objects for sex' and not as people with their own thoughts and feelings. This means they respect them less and that both partners get less from the relationship.</p>	<p>People who watch porn online can be led to more extreme videos by recommendations from the websites they use. They can become desensitised to what they see, to the point they're no longer aroused by things they would once have been turned on by.</p>	<p>Seeing the bodies of people portrayed in porn puts pressure on people to look a certain way, and can affect how they feel about their body, including their penis, breasts, or vulva.</p>
<p>People can feel under pressure to do things they or their partner have seen in porn. This will usually lead to them feeling uncomfortable, under-confident, and less sexually satisfied.</p>	<p>As algorithms present more and more extreme content to the viewer, it can make the person believe they are only turned on by extreme forms of sex, which can be confusing for their own sex lives and lead them to choose a kind of sex which goes against their core values or relationship goals.</p>	<p>Pornography can show disrespectful, illegal and unacceptable behaviours as acceptable and these go unchallenged. This can promote inaccurate beliefs such as: that women in particular enjoy aggressive sex, when for most people, most of the time, aggression towards them makes them feel bad and can hurt them.</p>

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Lesson 4 - Resource 3: Information Sheet

It's important that people know where they can go to find help, support, and guidance about any concerns they have, especially those concerning relationships, including worries about porn.

For many young people, the first place they turn might be to trusted friends and family, who can talk through a situation and suggest ideas. But it is also helpful to know there are lots of other places to seek support.

School staff, for example:

- Form tutors
- Heads of year
- Class teachers
- The school counsellor / nurse / behaviour mentor
- The school's child protection lead(s)

Organisation	Phone	Website
Childline	0800 1111	childline.org.uk
Childnet	N/A	childnet.com/ young-people
thinkuknow	N/A	thinkuknow.co.uk
BBC Advice (Radio 1's online advice pages)	N/A	bbc.co.uk/ programmes/p0215sqv