

# Pornography

## dangers & decisions



A resource to help schools teach about the dangers of pornography and to encourage young people to make good decisions

Suitable for use with school years 9 - 11



[www.lovetwise.org.uk](http://www.lovetwise.org.uk)

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Pornography is widespread and easily accessible but many young people have never been taught about pornography and the dangerous consequences that watching it can have. This resource provides teachers with information and visuals to give a lesson on the issues involved and to encourage young people to make good decisions about what they look at. The material has been prepared for schools by the Christian charity Lovewise.

- Disc with engaging visual presentation
- Teacher's guide for giving the presentation
- Includes scientific and medical information, and personal stories



The resource covers:

- ? What pornography is
- ✗ The dangers of pornography (including its effect on body image and relationships, addiction and exploitation)
- ⊘ Pornography and the law (including sexting)
- ✓ Aiming for good relationships
- ↑ Making good choices (including getting help)

£18.00  
(with free postage)

To order, contact Lovewise  
0191 281 3636  
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# About this presentation

## Introduction

Though pornography has always been around, never before has there been so much or such extreme pornography easily available to young people as in today's culture. Material that was once hard to come by is now just a click away due to the vast quantity of pornographic material on the internet and the prevalence of computers, tablets and mobile phones among young people. As they grow up, it is natural for young people to be interested and inquisitive about sex; for some young people pornography offers them an easy way to explore this curiosity. Some turn to pornography as a way of dealing with pain and hurt. Others may be exposed to pornography whilst using the internet for other things or may be shown it by friends. Whatever the reason, pornography can lead to many negative consequences in a young person's life.

There is very little to protect young people from these videos and images, the memories of which will be lasting and can be extremely harmful. Many people think that it is possible to separate the fantasy they see in pornography from real life relationships; however, both research and personal stories indicate that watching pornography affects our thinking and expectations. A recent report stated that ChildLine have found that "there has been a 70 per cent increase in the past 12 months in boys calling specifically to talk about pornography – about how guilty and confused it's making them feel"<sup>1</sup>.

This presentation has been written to warn young people about the dangers of pornography and to help them to make good and informed decisions about what they view. The material has been prepared for schools by the Christian charity Lovewise.

<sup>1</sup> Barnett, E. (2014, August 26) *Sex education is more important than ever*. The Telegraph.

## Using the presentation

This booklet is designed to be used alongside the visual presentation on the accompanying CD and contains all the information needed to give the presentation to a class. The supporting information is not intended to be repeated verbatim but used as a guide in preparation, explained to the class at the teacher's discretion and used to provoke discussion about the issues covered. A PDF version of the booklet can be found on the CD.

To use the visuals, double click on the 'VISUALS' file contained on the CD. The PowerPoint Show will open immediately. Use the mouse or arrow keys to move between images at your own pace.

# Presentation summary



## 1) What is pornography?

The presentation begins by explaining that pornography refers to material that is sexually explicit and intended to cause sexual arousal.



## 2) What is wrong with pornography?

This section explains that pornography separates sexual acts from a relationship. Possible consequences of this are explained under four headings:

- Pornography spoils future relationships

Looking at pornography makes it hard to form a good relationship and can ruin future relationships including marriage.

- Pornography makes you think of people as objects

Looking at pornography can affect the way we treat people and can give us unrealistic expectations of how people should act and what they should look like.

- Pornography can damage your mental health

Looking at pornography can be addictive and make some people self-absorbed and reclusive. Viewing pornography has been associated with many sexual crimes.

- Pornography causes people to be abused

Many in this industry are exploited and abused, and its production is closely linked to prostitution and trafficking.



## 3) Pornography and the law

In this section we teach about the law on pornography and discuss issues surrounding sexting.



## 4) A better alternative

Young people are encouraged to value loving and committed relationships rather than just sexual arousal, and to treat others with care and respect. The presentation teaches that sexual intimacy is a good gift designed for marriage.



## 5) Making good decisions

We end by giving practical suggestions about how to avoid pornography and to seek help if already involved. We explain that God offers forgiveness and a new start to those who have made mistakes.



# Presentation overview

Pornography dangers & decisions

? X O ✓ U

In this presentation we will look at:

? X O ✓ U

What is pornography?

