



Online Pornography (Myths vs Reality)

LEARNING OUTCOMES

Knowledge, Skills
& Actions

To outline what is and is not
legal in terms of
pornography

To identify the differences
between what is seen in porn
and what happens in real life

To look at the impact of
porn on society and
relationships

NEW VOCABULARY

Revenge Porn, Extreme Porn,
Child Pornography, Illegal,
Sexual Excitement, Stimulation

Pornography is...

*'Visual material
containing the
explicit description
or display of sexual
organs or activity
intended to
stimulate sexual
excitement.'*



STARTER ACTIVITY

Are there different types of pornography?
What is sexting?
Are porn and sex two different things?
How might porn be damaging for society?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say things
about yourself if you don't
want to

It's OK to be
embarrassed by a topic
but don't show that you are
embarrassed through
silliness



Be Respectful
Listen and don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate language
(avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the person



**SAFEGUARDING YOUR
WELFARE & HAVING
YOUR INTERESTS AT
HEART**

There are **no stupid questions**
It's OK to get things wrong

Conversations on sensitive
topics stay in the classroom
unless it is a **safeguarding
issue**

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support








Online Pornography (Myths vs Reality)

ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER




BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I understand which types of pornography are illegal					
I understand the differences between real life sex and porn life sex					
I can explain the impact porn has on society and relationships					




Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)

2 Minutes

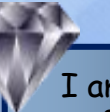


 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic

SORTING ACTIVITY

Match the different types of illegal pornography with their correct meanings

**Extreme
Pornography**

Sharing images or videos of someone else without their consent with the intention to cause them distress or embarrassment.

A

**Child
Pornography**

Pornography that involves anyone under the age of 18.

B

**Revenge
Pornography**

Sending or receiving sexually explicit messages. It is illegal for anyone under the age of 18 to do this.

C

Sexting

This may involve animals, corpses, rape and or serious injury to a person.

D

Task

What can the government do to stop all of these above?

Challenge

What could happen if you send a sexually explicit image (A sext message) to a friend, loved one or partner?

**TASK
OR
CHALLENGE**

Key Aspect of the Law on Pornography

Extreme Porn

It is a criminal offence to possess extreme pornographic images or videos (animals, corpses, serious injury, rape)

Punishable by up to 3 years in prison

Criminal Justice and Immigration Act 2008 – Extreme Porn

Revenge Porn

Known as Image Based Sexual Abuse

This criminal offence broadly has three elements which need to be proven:

1. Disclosure of a private sexual photograph or film
2. Without the consent of the person depicted
3. With the intention of causing that individual distress

Punishable by up to 2 years in prison

Criminal Justice Act 2015 – Revenge Porn

Child Porn

It is illegal to take, make, distribute, show or possess for the intent of showing or distributing an indecent photograph.

These are punishable by up to 14 years in prison.

