

DELIVERING STATUTORY RELATIONSHIPS & SEX EDUCATION 2020

Pornography lesson toolkit

For young people, online pornography is easily accessible and often hard to avoid. Use **Caz Perry's** lesson plan toolkit to encourage pupils at Key Stages 3 and 4 to think critically about porn and its impact; how does it differ from real-life intimacy?

Is this an issue?

Girls and boys are accessing adult content from an average age of eleven. Many children have their own digital devices, pornography is very easily accessible and often hard to avoid.

Most children have little or no context of what a healthy, respectful, intimate relationship looks like. As care providers and educators, it is our duty to protect and equip young people.

This toolkit aims to give professionals the confidence, knowledge and skills to address this topic, and to leave young people better prepared to navigate the relationships ahead of them, safely and consensually.

'I'm always watching porn and some of it is quite aggressive. I didn't think it was affecting me at first but I've started to view girls a bit differently recently and it's making me worried. I would like to get married in the future but I'm scared it might never happen if I carry on thinking about girls the way I do.' (Boy, 12-15 NSPCC)



Good practice

Pupils should be allowed to reach their own conclusions following discussion and being given information.

It is important that practitioners approach this topic without embarrassment. Be matter of fact, and allow for a few giggles!

Buoy up the group with regards to their maturity:

'I know that you're mature enough to handle this topic.'

It's important that the boys get to hear the girls' aspirations for their relationships.

'This is not about bravado and getting a laugh, I want to hear your genuine opinions about this topic.'

Ground rules:

- No personal questions.
- Use 'I heard about someone who...' rather than using names.
- We are not making assumptions about anyone else's experiences.
- You do not need to have had sex to have an opinion about it.

Lesson ideas

Below are some ideas to use in lessons, the aim is to get pupils to start thinking critically about porn content and its impact. Is it what they want in their relationships?

Be mindful of your own position and allow pupils to explore their opinions without judgement.

How would you like your future relationships to be?

Come up with 3 describing words for your hopes for your future relationships.



Ensure that the girls get a voice early on.

What is pornography?

Take ideas from the groups and share the definition.

Pornography is '*printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement.*' (Google)

'The good, the bad, and the ugly'

In small groups or pairs ask pupils write down how they think porn might fit into these categories. Share the content below after taking feedback from pupils.

The good:

- There is a lot of diversity in porn; all shapes, sizes, ethnicities, sexualities.
- Porn can show you how (positionally) to have sex.
- Porn can help people get turned on.
- It makes a few people a lot of money.

The bad:

Porn can make it difficult for people getting turned on in real life situations.

Porn is highly addictive, requiring harder and harder porn to get people turned on.

Actors commonly use drugs to handle the pain that is involved in the acts required.

A lot of actors have had plastic surgery on their genitals.



The ugly:

- Excessive porn viewing is causing erectile dysfunction in many young men.
- Porn actresses are paid twice as much to have anal sex: why do you think that is?
- Nearly 90% of porn contains aggressive acts towards women.
- Some actors in porn have been trafficked and forced to engage in the acts seen.

'In real life...'

How do you imagine real life intimacy to be different to porn?

Pupils can write privately or as a group brainstorm. You can also mix up the answers listed and get pupils to sort them into porn and real life categories.

Common in real life relationships involving sex:

- Sex is loving: both people enjoy it
- Condom use
- Kissing and 'snogging'
- Eye contact
- Normal bodies, hairy privates
- Face to face sex (not good for the camera angle)
- Oral sex on a woman
- Experienced through all the senses
- Checking that things are going ok: 'Is this ok?' 'Would you like it if...?'

Common in porn:

- Anal sex - only 1 in 6 people engage in anal sex in real life (Natsal, 2015)
- Choking and gagging
- Aggression towards the woman
- Taking lots of drugs to get through (e.g. Viagra)
- Experienced through a screen



- Ejaculating on the face
- Plastic surgery bodies
- Only 'talking dirty'
- Ask pupils how they feel about the differences. Which type of sex would they prefer as an adult?

The law

Child pornography

- Explicit images of anyone under 18 is classed as 'child pornography'. This is illegal to possess or distribute.
- Be aware of image capturing on 'Snapchat'. Delete unwanted images, be aware of risk of prosecution.

Revenge porn

- It is illegal to share or distribute explicit images without the subject's prior consent. In 2017, there were 465 prosecutions in England and Wales.

Further resources

- NSPCC: [A review of the research on children and young people who display harmful sexual behaviour online \(HSB\) guide to online porn.](#)
- [BISH training](#) is an excellent source of information for KS4 pupils as well as educators.
- [PSHE Association](#) offer frameworks for teaching about healthy relationships in KS3 and KS4.
- [Sex Education Forum](#)
- [Brook](#)

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