In this presentation we will look at:

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What is wrong with pornography?

In this presentation we will look at:

? X O ✓ U

Pornography and the law

In this presentation we will look at:

? X O ✓ U

A better alternative

In this presentation we will look at:

? X O ✓ U

Making good decisions

? X O ✓ U

What is pornography?

Greek:  
pornē = a prostitute  
graphein = to write

Pornography is...

- sexually explicit
- made to cause sexual arousal

Includes books, online magazines, films, video games and animation

The internet and pornography

- easy to access
- easy to do in secret
- more pornography is being made

"In 1991 - before the birth of the internet as we know it - there were fewer than 90 porn magazines published in the US. Today, more than 25 million porn sites are blocked by [the internet filter] CYBERSitter."

Make a good decision

? X O ✓ U

What is wrong with pornography?

Why do people watch pornography in secret?

Discuss:  
What are the dangers of looking at pornography?

What is wrong with pornography?  
it separates sexual acts from a relationship

4 dangers of looking at pornography

1. It spoils future relationships
2. It makes you think of people as objects
3. It can damage your mental health
4. It causes people to be abused

4 dangers of looking at pornography

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Pornography spoils future relationships because...

It makes it harder to form a good relationship

It is hard to form a good relationship because...

- you are looking for the wrong things
- you behave in the wrong way

Pornography spoils future relationships because...

it causes marriages to break down

"About 90% of the people I see with marriage issues have pornography issues as well."

H David Wright EdD  
Licensed Professional Marriage Counselor

Pornography causes marriages to breakdown because...

- It leads to lies and mistrust
- It is like cheating on your partner

"It's like having another person in the relationship, it's not just you two - there is another element there."

Sam - a user of pornography

Pornography spoils future relationships because...

It may cause sexual problems

"70% of the young men seeking clinical help for sexual performance problems had been using internet pornography habitually."

Carlo Foresta  
Urology Professor & Head of the Italian Society of Andrology and Sexual Medicine (SIAMS)

4 dangers of looking at pornography

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Thinking of people as objects...

affects the way you treat them

Pornography affects the way you treat people because...

- It encourages you to value people only for their looks
- It encourages a self-centred attitude towards others

"The lads' mag I edited turned a generation on to porn - and now I'm a father I bitterly regret it."

Martin Dabney, former editor of Loaded

Thinking of people as objects...

gives unrealistic expectations

Pornography gives unrealistic expectations of...

- what people look like
- how people should act

"Nobody can compete with altered, fake, over-enhanced and absolutely extreme pornography. It's not reality. I think the problem is that the men get sucked into that and expect it, and then the women feel like that's what they need to be."

Jacey  
wife of a pornography addict

4 dangers of looking at pornography

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Pornography damages your mental health because...

it leaves lasting images in the mind

"I've tried getting rid of my smartphone, getting rid of easy ways to get onto porn, but then I visualise it instead"

Calvin, aged 18

Pornography damages your mental health because...

it is addictive

Pornography is addictive because...

- it creates a craving for more and more "exciting" material
- it changes the chemicals in the brain

Because pornography is addictive...

- it makes you self-absorbed and you stop wanting to see family and friends

"I stopped leaving my room and seeing my friends because when I was away from the pornography, I was dying to get back."

James, aged 13

Pornography damages your mental health because...

It may lead to violent behaviour

It may lead to violent behaviour because...

- a lot of pornography is violent
- it links violence to sexual arousal

4 dangers of looking at pornography

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3. It can damage your mental health
4. It causes people to be abused

Pornography causes people to be abused because...

it uses people for entertainment and money

Pornography is driven by money

- Pornography does not treat people with respect

The average life expectancy of a performer in pornographic films is only 30.2 years

Pornography causes people to be abused because...

it is linked to trafficking and prostitution

Pornography is linked to trafficking and prostitution because...

- people are trafficked to produce pornography
- it abuses and takes advantage of vulnerable people

"It's so painful to me to know that those images and those pictures are out there... I can leave the streets, but those images, once they're online, they never go away."

Trafficking survivor, Jessica Richardson

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Pornography and the law

It is illegal to...