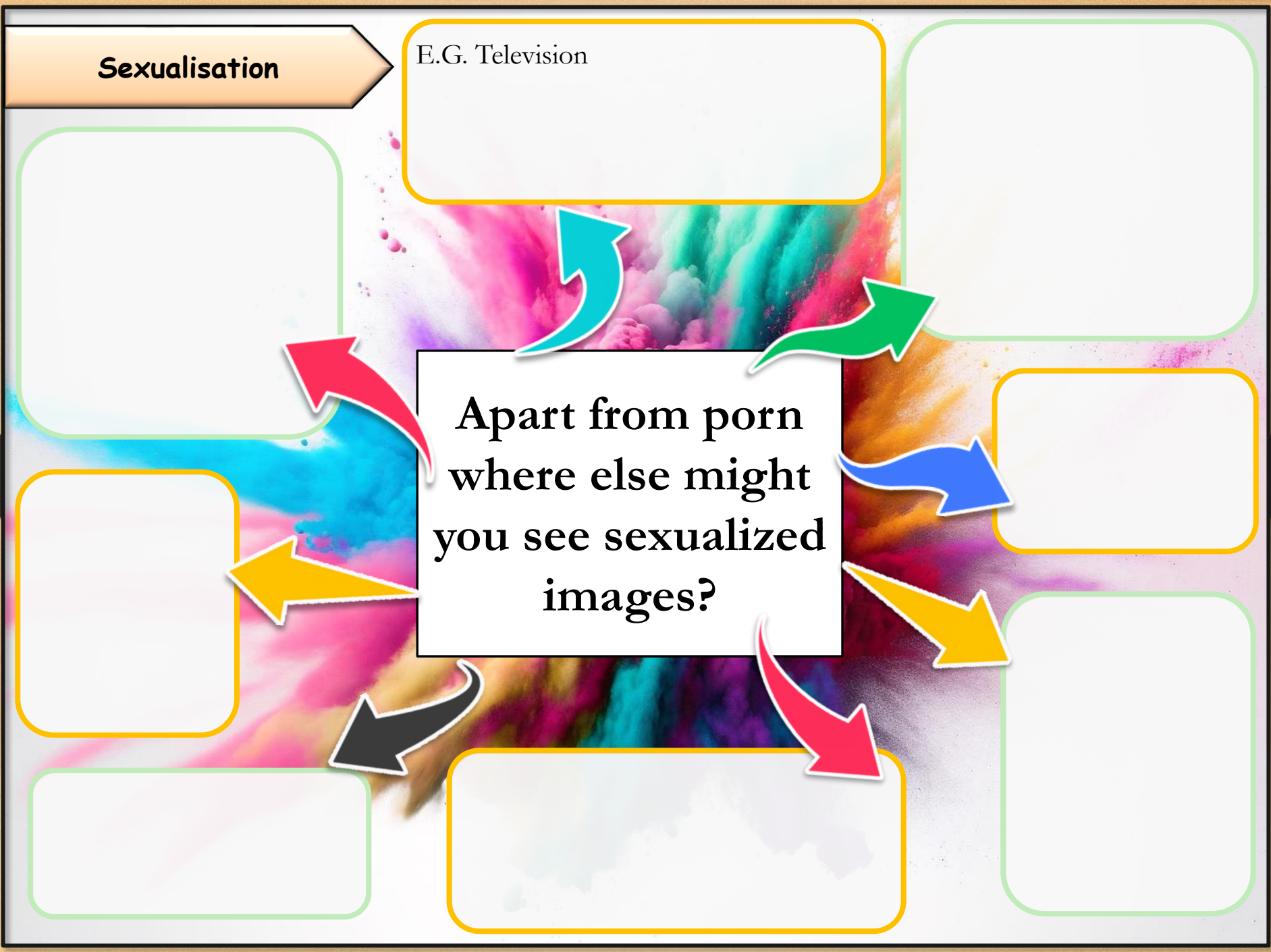
Protection of Children Act 1978 ("the 1978 Act") – Child Porn



Sexualisation

E.G. Television

**Apart from porn
where else might
you see sexualized
images?**





AMAZE.ORG Porn: Fact or Fiction



Porn: Fact or Fiction

Task: Pick one or two coloured hats and answer all the related questions



2 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION

How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS

Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY

What thinking is needed? Next steps? Where are we now?

THINKING

What is wrong? Is it safe? Can it be done?

JUDGEMENT



Discussion topics



Where do most sexualised images originate from?

How does constantly seeing these images impact us?

Is porn a true reflection of sex in real life?

What messages can we learn from them?
Are they messages we should be learning?

Make up a discussion topic

ACTIVITY Porn Life Sex Vs. Real Life Sex

REAL LIFE SEX
Place Cards here

POORN LIFE SEX
Place cards here

BOTH
Place Cards here

UNSURE or IT DEPENDS
Place cards here

Awkwardness, tiredness and not being in the mood

Discussion about contraception

Both people enjoying it in equal amounts

Aggressive and forceful sex

Only the male orgasms

Safe sex and using condoms

Breasts that are surgically enhanced

Average penis that is 5-7 inches

Emotionless sex

Hairy genitals

Sex that just happens with no negotiation

Body being used in very flexible ways with no apparent pain

The woman squirting during sex

Perfect bodies with no cellulite or imperfections

enjoy it

hair around pubic area

and starting

ing for adult film

complex emotions

fantasy not relationships

ing paid to look like you are enjoying it

Aggressive and forceful sex

Both people enjoying it in equal amounts

Discussion about contraception

Awkwardness, tiredness and not being in the mood

Always

Sex for both

Only the male orgasms

Safe sex and using condoms

Breasts that are surgically enhanced

Average penis that is 5-7 inches

Emotionless sex

Hairy genitals

Sex that just happens with no negotiation

Body being used in very flexible ways with no apparent pain

The woman squirting during sex

Perfect bodies with no cellulite or imperfections

enjoy it

hair around pubic area

Task

Sort out your 36 statements and put them into one of the four categories provided.

Work as a team

EXTENSION

Come up with three extra behaviours that could be healthy or unhealthy

Challenge

Explain why some may go in the middle

HOT
DREAMS



How much influence does porn have on perceptions of sex and relationships?

Did you know?

Porn stimulates the pleasure and reward parts of the brain and this quickly increases the production of dopamine (a chemical in our brains associated with both sexual arousal and drug highs). Because of this, it can make watching porn very addictive.

Did you know?

Although the performers actually have sex it is also acted and it is adult entertainment so it is not really the way real sex is in actual relationships. They are paid (often not very much) to look like they are enjoying it.



Studies of the Effects of Pornography



The Effects of Pornography on Your Brain

Task: Pick one or two coloured hats and answer all the related questions



5.5
Minutes



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/suggestions?

What thinking is needed? Next steps? Where are we now?

What is wrong? Is it safe? Can it be done?

INFORMATION

FEELINGS

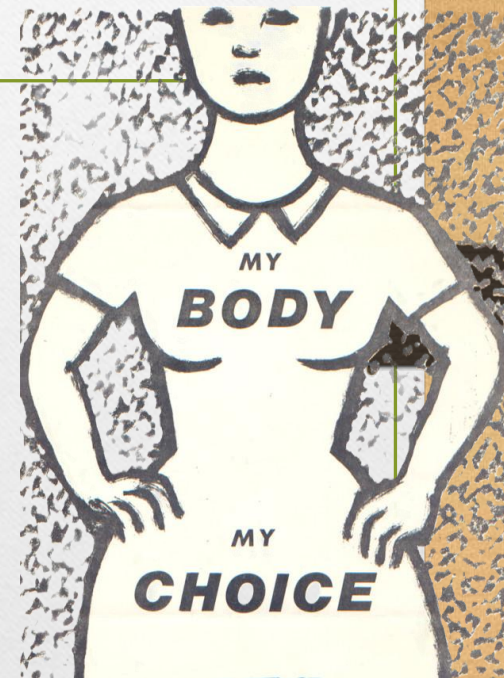
CREATIVITY

THINKING

JUDGEMENT

Pornographies impact on women's Autonomy

- **Autonomy** (the right and ability to make your own choices, particularly regarding your own body and boundaries).
- Pornography frequently objectifies women—treating them as objects for consumption rather than human beings with feelings and agency.
 - **Distorted expectations:** Pornography often normalizes coercion, ignores enthusiastic consent, and focuses on the performer's compliance rather than mutual pleasure.
 - **Impact on real relationships:** Regular consumption can lead to people demanding specific, unrealistic sexual acts from their partners, eroding a woman's right to say "no"



The Spectrum Debate

- Draw a spectrum line across your page from "Fully Autonomous (100% Choice)" to "Coerced / No Choice (0% Choice)".
- Place the following scenarios across the line depending on how much choice you think the woman has.
- **Scenarios to Use:**
 - **Scenario A:** Chloe agrees to try a sexual act she saw online because she is genuinely curious.
 - **Scenario B:** Sarah agrees to the same act because her boyfriend told her "all girls do this now, it's normal."
 - **Scenario C:** Jessica says "yes" to a partner because she is worried that saying "no" will make the mood awkward or end the relationship.
 - **Scenario D:** Amira explicitly tells her partner what she wants and actively initiates the intimate act.
 - **Scenario E:** Emily says yes after her partner repeatedly begs and complains for over an hour.
 - **Scenario F:** Maya agrees because her partner says, "If you really loved me, you would do this."
 - **Scenario G:** Lily says yes after drinking heavily at a party, feeling too hazy to think clearly.
 - **Scenario H:** Zoe complies because her partner has a violent temper and has smashed things before

Deconstructing the Script- Media Analysis

What is the difference between doing something out of desire versus doing it out of duty or fear of rejection?

How does pornography shift the line from authentic desire to pressure?

There are some classic stereotypes in pornography that are damaging to women.

The Stereotypes:

The Passive Recipient: The woman rarely initiates, speaks, or expresses genuine boundaries.

The Eager to Please: The woman's sole focus is the satisfaction of the male character, ignoring her own pleasure.

The Boundary Pusher: A male character ignores initial hesitation, keeps pushing, and the woman eventually "gives in" and enjoys it.

Task: In pairs, choose one stereotype and write down:

1. How this trope completely deletes a woman's **autonomy** and **boundaries**.
2. The dangerous message it sends to young men about what "consent" looks like.

What Do You Think?



“All porn should be made illegal because boys are more likely to watch porn and then expect the girls to do things that just aren’t real or enjoyable ”

Talking Points



- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because...
- Building on what... said, I think...
- An alternate way of looking at this is...
- I sort of agree, however...
- I would challenge what... said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



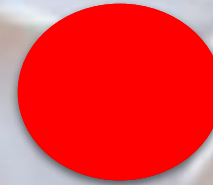
HOW MUCH DO YOU AGREE WITH THE FINDINGS OF RESEARCH STUDIES ABOUT PORN AND ITS IMPACT ON SOCIETY?