- possess extreme pornographic material
- take, possess or share "indecent" images of anyone under 18 (even if you are the one in the picture)
- watch pornography with anyone under 18

Sending sexual images

- protect yourself
- respect yourself

? X O ✓ U

A better alternative

Real relationships  
Physical intimacy alongside emotional intimacy

Images on a screen cannot give you lasting happiness and fulfilment

Marriage  
Physical and emotional intimacy with commitment

The monotony of sexual intercourse outside marriage is that those who indulge in it are trying to isolate one kind of union (sexual union) from all the other kinds of union which are intended to go along with it and make up this total union (a marriage)

CS Lewis

Images on a screen cannot give you lifelong companionship and family

Love and respect  
Treating others well

"Love your neighbour as yourself"

Jesus  
The Bible, Matthew 22:39

? X O ✓ U

Making good decisions

It's your decision

Some practical ideas...

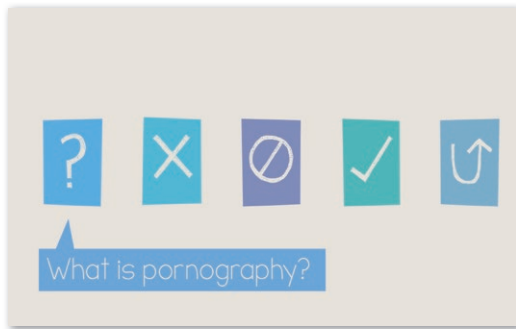
- think carefully about what you watch and read
- turn on "safe search"
- use a filter (try K9)
- do not use the internet alone
- be careful about what others show you

If pornography is a problem for you talk to someone...

- a family member
- a teacher
- a friend

Get help to stop watching pornography

God offers forgiveness and a new start



## What is pornography?



### Greek:

porni = a prostitute

graphein = to write

The word pornography comes from two Greek words, 'porni' which means a prostitute and 'graphein' which means to write/record.



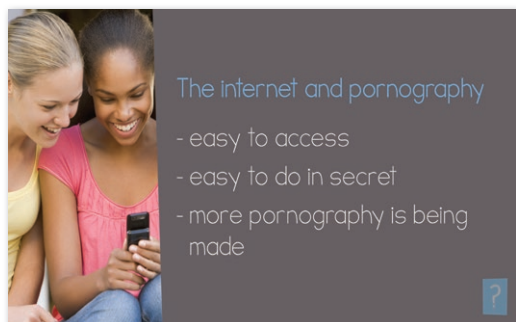
### Pornography is...

- sexually explicit

- made to cause sexual arousal

(Includes books, pictures, magazines, films, video games and animation)

Pornography refers to material that is sexually explicit and intended to cause sexual arousal. Probably the most prevalent and easy-to-access forms of pornography today are pictures and films on the internet. But pornography can also include a variety of different media such as books, magazines, sculpture, drawing, animation, film, and video games.



### The internet and pornography

Though pornography has always been around, never before has there been so much or such extreme pornography easily available to young people as in today's culture.

- easy to access

Material that was once hard to come by is now just a click away due to the vast quantity of pornographic material on the internet and the prevalence of computers, tablets and mobile phones among young people. Pornography is easy to find on the internet and some may be exposed to pornographic material through unwanted adverts or whilst using the internet for other purposes.

- easy to do in secret

As many young people have their own phones, tablets and computers, it is hard to monitor what they are exposed to. As they are growing up, it is natural for young people to be interested and inquisitive about sex; for some young people pornography offers them an easy way to exercise this curiosity without anyone knowing.

- more pornography is being made

The internet has increased the demand for pornographic material; as a result more and more pornography is being made.

"In 1991 – before the birth of the internet as we know it – there were fewer than 90 porn magazines published in the US. Today, more than 2.5 million porn sites are blocked by [the internet filter] CYBERSitter."

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Ogas, O. & Gaddam, S. (2011) *A Billion Wicked Thoughts: What the World's Largest Experiment Reveals about Human Desire*. Dutton Adult.

Make a good decision

### Make a good decision

It is likely that at some point a young person will have to decide whether or not to look at pornographic material. Even if they do not actively search for it, they may be exposed to it whilst using the internet or may be shown it by friends. This presentation aims to help young people to make good and informed choices when faced with this situation.

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