DISAGREE

NOT SURE

AGREE

Pornography leads men to have low expectations of women and other men



Watching porn contributes to being unhappy about your own body image and the unrealistic expectations of your partners body



Watching porn leads to the objectification of women in real life by men



Watching porn can lead to poorer sexual experiences as real life sex doesn't match up to the fantasy porn online



In the UK, non-fatal strangulation and suffocation are now stand-alone criminal offences. Even if it was intended as part of a sexual act, the law still sees it as dangerous violence

- ◆ Any pressure to the neck can cut off blood flow to the brain. It is very dangerous and can cause unconsciousness or death in seconds."
- ◆ "Even if someone says they want it, it is still extremely risky. Many people have died or suffered brain injuries from this."
- ◆ "No one should ever feel pressured to do something that risks their life. It is always okay to say no."
- ◆ "If this ever happens to you or someone you know, please speak to a trusted adult straight away. It's never your fault."



Did you know?

Strangulation & suffocation are criminal offences under UK law, even if they don't cause visible injury.

Any activity that puts pressure on the neck or covers the mouth/ nose is extremely dangerous and can cause permanent harm or death.










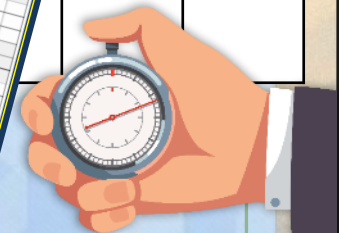
REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)


3 Minutes




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HOMWORK SUGGESTION

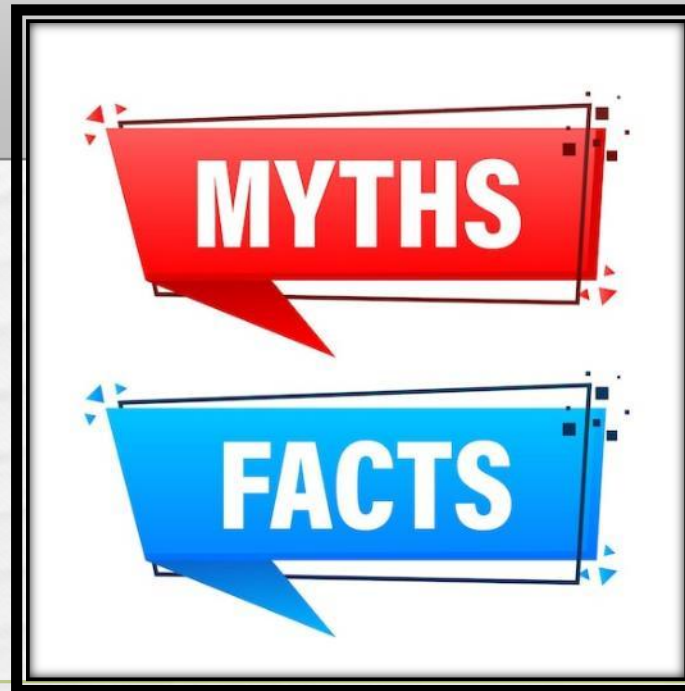
Homework Explained

Create a table or list to present common myths or misconceptions about online pornography on one side, and the corresponding realities or facts on the other side. Provide at least five examples.

DUE DATE

It must be submitted by...

Hand/ Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW,
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- A sexual health clinic (GUM clinic)
- <https://www.childline.org.uk/info-advice/> - info on topics including friends, relationships & sex
- Call the national sexual health helpline on 0300 123 7123 for details
- Brook centres - for under-25s
- GP surgeries
- NHS Website <https://www.nhs.uk/live-well/sexual-health/>

RELATIONSHIPS
& SEX EDUCATION



SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I
have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...

Now I will...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further
support or help I could speak
to... or contact...

I now know I can supported
others by...

One thing I didn't realise
was... this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT



Hand-drawn notes on a piece of paper with the word **MINDFULNESS** written in large, bold letters and underlined in pink. The notes include:

- RELAX RELAX RELAX (in a dashed box)
- Breathe
- CLOUD GAZING (with cloud drawings)
- Walk BAREFOOT (with footprint drawings)
- Spend time with nature (with tree and water drawings)
- Open Min (with a heart drawing)
- FORGIV FORGIV FORGIV (in a box)
- Take the dog for a walk (with a dog drawing)
- Take a bath (with a bathtub drawing)
- Cook (with a frying pan drawing)
- Plant (with a cactus drawing)
- Chat with friends (Listen) (with speech bubble drawings)
- POSITIVE THINKING (in a cloud shape)



Time for a little something extra?

?? Minutes